

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that *Auto-intoxication*, due to non-action of the bowels, is directly responsible for serious Kidney and Bladder Troubles; that it upsets the Stomach, causes Indigestion, Loss of Appetite and Sleeplessness; that chronic Rheumatism, Gout, Pain In The Back, are relieved as soon as the bowels become regular; and that Pimples, Rashes, Eczema and other Skin Affections disappear when "Fruit-a-tives" are taken to correct Constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

DESPERATE FOR MILK.

Little Betty, just initiated in the first teachings of Sunday school, has displayed special interest in a future life.

"Mother, will I go to heaven when I die?"

"Yes, if you are good."

"Will my dog go, too?"

"No, because dogs have no souls."

A pause, then eagerly, "Will our cow go?"

"No. Animals have no souls."

"Then we'll have to go to hell for our milk."

Wonder what Editor Henry Ford will do when the eighteenth war poet shows up just before lunch and wants to read it to him.

WONDERFUL CAREER OF THE STEAMER OLYMPIC

White Star Liner Has Made a Great Record During the War—

Has Carried Thousands of Troops Across the Atlantic—

Strafed One of Germany's Finest U-boats in the English

Channel—Hun Pirates Tried Hard to Torpedo Her, But

She was Never Once Damaged.

(London Daily News)

An interesting account of the career of the great White Star liner Olympic has been forwarded to "The Daily News" by a member of her crew, who signs himself "G. C."

"Her work during the Gallipoli campaign," he writes "when she carried about 8,000 troops—at that time the greatest number ever carried by any ship—following upon her gallant attempt off the North of Ireland to tow the water-logged Dreadnought, H. M. S. Audacious, was sufficient to put her in the first rank of transports, but her subsequent work in bringing Canadian troops and Chinese labor battalions, and then her wonderful career since Christmas, 1917, when she arrived in New York for her first load of American troops must put her in a class by herself as a 'trooper'."

"She has carried well over 300,000 people while on war service, including hundreds of women and children, wives and families of Canadian soldiers returning to Canada, and she has also been the favorite ship for most of the notable people who have crossed the Atlantic on national business during the war."

"Since she became a troopship the Olympic has been under the command of Capt. Hayes, and her crew swear by the skill and luck of their commander, who is probably the most popular captain among his own men, who has ever had charge of a great liner."

"It would not be correct to say that Captain Hayes has brought her through without a scratch, but her scars are marks of honor. She bent and fractured some of her plates when in the darkness early one morning, she 'strafed' one of Germany's finest U-boats. Perhaps some of the twenty-eight survivors will give their experiences when they are released. At any rate they can boast that it took the biggest ship in the British Navy to defeat them."

"In the Mediterranean the Olympic was fired at on one occasion, but the torpedo arrived just in time to get into the back wash thrown up by her great propellers just after her ladyship had turned and had begun to travel at right angles to her former course. That seems to have been the only occasion on which the ship was actually fired at."

"The Olympic had her adventures while she was carrying American troops. During March, April and May, this year, the German submarine commanders made at least seven daring attacks on her. The results of these attempts speak volumes for the keenness with which the lookout was kept. Not once did the enemy have time to launch a torpedo, for in every case he was either greeted by a 6 in. shell or one of the destroyers was on his track with her depth charges. Perhaps some of Germany's missing submarines are now lying below the track of the Olympic."

"The most thrilling experience which the Olympic had took place in the darkness of early morning last May, near the entrance to the English Channel. It was just about four o'clock when look-out man Bennett (who was afterwards awarded the D. S. M.) picked out of the almost total darkness the outline of a lurking submarine which was lying on the surface. Immediately after his warning shout one of our forward guns blazed out, and the ship with her helm hard over spun around like a great racing yacht and crashed into the enemy."

"The blow was, of course, not a clean one, or there would have been few survivors from the submarine, which would have been cut clean in two and smashed and rolled under the great mass of the Olympic. Judging from the damage on the bows of the ship when dry docked a few days later the blow cut off one end of the submarine. The rest drifted past the stern of the Olympic, and one of the gun crews on the poop planted a 6 in. shell squarely into it. One of the destroyers in the escort dropped behind, and by the light of star shells picked up 31 survivors (four officers and twenty-seven other ratings) three of whom died on the way to port. The total crew of the submarine was over sixty."

