

OVERLAND MODEL 90 THE THRIFT CAR

BEST VALUE IN THE MARKET IN MEDIUM PRICED CAR—25 Miles to Gallon Gasoline.
Have You See the NEW CHALMERS ENGINE with the "Hot Spot?" The car that holds the world's records. Come in and look them over.

FREDERICTON MOTOR SALES CO.,

'PHONE 352-11.. QUEEN STREET, FREDERICTON, N. B.

Wholesale Dry Goods and Woolens**House Furnishings For Everybody**

Lace Curtains
Scrim Curtains
Curtain Muslin and Drap-
eries of all kinds
Crockeries and Casement
Clothes
White Bed Spreads
Towels, Napkins and Ta-
ble Linens
Oilcloths and Linoleums
Carpets, Rugs and Squares

Prices Lowest Possible. Goods sold to the Trade only.

Vassie & Company, Ltd.

WHOLESALE DRY GOODS AND WOOLENS
ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

WHY CAN'T I GET TO SLEEP?

Thousands of people all over the country ask this question, but still continue to toss night after night on a sleepless bed, and it is impossible for them to get a full night's refreshing sleep.

Some constitutional disturbance, worry or disease has so debilitated and irritated the nervous system that it cannot be quietened except by the pernicious use of opiates or narcotics. Or again, you have heart palpitation and sensation of sinking a feeling you are going to die, or perhaps you wake up in your sleep feeling as though you were about to choke or smother, and the only way you can get relief is to sit up in bed.

To all who suffer in this way, Milburn's Heart and Nerve Pills offer an inestimable boon. They bring back the much needed night's rest by improving the tone of the nerves, strengthen the heart, enriching the blood and making the whole organization act in harmony—then you sleep as peacefully as a child.

Mrs. Jas. Latimer, 29 Leinster St., St. John, N. B. writes:—"At night I could not sleep. I had to sit up in bed my heart beat so fast, and when I walked up stairs I would get all out of breath. A friend recommended Milburn's Heart and Nerve Pills and after using two boxes, I can sleep all night and am not out of breath after walking."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Nine persons were killed yesterday by the explosion in Boston of a tank containing two million gallons of molasses. Gas fumes caused by fermentation is said to have caused the explosion. The molasses spread over the street to a depth of from two to three inches.

**WANTED****Cotton Mill Help**

With families preferred.
Low rent, steady work, good wages.

CANADIAN COTTONS, LTD.,
Marysville, N. B.

Tenders for Stone.

Tenders will be received at the City Clerk's office, City Hall, until WEDNESDAY, January 15, 1919, for five thousand tons best Trap Rock and five thousand tons of best quality Sandstone, or any portion of the above amounts, delivered at the City Stone Yard.

The stone to be subject to the approval of the Chairman of the Roads and Streets Committee.

G. R. PERKINS,
City Clerk.

BURTT & CATERER

Wagons and Sleds Made and Repaired.

T. J. BURTT. H. CATERER
All Kinds of Jobbing Repairs.
281 KING STREET

Electric Wiring**For Light and Power**

Telephones, Bells, Watchmen's Clocks, Annunciators, Burglar Alarm Systems, etc.

Lighting Plants Installed in Isolated Places. We carry a large assortment of Electric Fixtures and Heating Appliances.

Estimates submitted without charge.

