

## STOMACH AND LIVER TROUBLE

Once the liver fails to filter the poisonous bile from the blood, there is a clogging up and poisoning of the whole system which causes many troubles to arise. Therefore, upon the liver, more than any other organ of the body depends the general health.

Carelessness and neglect, and oftentimes wilful disregard of nature's laws will put the system out of sorts. The bowels become constipated, the liver inactive and the stomach upset. To bring the system back to its normal state, you should take Milburn's Laxa-Liver Pills. They live up the liver, get the bowels back to their proper condition and tone up the stomach.

Mrs. G. L. Cackett, Enchant, Alta., writes: "I have used Milburn's Laxa-Liver Pills and have found them good for both stomach and liver troubles. I have told others about your valuable medicine and they have used them with good results."

"They are also good for headache," Milburn's Laxa-Liver Pills are 25c. a vial at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

## CONCERT AT OPERA HOUSE WED. NIGHT

The program for the joint recital at the City Opera House on Wednesday by Miss Louise Anderson, Soprano, Mrs. Louis LeLacheur, contralto and Miss Agnes Anderson, Pianist under the auspices of the Ladies' Aid of St. Paul's Church is as follows:

Autumne, Miss Agnes Anderson.  
Angus McDonald, J'ai pleuré en rêve  
Good Night, Chanton les amours de Jean, Miss Anderson.

The Star, "Quando a te lieta" (from "Faust"), Eostasy, Mrs. LeLacheur.  
Wanderers' Night Song, Miss Anderson, Mrs. LeLacheur.

Aria "One Fine Day" (from "Madame Butterfly") Miss Anderson.

Night Song, The Search, Evening, Goodnight—Moods, Mrs. LeLacheur.  
Mary of Argyle, Coming thro' the Rye, Dawn, Miss Anderson.

Know a hill, Il Neige ("Tis Snowing"), Allah be with us" (from "A Lover in Damascus"), Mrs. LeLacheur  
God Save the King.

Eat rice, raw oats and olive oil and you'll live for four hundred years, yelps a diet enthusiast. But we wouldn't want to live four weeks on that sort of provender.

## CITY MANAGER THE BEST PLAN FOR A MUNICIPALITY

Interesting Address by Clinton Rogers Woodruff, of Philadelphia Municipal League—Adopted in Twenty-five Centres and Not One Has Gone Back to the Old System—Democratic Municipal Governments Suggested as a Means of Removing Social Unrest.

(Financial Post)  
While the members of the Canadian Club of Montreal were applauding an address in favor of a Commission form of Government and a civic manager the City Council was overhauling a motion for the temporary suspension of the functions of the council, while the Civic Administration still remained in office. Meanwhile the Civic Commission will continue in office for two years more, sharing to some extent the powers of civic government with the City Council.

The address in support of the City Manager plan was delivered by Clinton Rogers Woodruff, secretary of the National Municipal League of Philadelphia, who declared that this form of municipal government was in force in 125 cities in the United States, and not one of those who had adopted it had given it up. He believed it was certain to spread to a large number of others. In association with the city manager would be an elective commission of five or seven men as legislators whose will would be carried out by an efficient manager. Germany had secured a certain efficiency in municipal government, but not democratic government of the municipality. The work of the city manager in association with an elective administration was a very remarkable contribution towards the development of municipal democracy. The managers were chosen because they had demonstrated their efficiency and ability to carry on municipal affairs. There had always been a recognition of specialisation in the professions, why not in the highly important matter of governing the lives and welfare of the citizens? Now men were being developed who were as secure in their tenure of this municipal profession as a doctor or a lawyer in his profession. Such a system ensured permanency, and gave the

manager a chance to work out the important social and other problems of the city's life.

