

INDIGESTION AND CONSTIPATION

Quickly Relieved By
"Fruit-a-lives"

ROBERTSON, P. Q.
"I suffered for many years with terrible indigestion and constipation. A neighbor advised me to try 'Fruit-a-lives'. I did so and to the surprise of my doctor, I began to improve and he advised me to go on with 'Fruit-a-lives'."

I consider that I owe my life to 'Fruit-a-lives' and I want to say to those who suffer from indigestion, constipation or headaches — try 'Fruit-a-lives' and you will get well!"
CORINE GAUDREAU.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

NEW VERSION.

The lawyer looked serious and his client gloomy. It was a clear case of breach of promise and the only question was how much the young man would have to pay.

The lawyer felt it his duty to speak a few words of caution.

"Oh, I know what you're going to say," interrupted the client angrily. "Do right and fear nothing."

"No," corrected the man of law. "In this case I should have advised 'Don't write and fear nothing.'"

Also the young onions exhales the fragrance of spring.

New York is to have twenty-six aviators on its police force. Regular fly-cops!

FREDERICTON BOY WHO IS SERVING THE EMPIRE IN ROYAL ARTILLERY



LIEUT. HILTON MCKNIGHT

A Fredericton Boy Serving With the British Royal Artillery.

Friends in this city of Lieut. Hilton has recently been promoted from second lieutenant to first lieutenant. At the present time he is acting as town major in the Royal Artillery since early in the time he is acting as town major in the vicinity of Steenvoorde, and has war, will be pleased to learn that he, the vicinity of Steenvoorde, and has

MAIL CONTRACT

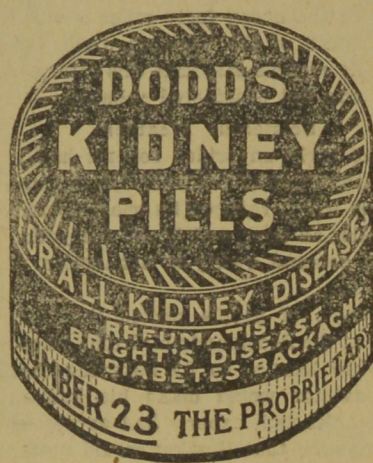
SEALED TENDERS addressed to the Postmaster General will be received at Ottawa until noon on FRIDAY, the 2nd May, 1919, for the conveyance of His Majesty's Mails on a proposed Contract for four years, 3 times per week on the Nashwaak Bridge Rural Route No. 1, commencing at the pleasure of the Postmaster 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 office of Nashwaak Bridge and at the office of the Post Office Inspector.

H. W. WOODS,
Post Office Inspector.
Post Office Inspector's Office,
St. John, N. B., March 17, 1919.

Despatches from Ottawa indicate that an early settlement of the mammoth strike at Winnipeg is quite probable. Senator Robertson, Minister of Labor, and Hon. Arthur Meighen are leaving Ottawa today for Winnipeg to look over the situation at close quarters.

There is no objection to a man's blowing his own horn, but it's the time he always selects that makes us tired.



HON. MR. FOSTER AT THE OTTAWA CONFERENCE

Ottawa, May 19.—Premier Foster of New Brunswick said today at the conference with D. D. McKenzie, leader of the opposition, and members of the opposition, that he was in full accordance with the plans for the National Liberal Convention at Ottawa on August 4, 5 and 6.

"Let bygones be bygones," said Premier Foster in urging this afternoon that the time is ripe for a reunion of all Liberals, and his words were applauded by Hon. W. M. Martin, Premier of Saskatchewan, and Hon. O. T. Daniels, Attorney General of Nova Scotia. The latter did not arrive in time for the morning conference, but all that transpired then and on Saturday was explained to him by Mr. McKenzie. He fully agreed with the conclusions arrived at and his arrival helped to complete the growing feeling of confidence that the August convention will be fully representative of Canadian Liberalism without reference to what happened in December, 1917. Hon. W. M. Martin will be here for a few days and a dinner will be tendered him by the Saskatchewan members of parliament.

Premier Foster left on the evening train for Montreal, but Hon. O. T. Daniels will stay for a day or so.

Hon. Mr. Martin disagreed with the proposal that the provincial riding should be the unit of organization in the west, urging that it would avoid confusion to reorganize the federal ridings. It was practically decided that this would be done. Both premiers promised that the provincial organizations would issue the invitations to the individual ridings to send representatives to the National convention and help in any organization to be done. This method will be followed all over Canada.

charge of a large district.

Lieut. McKnight is a son of Mr. and Mrs. John McKnight, and went overseas early in the war, joining the British Royal Artillery as a second lieutenant. He has seen a lot of strenuous service and it is needless to say made a good record for himself as a soldier of the King.

His parents and relatives here are naturally very proud of him and not without reason.

Lieut. McKnight is a brother of Lieut. Locksley McKnight, a U. N. B. graduate who went to the front with a western battalion and made the supreme sacrifice.

Advertise

Tell the buying public what you have for sale.