Irritable Nerves Restored and Health Regained in a Simple Way

The man or woman who is run-down, not feeling up to the mark, perhaps irritable, nervous or sleepless can well afford to learn about the wonderful results the newly discovered blood-food is giving to folks that use it.

There is wonderful power in this new blood-food, and every weak, pallid person can be quickly nourished back to health that uses it as directed.

After each meal, with a sip or two of water, you simply take two little chocolate-coated tablets, sold in all drug stores under the name of "FERROZONE."

The effect is noticeable at once. You feel happier, brighter, more contented. That old-time feeling of weariness departs—you forget your "nerves" and no longer get irritable or cross over trifling annoyances.

There is a reason for this change and that reason consists of the fact that Ferrozone contains blood-making materials you can get in no other way. Ferrozone makes the blood tingle and sing with new vitality. This ensures lots of nourishment and strength being supplied to every part of the body.

No wonder the eyes brighten and the cheeks radiate color and happiness: With abundance of strength, a keen appetite, good digestion and plenty of sound sleep—all the result of Ferrozone—you quickly feel as if life held new charms and pleasures.

There is nothing the old-fashioned man who eats onions freely to avoid the flu enjoys more than a movie show.

There are only two ways to rule a husband—either by extracting his vanity, or overfeeding it forever afterward.

There is nothing the old-fashioned man who eats onions freely to avoid the flu enjoys more than a movie show. There are only two ways to rule a husband—either by extracting his vanity, or overfeeding it forever afterward.

The excitement for that day was not over even then, for three hours later another periscope was sighted and fired at, and depth charges were also dropped by one of the destroyers Captain Hayes, who was in personal charge at the time of the sinking of the submarine, was awarded the D. S. O.

"The war time crew of the Olympic adds the correspondent, "numbered about 850, all of whom with the exception of the gunnery lieutenant and his men (about forty) are members of the merchant marine, but signed on under naval control for the duration of the war."



MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until noon on Friday, the 31st January, 1919, for the conveyance of His Majesty's mails on a proposed contract for four years, 6 times per week on the Fredericton Rural Route No. 6, commencing at the pleasure of the Postmaster General.

Printed notices containing further information as to conditions of proposed Contract may be seen and blank forms of tender may be obtained at the post offices of Fredericton and Kingsclear, and at the office of the Post Office Inspector.

H. W. WOODS,
Post Office Inspector.
Post Office Inspector's Office,
St. John, N. B., December 17, 1918.



SEALED TENDERS addressed to the undersigned and endorsed "Tender for Guard House, Military Hospital, Fredericton, N. B.," will be received until 12 o'clock noon, Monday, December 23, 1918, for the construction of a Guard House, Military Hospital, Fredericton, N. B.

Plans and specifications can be seen and forms of tender obtained at the offices of the Chief Architect, Department of Public Works, Ottawa, the Superintendent of Dominion Buildings St. John, N. B., and the Superintendent of Military Hospitals, Fredericton, N. B.

Tenders will not be considered unless made on the forms supplied by the Department and in accordance with the conditions set forth therein.

Each tender must be accompanied by an accepted cheque on a chartered bank payable to the order of the Minister of Public Works, equal to 10 p. c. of the amount of the tender. War Loan Bonds of the Dominion will also be accepted as security, or war bonds and cheques if required to make up an odd amount.

By order,
R. C. DESROCHERS,
Secretary.
Department of Public Works,
Ottawa, December 10, 1918.

Quickly Cuts Burnt-in Grease from the range and all cooking utensils.

That means your labor will be lessened and your kitchen brightened.

Never harms your hands.