"Municipal efficiency is not new, but many municipal efficiency under a democracy is new. There is no reason why these should not be synonymous. There is a difference between the city running the citizens and the citizens the city. This latter is the very essence of democracy. There is no doubt that the German results in municipal administration exceeded those in America. But who wants a good government imposed from above or from without, in that book of his on "What Happened in Europe," Frank Vanderlip, in dealing with America's opportunity—and he meant Canada's as well—declared that never before was there such a necessity for sound citizenship. If war demands self-sacrificing co-operation, peace demands it equally. It is not. What can the Government do for me, but what can I do for the Government?"

Thanks to the prompt action of the United States Government, Mr. Woodruff declared in the recent Federal coal strike, the danger had been averted. But the feeling that gave rise to the strike still existed and unless the situations were met in a very different way the condition would be very serious. There must be a recognition of community life. There must be new standards created of comfort and general living. There must be a working co-operation of all parties; the people must be worked into the warp and woof of citizenship. There would be no satisfactory solution unless men, women and children were inspired with the feeling that they were all a part of the Government, "Speak not of your rights; think of your duties."

## ENGLISH WOMEN STUDYING TO BE PHYSICIANS

London.—Shortage of physicians in this country, which was greatly increased by the war, is giving women a golden opportunity to enter the medical profession. Hundreds of demobilized war workers, especially nurses, are taking advantage of it.

Before the war few facilities were offered English women for training as physicians and, furthermore, they encountered a prejudice on the part of all classes that was strong enough to daunt even the most determined. That prejudice against "women doctors" was almost entirely swept away by the heroic and efficient medical service performed by women during the war.

Hospital schools of medicine, from which women students formerly were barred, are now open to them. Many hospitals and other health institutions include women on their boards of management, and public positions which used to be filled only by men are now open to women doctors as

## INTERESTING NEWS FOR WORKING MEN

An Article Well Worth Your While to Read.

This is a nerve-racking age—not a man in an office or behind the counter striving hard to get on in the world, that does not feel the strain.

If nerves are in order, a man is strong, eats and sleeps well. Unstrung nerves means weakness, worry, sleeplessness and a general decay of bodily strength.

They trust to luck and that kind of thing, instead of taking Ferrozone for a few weeks when they feel dull in the morning, or when they sleep poorly or lose appetite.

Ferrozone quickly brightens up the mind. It creates an appetite and improves digestion. Ferrozone makes blood, quiets the nerves, makes muscle like steel and induces refreshing sleep.

Permanent in its results, the greatest health-giver in the world is Ferrozone. Because nourishing and pepper box, at all dealers or by mail from The Catarrhozone Co., Kingston, Ont. Get Ferrozone today, 50c.

## FLY HIGH, DOUGHBOY TELLS MRS. VANDERBILT

Paris.—A doughboy longing for the sight of an American girl, approached Mrs. William K. Vanderbilt Sr., of New York, in charge of canteen at Gare de l'Est, Paris, saying:

"Gee, it's good to look at ya, girlie. Where ya from?"

"New York," Mrs. Vanderbilt replied. "What's your name? I know some New York folks."

On her reply that her name was Mrs. Vanderbilt, the doughboy continued:

"That's right, 'chicken,' fly high. Nobody'll get wise anyway, over here."

## MOTHERS! NEVER NEGLECT WHOOPING COUGH

Many mothers make the mistake of thinking that whooping cough is not of serious importance, but unfortunately this mistake often leads to the neglect of this dangerous child's disease.

Never neglect whooping cough, for it may be followed by some serious lung trouble.

Dr. Wood's Norway Pine Syrup is highly recommended by mothers every where for the relief of this trouble. It will clear the clogged up air passage of the mucous and phlegm that has collected, and in this way bring on the "whoop" which brings the so-much-sought-for relief.

Mrs. Francis Burlingham, New Gate, B.C., writes: "This spring three of my children took the whooping cough, and they had it so bad I thought they would choke. I was getting pretty worried when my sister wrote me, telling me to try Dr. Wood's Norway Pine Syrup. I sent for some right away, and believe me, I will never forget how it worked. I will always have it in my house."