You know your stock --- the public cannot be expected to know about it if you do not advertise.

The Mail has a large and splendid class of readers. People who pay their bills.

Get our rates.

PRODUCES FUN ACCORDING TO RULES

(Toledo Blade)

Making people laugh is no laughing matter. It's a rather serious business with rules governing it just as there are rules for doing almost anything else in the world—unless its falling in love, which according to the authorities can always be most thrillingly accomplished when no regard is had for either rules or reason. But coming back to the laughmakers, time and again persons who have devoted themselves more or less successfully to the business of furnishing fun for their fellow humans have come out and told how it is done or how it should be done.

Charlie Chaplin who has made millions through his ability to produce chuckles, claims rules must be followed if you'd produce laughs. He reflects:

It isn't the mere fact of a hat blowing off that is funny. It is the ludicrous sight presented by a man chasing up the street with his hat blowing and his coat-tails flying that makes people laugh. When a man walks quietly along a street he is not funny. Placed in an embarrassing and ridiculous situation however, the human being provokes other humans to laughter.

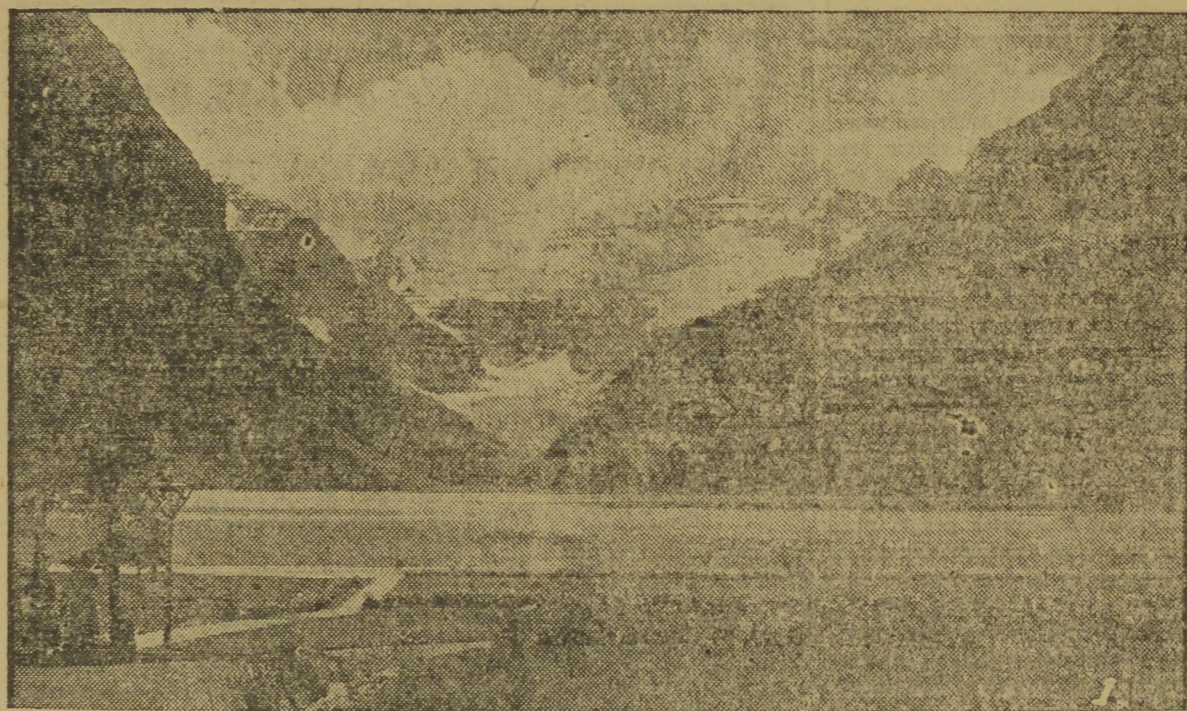
All comedy of situation is based up-

on this fact. Comedy moving pictures were an instant success because most of them showed policemen falling down coal-holes, slipping into buckets of whitewash, falling off patrol wagons, and getting into all sorts of trouble. Here were men representing the dignity of the law often very pompous themselves, being made ridiculous and undignified. The sight of their misfortunes at once struck the public funny-bone twice as hard as if private citizens were going through the same experience.

Even funnier than the man who has been made ridiculous, however, is the man who, having had something funny happen to him, refuses to admit that anything out of the way has happened and attempts to maintain his dignity. Perhaps the best example is the intoxicated man who, though his tongue and walk give him away, attempts in a dignified manner to convince you that he is quite sober.

He is much funnier than the man who, wildly hilarious, is frankly drunk and doesn't care a whoop who knows it. Intoxicated characters on the stage are almost always "slightly tipsy," with an attempt at dignity; because theatrical managers have learned that this attempt at dignity is funny.

DISCOVERING CANADA



One of the interesting, if inevitable, results of the great war is the way in which it has diverted the course of summer travel. Formerly, when Mr. and Mrs. Upper Ten of Halifax or Toronto wished to arrange their holiday itinerary, there was positively only one place to go—Europe.

