

## A HINT OR TWO.

To Soften Boots and Shoes—Hardened by water, these are softened by rubbing kerosene into the leather with a cloth.

Bisque Ice Cream—In making bisque ice cream add the crumbs when nearly frozen.

To Clean Brushes—A little soda dissolved in warm water and ammonia cleans brushes nicely.

Raise Velvet—A hot iron covered with a wet cloth and applied to velvet while damp will raise the pile.

Mildew—A teaspoon of chloride of lime in a quart of water strained twice will remove mildew from cloth. Lay cloth in sun.

Utica Observer: "It is right to speak of our allies," says Marshal Haig, "but it was the British army that won the war." Of course it was the British army that won the war. It was also the French army that won the war. The Italian army also won the war. So did the Russia army, and if it hadn't been for the American army all of the other armies would have lost the war. The American army won the war.

## TRUE BLISS.

Bella—Aren't you worried because you don't know where your husband goes, when he is out late at night?

Donna—Not nearly so much as I who feels that things might be worse would be if I knew.

## THE CAUSE OF BACKACHE

Only in Rare Cases Does Backache Mean Kidney Trouble.

Every muscle in the body needs constantly a supply of rich, red blood in proportion to the work it does. The muscles of the back are under a heavy strain and have but little rest. When the blood is thin they lack nourishment, and the result is a sensation of pain in those muscles. Some people think pain in the back means kidney trouble, but the best medical authorities agree that backache seldom or never has anything to do with the kidneys. Organic kidney disease may have progressed to a critical point without developing a pain in the back should always lead the sufferer to look to the condition of his blood. It will be found in most cases that the use of Dr. Williams' Pink Pills to build up the blood will stop the sensation of pain in the ill-nourished muscles of the back. How much better it is to try Dr. Williams' Pink Pills for the blood than to give way to unreasonable alarm about your kidneys, any doctor can make tests in ten minutes that will set your fears at rest, or tell you the worst. But in any event to be perfectly healthy you must keep the blood in good condition, and for this purpose no other medicine can equal Dr. Williams' Pink Pills.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

## A DEFINITION.

Tommy—Pop, what is an optimist?  
Pop—An optimist, son, is any man who feels that things might be worse than they are.

## WORKMEN'S COMPENSATION ACT, 1918

## NOTICE TO EMPLOYERS OF LABOR.

Whereas on the 17th day of April, A. D. 1919, His Honor the Lieutenant-Governor and Council did by Order-in-Council bring within the scope of Part 1 of the "Workmen's Compensation Act, 1918," from and after August 1st, 1919, the following industries, viz.:

"Persons employed in the woods in logging, cutting of timber, pulpwood, firewood, railroad ties or sleepers, river driving, rafting, booming or the transportation of logs, timber pulpwood, firewood or railroad ties or sleepers."

Notice is hereby given that all persons engaged in any of the above mentioned industries are required to file a statement of their estimated payroll from August 1st, 1919, to December 31st, 1919, inclusive, with the said Board, on or before the 1st day of August, 1919.

And further notice, that any employer neglecting or refusing to furnish such estimate or information is liable to a penalty not exceeding \$20.00 per day for each day of such default, and is further liable for damages, as provided by Part 2 of said Act, in respect of any injury to any workman in his employ during the period of such default.

Note.—Forms for furnishing such information will be supplied on application.

Also please take note of the following regulation passed by the Board and coming into force on the 1st day of August, 1919:

**First Aid Kit.**—In an industry where ten or more persons are employed, it shall be the duty of the employer to provide a suitable FIRST AID KIT approved of by the Board and in charge of a suitable person.

## WORKMEN'S COMPENSATION BOARD.

JNO. A. SINCLAIR, Chairman.

P. O. Box 1318, St. John, N. B.

SOME OF THE SPECIAL FEATURES  
— OF THE —

## Policy Holders Mutual Life Insurance Co

1. It is classed by the Insurance Department as a Mutual Life Insurance Company with Auxiliary Joint Stock. It has therefore the advantages of the Mutual, with the guarantees of a joint stock company.

2. Premium rates are lower than for corresponding policies in other companies.

3. The basis of profit distribution is fixed by its act of incorporation; each policy holder sharing in proportion to the amount of the reserve to the credit of the policy.

4. Abstainers are placed in a separate class and receive in dividends the benefit of their superior mortality.

5. Policy holders and stock holders vote on an equal basis, the stock holder has one vote for each share of stock; the policy holder one vote for each thousand dollars of insurance. The policy holder has the further advantage and privilege of voting by mail, ballot papers being furnished him which may be forwarded to any general meeting.

6. Whenever a premium is due, the policy holder has the privilege without notice to the company, of paying it monthly, quarterly, semi-annually or annually, as best suits his convenience at the time.

7. Policy holders have the privilege of an annual medical examination to be made by the company's medical officer.

8. The Company has made arrangements with a leading accident company for the issuing of a supplementary policy at a nominal figure, by which if the assured should die from an accident, the amount of his insurance would be double that of the amount of his life policy.

All of these advantages are not to be obtained in any other one company. We make this statement over our signature.

## THE POLICY HOLDERS' MUTUAL LIFE INSURANCE CO.

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HEAD OFFICE, - - 501-503 Temple Bldg., Toronto, Ont.