There are many imitations of Dr. Wood's on the market. Get the genuine when you ask for it. It will pay in the end. Put up in a yellow wrapper; 3 pine trees the trade mark; price 25c. and 50c. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

## BIG SUM FOR THE SOLDIERS

Ottawa, Nov. 24.—It is learned that a Cabinet sub-committee will be named to work out the details of the plan for the administration of the forty million dollars voted by Parliament, on the recommendation of the Special Committee that inquired into reestablishment problems to provide necessary relief for returned men during the winter months. The sub-committee will probably be constituted next week and its personnel is certain to include Hon. J. A. Calder, who was chairman of the Special Parliamentary Committee; Sir James Loughheed, Minister of the Department of Soldiers' Civil Reestablishment; Major-General Mewburn, Minister of Militia, and Sir Henry Drayton, Minister of Finance. The sub-committee, before definitely deciding upon its plan of action, will consult the various soldiers' organizations.

Trying to dodge work tires more men than hard labor.

well. Resident hospital posts have been made available for qualified women physicians, enabling them to secure extremely valuable experience.

Except Oxford and Cambridge, all the British universities have opened their medical degrees to women.

## Confessions of an Every-Day Wife

By Idah McGlone Gibson

PAPERS FROM HOME.

"This is your side of the story and I need not tell you, my dear Margot that I am going to help you all I can.

"Now, for my side. I am going to run down the murderer of Mr. Saunders if it takes years. My reputation as a newspaper man, or, rather, the reputation of my paper, will be made if I can do this without the aid of the police.

"I am going back home and start a series of personal hunts, and I may as well tell you that when I find the murderer I shall bring him to justice, regardless of who he may be."

He looked at me keenly and I began to tremble.

"Then you do not absolutely believe in Theo, after all?"

"I am going to start my inquiries on that premise," he answered. "I may as well tell you that I do believe your story, which is, of course, your husband's story. But you must see that up to date in the eyes of the law your husband might have some reason for killing Mr. Saunders, and Emil Baur apparently did not. Evidently Baur had money, all he wanted. Nothing was stolen. No one heard him quarrel with Mr. Saunders, and of course he has gotten away by this time, anyway."

"He may not have done so," I interrupted eagerly. "You never can tell what a man will do after he has taken the life of another man. Besides, I have faith enough to believe that the innocent will not always suffer for the guilty."

"Forgive me, my dear Mrs. Symone, if I say that your husband is guilty of great indiscretion and that he will probably have to pay for that."

I felt the tears rolling down my cheeks but I could not wipe them away.

"There is just one other point," said Donald Graham as he carefully looked over his notes and made a correction here and there. "I have not seen anywhere that the revolver with which the deed was done was found."

"It was not found. Robert says Sallie Saunders has it."

"What—where did she get it?"

"No one knows, but when she told Robert that if Theo opened his mouth to accuse Baur of the murder she would lay counter charges against him and say she saw him do it, and that she picked up the revolver while it was still smoking."

"Good heavens! That woman knows the whole story."

"Yes, and she is quite as likely to lie about it as to tell the truth."

For a moment Donald Graham was silent after I had told him about Sallie Saunders and her determination to save her lover at any cost.

"Are you sure she knows who committed the murder?" he asked. "It seems to me that a girl would hate the murderer of her father, even if she had loved him before."

"Of that I cannot say. I know only this. I have never in my whole intimacy with Sallie known her to speak of her father with any degree of affection. They did not get along together at all."

"Maybe she really thinks your husband——" Donald hesitated.

I looked at him quickly. Did he really think Theo had done that awful thing? A cold shudder ran over me and a look of horror must have come into my eyes.

"You must forgive me, dear Margot, if I look at the matter from all sides," he said, and then he hesitated a moment as if a new thought struck him.