Now things have changed. Mr. and Mrs. Upper Ten must go somewhere for a summer vacation, and so they have discovered Canada.

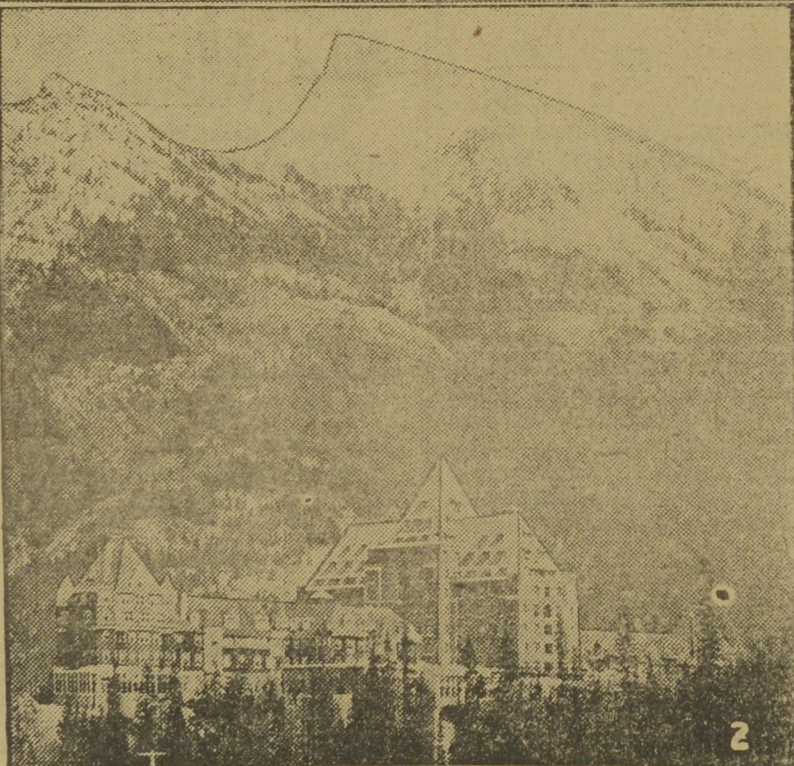
They have found to their immense surprise, that Canada has the most gorgeous scenery in the world, that nothing in any of the older countries can compare with our wonderful Rocky Mountains, and that nowhere is there a more exquisite pastoral landscape than in Ontario, or in the British Columbia Valleys.

Even the prairies, despised and rejected by descriptive writers, have an infinite charm to the real Westerner. "Monotonous?" he says, in genuine surprise, "monotonous? Never! I'd sooner motor over a prairie trail than take the finest macadamized lakeshore drive in the world. That's monotonous, if you like. Nothing but smooth pavements, conventional boulevards and formal city houses with their neat little gardens."

"No, sir, give me the open road where you can let out a warwhoop, if you like, sing if you want to, drive with your hat off, and your sleeves rolled up, take a pot-shot at the gophers bobbing up to watch you pass, or stop for a 'chia'chin' at a homesteader's shack and find him mighty glad to see you. What would one of your city folk think, I ask you, if you stopped at his door to say, 'I'm driving across your town, and thought I'd just stop for a chat.' Gee! He'd have you arrested! Me for the prairie!"

But it isn't all prairies and homesteaders in the West. You may be just as formal and "dressed-up" as you like at the beautiful mountain hotels of Banff, Lake Louise, Field, Glacier, and at the coast. All the hotels from Winnipeg to Victoria are excellent, but personally I like the Banff Springs Hotel at Banff, the Chateau at Lake Louise, and the Empress at Victoria. These three hotels are so particularly restful and "homey" in their atmosphere, that one feels as if one could linger there forever in a lotus-eater's paradise, always happy and comfortable.

At Banff there are innumerable methods of enjoying oneself — such



(1) Lake Louise in the Clouds. (2) Banff Springs Hotel.

sulphur baths, such mountain walks and rides, such fishing, such meals, such evenings of talk and music before blazing log fires, such a splendid dancing floor in the sun parlor—I grow quite homesick when I think of Banff.

At Lake Louise one could be happy if one did nothing all day but to sit and gaze at that exquisite emerald lake, set like a gem in its circle of snow-crowned mountains, the sun transmuting the wooded slopes into purples and golds and greens such as one would see nowhere else in the world. And when you add to that unparalleled view the charm of the hotel with its lawns like green velvet and its beds of white and golden poppies, its chintz-hung bedrooms and its cosy sitting-rooms, you have scenery viewed under ideal conditions.

If you really want to "rough it," you may, at any of the mountain resorts, engage your Swiss guides and start out for several days, weeks, or even months of mountain-climbing. You may ride and fish and tramp and

Getting rid of
tea or coffee
troubles is
made easy
by changing
to
**INSTANT
POSTUM**
a delicious
cereal drink