Local Representative—W. H. GRAY, Marysville, N. B.

Confessions  
of an Every-Day Wife

By Idah McGlone Gibson

THEO TURNS MATCHMAKER.

"Welcome to our city," said Theo as he clasped the Major's hand cordially. "You are the last person I expected to see here now."

"I'm the very last person who expected to be here," said Major Gordon. "When you left New York I was hoping to get my discharge, but principally I presume because I am a bachelor. I have been retained and transferred to Camp."

"Well, I'm not certain whether you will enjoy that, Major; but we shall very much, and hope to have you with us often."

"Thank you, Mrs. Symone. That is as kind as I have always found you to be. You can appreciate the loneliness of camp life, especially now that we have no glory of battle to look forward to."

"Come on in, Major, I want you to meet my father and sister."

"And I want to extend my sympathy, Lieutenant. I read Mrs. Symone's telegram to Mrs. Charlton just before I left and learned of your great loss."

"Thank you, Major, it was hard to come back only to take leave of my dear mother."

"And Mrs. Charlton is well?" I asked the Major.

"Not very, she tells me," he answered. "She doesn't think New York agrees with her and is talking about leaving."

Major Gordon followed us into the house and I could instantly see that both Dad and Eliene were much taken with him.

Eliene ordered tea and from the way the Major lingered over the tea table it was quite apparent that he considered his hostess very beautiful and was quite impressed with the charm of the Symone home.

He did not stay long, however, and declined Theo's impulsive invitation to dinner later with the plea that he had a conference to attend at camp.

"I hope you haven't placed yourself in a position, Mrs. Symone, that a new rescuer had to be appointed in my absence?" he remarked smilingly, as he bade me good-bye.

"No, you are still my rescuer-in-chief."

"And I hope I shall be until the end of the chapter," he said, and I got the impression that he meant the remark for me alone.

"What a charming man," said Eliene as Theo accompanied the Major to his car.

"Yes, Eliene, he is the one we have chosen for you," said Theo, coming back in time to catch the remark.

"My dear Theo, you would never make a matchmaker," I said frowning. "Don't you know that is the last thing you tell to either of the parties you wish to interest in your scheme. Nobody wants to be hauled into matrimony."

I closed my lips firmly, as I did not quite know why this idea of Theo's grated on my nerves. I never had looked upon myself as a dog in the manger, and yet I was a bit unwilling to share Major Gordon's friendship with anyone else, as his rescuing me from probable death had somehow made him nearer to me than any other man except Theo. It was neither a feeling of love or friendship—just one of possession.

"Neither you nor anyone else need worry about getting a suitor for me," said Eliene. "I'm going to be an old maid and take care of Dad."

"That's very sweet, Eliene, but I couldn't be as selfish as that," said Father Symone, and I noticed his eyes were misty as he bent to kiss her upturned mouth. She looked at that moment very much like her mother.

As for me, my thoughts were chaos; things had been coming so thick and fast. In such a short time I had been whisked from my little tower room with only my whispering tree to confide in, into the centre of teeming family life in which I was conscious there would be many people who would want to know—many complications to straighten out.

Right after dinner Theo excused himself, saying he was going to his club. "I haven't seen any of the home fellows since my return," he said, "and if I'm going to be a politician it's a good time to begin laying my wires."

As Toddy kissed me good-bye I could hear his boyish voice saying as in times when we were younger. "You can just wait around, Margot, until I need you, and then I'll come back."

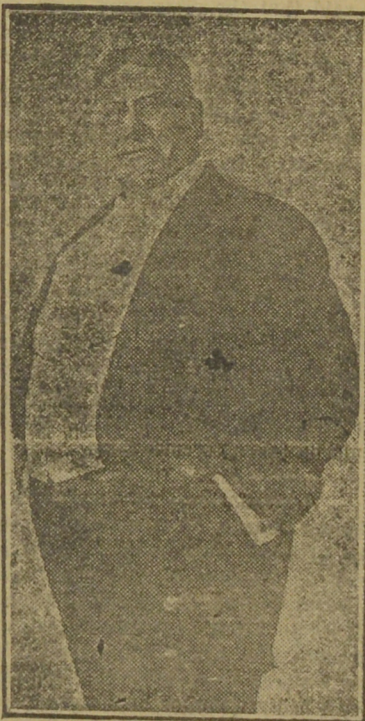
Often he had left me when we were children with those words—and I waited. That is the business of most women. Their lives seem to be made up of times when they are waiting on someone and the times when they are waiting for someone.

As I was going up stairs, Eliene put her arm around me and said: "Margot, are you too tired for a talkfest?"

"Certainly not, my dear; I was just wondering how I was going to put in Theo's absence."

"Well, I'll be with you in a moment. Let's put on our kimonas and be comfy like we used to at school."

(Tomorrow—"Eliene Begins Her Story.")



W. H. WHITE  
"Dick Deadeye" in "Pinafore"  
At Chautauqua.



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## MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General will be received at Ottawa until noon on FRIDAY, the 8th August, 1919, for the conveyance of His Majesty's Mails on a proposed Contract for four years, 3 times per week on the Kingsclear 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 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., June 23rd, 1919.

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