"Excuse me a moment!" he exclaimed and rather unceremoniously rushed out into the lobby.

For a moment I was too dazed to think. Apparently Donald believed Theo guilty. What would it mean if every one thought so? Theo had intimated to me that his own brother did not believe in him, and knowing this, Theo left me and went with Robert to New York. My heart began to thump so hard that I could hear it. Was Theo going to run away?

Why had I not counseled him to face the whole thing? As I asked myself that question I knew the answer. It was because I was sure that Theo himself did not want to go back. He did not want to face the thing. And then judgment—common sense—came to my aid.

"Think," it said. "Under the same circumstances, would you want to go back and face the awful scandal and uproar? Theo is decided quite as much for your good as for his own."

And then I thought of poor old Dad, too ill to be burdened with this awful thing. I realized for the first time what it would mean to my dear old father to have Theo, his son-in-law, come back under such a cloud.

"If Theo, with his pride in feminine conquests, had only left Sallie Saunders alone," I said to myself. "Or, having done what he did, why should he not suffer alone?"

"That is what makes Wrong wrong," I said to myself childishly. If we could sin and pay the price—the inevitable price—alone, Wrong would not be much different from Right. We could simply say to ourselves, I am willing to pay for that wrong. But it is beyond our power to limit the results of our misdoings to ourselves. Innocent ones, our loved ones, are inevitably drawn into the vortex with us. Just then Donald came back with his arms full of newspapers. His eyes lighted up at sight of me, and he said quietly: "I am glad you have not entirely lost your power to smile, for I saw the shadow of one on your face as I came in."

"Rather say the dawning of one," I answered. "I was just thinking that Wrong might be made Right if the one who had committed the Wrong were the only sufferer."

Donald gave me a peculiarly inquiring look, and I felt my face change as the thought came to me that he might think from what I had just said that I was selfishly pitying myself for the suffering I was enduring through Theo's sin.

I hastily explained: "You know, of course, that my father is police commissioner at home; but you may not know he is very ill with heart trouble."

"If it should become publicly known that Theo is mixed up in this awful thing it will kill father to have his department investigate the affair."

(Continued on page seven.)

Maud Muller, on a summer's day, Raked the meadows, sweet with hay.

For which the farmer paid to Mord Three-fifty-five a week and board.

The judge rode up, he said, said he, "Wilt come, fair maid and cook for me?"

## CASTORIA

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of J. C. H. H. H.

**Through the garden of New Brunswick**

**QUEBEC—ST. JOHN**  
Through Buffet, Sleeping, Parlor Car Service.  
Quebec Bridge and St. John River Valley

Southbound (Read Down)		Northbound (Read Up)	
Mon. Wed. Fri.	Quebec (Plain Station) Dep. 3:45 p.m.	Mon. Wed. Fri.	St. John Arr. 11:00 a.m.
Tue. Thurs. Sat.	Quebec (Plain Station) Dep. 1:40 a.m.	Tue. Thurs. Sat.	St. John Arr. 1:35 a.m.
	Edmundston Dep. 2:50 a.m.		Edmundston Arr. 12:45 a.m.
	Edmundston Dep. 3:42 a.m.		Edmundston Arr. 12:37 a.m.
	St. Leonard Dep. 4:05 a.m.		St. Leonard Arr. 12:10 a.m.
	Grand Falls Dep. 5:04 a.m.		Grand Falls Arr. 11:05 p.m.
	Plaster Rock Dep. 7:45 a.m.		Plaster Rock Arr. 8:10 p.m.
	McGivney Dep. 11:15 a.m.		McGivney Arr. 6:25 p.m.
	Fredrickton Dep. 10:30 a.m.		Fredrickton Arr. 4:30 p.m.
	Fredrickton Dep. 2:05 p.m.		Fredrickton Arr. 12:55 noon
	St. John Dep. 2:05 p.m.		St. John Arr. 12:55 noon

**Canadian National Railways**