PRES. WILSON IS WELCOMED BY PARISIANS

(Continued from Page Two)

The Struggle of France

"During weary months our soldiers have fought with stoic resolution in defence of the soil of their forbears and the land of their children. So vast was the field of battle, so great was the issue at stake, so bitter and so hard was the struggle that only after the passage of time did it seem possible that the grandeur of their accomplishment could clearly show forth. Yet your distance from the theatre of war has allowed you to see while yet they lived, the greatness of the monument they were building."

"From the other side of the world you have spoken in advance of the judgment of history. What a source of strength was it for these fighters suddenly to hear your voice, in its distant authority resembling the voice of posterity: what joy to welcome those new brothers in arms hastening with ardor to claim at the critical hour their place upon the field of battle; what comfort for them to feel that they were henceforth arrayed with the glorious army of General Pershing, the victor of the Argonne."

"Thus Paris, eager to see in the flesh the man it had known only by his written word and by his image today lives over again with poignant intensity the history of Americas decision, as it was unfolded in your

conscience before the eyes of the world.

"Profundly moved by the magnificent generosity with which compatriots had set themselves to relieve our sufferings with what anxious, yet confident, expectation did we follow the progress of your thought and of your feelings."

"Beneath the deliberately measured tone of your notes and messages we felt little the mounting of a righteous anger. What was then, our dazzled admiration when there burst upon us the message of April 2, 1917, which gave to the questionings of the American conscience their supreme conclusion, and, in Pascal's words, brought together justice and force to decide for long centuries the fate of all humanity!"

Welcome in Name of Paris

"We are proud, to offer you welcome in the name of this capital."

"Our country is not alone that well loved land for whose liberation the blood of sons of the unions is mingled with that of the sons of France, our country to us means also and by right of heritage, justice, good sense and honor: and because you come to us in the name of these noble things, today we dare to call you a citizen of Paris."

Take then, Mr. President, the sincere good wishes of our city yesterday under the menace of the Berthas and the Gothas a citadel of the liberties of the world, but today open to all noble and generous ideas, and enthusiastically acclaiming in the great citizen she has the honor to receive the embodiment of a new ideal which comes to her."

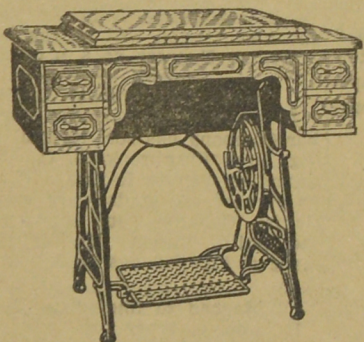
Big Sewing Machine and Gramophone Sale

Is Still Going On

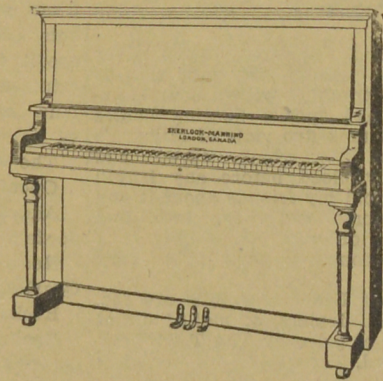
Only Two More Shopping Days Before Christmas.

Get your Sewing Machine, Talking Machine or Piano now.

All the latest Records and Sheet Music in Stock.



White, Beaver and Singer



High Class Pianos

Don't forget the place

E. O. MacDONALD

Music Store 560 Queen St.

Phone 50-11

Shoe Pack Time

WINTER IS HERE. THAT SUGGESTS

SHOE PACKS

You want the best, of course. Then ask your dealer for

Palmer's
"Moose Head Brand"

LOOK FOR OUR TRADE MARK

Be sure the Shoepacks are made by the

JOHN PALMER COMPANY Ltd.

Fredericton, N. B. - - - - - Canada



FLOUR For Christmas Cooking

ROYAL HOUSEHOLD BREAD FLOUR—98, 49, and 24 lb. bags.

RAINBOW BREAD FLOUR—98 and 24 lb. bags.

GOLDIE'S STAR PASTRY FLOUR—Barrels, 98 and 24 lb. bags.

LILY PASTRY FLOUR—Barrels, 98 and 24 lb. bags. At Lowest Market Rates.

G. W. HODGE