W. Allen Staples

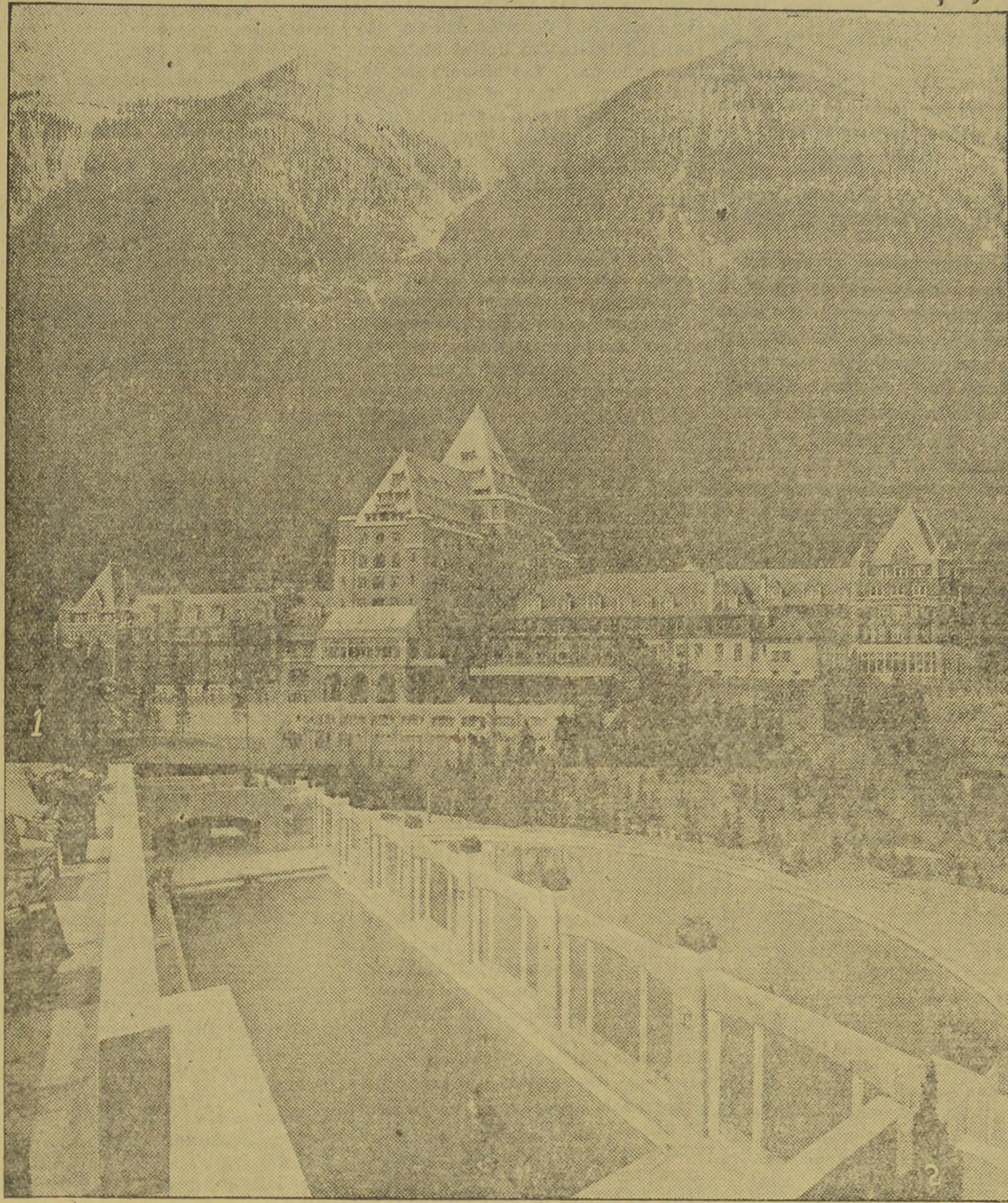
634 Queen St. Opp. Court House

SCHOOL BOOKS

A Shipment of Children's Books arrived too late for the Christmas Trade. We have marked them at special prices to clear. See our Down Town Window.

The McMurray Book & Stationery Co., Ltd.

Booksellers, Stationers and Printers

A Palace Amid the Peaks

(1) Banff Springs Hotel.

(2) The swimming pool at Banff Springs Hotel

THIRTY-FIVE years is three and a half decades and a great deal might happen during that time. In fact, one might grow from a toothless, mumbling family pride into a white hope and a nation's pride, or one might grow from a white hope or a nation's pride into a toothless, mumbling civic burden. No matter what happens there are always changes, the few things remaining unaltered being the mountains, the ocean, the deep blue sky. Forests wither and burn and draw in their borders, fences and grain fields are now where the wild lands rolled, towns and cities flourish where the antelope and the mule-deer used fearlessly to slake their thirst.

Mountains, having the broader perspective, see the greatest changes, and the mountains of Banff could tell much if they would talk. Forty years ago they looked down on the primeval forests of their lower slopes and valleys, traversed sometimes by red men, sometimes by pioneer whites. Thirty-five years ago they saw the C. P. R. gangs stretching the first steel threads which binds the Pacific to the Atlantic and have opened the land for the coming millions. The white men lived in the open, in tents, in dug-outs and log cabins, they ate of the rudest fare, and they hewed a way for the following hordes who brought with every new contingent, new comforts and new developments.

Up on the slopes of Sulphur Mountain the sulphur springs have rippled, and smoked and steamed for centuries, known only to the wild animals and natives, but when the railway steel was put down white men came and saw the commercial possibilities of the medicinal waters. One of these earliest pioneers decided to be forehanded and obtain possession. On the northeast side of Sulphur Mountain, where the sulphur bubbled and a wondrous cave of gloomy pools and stalactites promised attractions for future tourists he erected a small log hut and placarded it with a roughly planned board branded "hotel" in letters of charcoal. Consequently, while waiting for the rush of tourists he fed and jathed stray railroaders, trappers, guides and prospectors. He was a free and easy landlord, if there was room on his floor they could sleep under his roof, if there was flour in the sack and bacon on the nail they could eat. They paid what they thought was right. This was the first hotel in Banff park.

The government, realizing for the first time the great possibilities of the mountains, streams, and medicinal springs of Banff decided that it should be reserved as a national playground and health resort for all Canada and the world. The squatter who had hoped to retain the medicinal springs for his own profit, was consequently bitterly disappointed. He took up other work and the "hotel" drooped in decay. Woodlice, ants, mountain rats, bears, and moun-

tain storms soon wiped out the structure. To-day there is modern housing in the big Canadian resort for three or four thousand transients. The people of the world visit the springs, the caves, the fishing and hunting grounds. They live in the hotels and go away satisfied with the comforts provided. In the early days four walls and a roof were comfort, today bellboys, elevators, waitresses, servants, fine linen, baths, architectural marvels are necessities. Roman baths, foodstuffs from the distant parts of the earth take the place of the muddy pools and the flour and bacon of pioneer days. The first bonfire of Banff built his hostelry from timbers which grew on the mountains; the great C. P. R. hotel in Banff went deeper and builded from the very stones that underlaid the soil which fed those timbers. Tall, and grey as the very cliffs themselves the big structure looms up in castellated grandeur, not ever seeming pigmented by contrast with the mighty precipices.

Eight guests would have strained the accommodations of the first log hotel, eight hundred is not too many for this one great building which now stands and overlooks the valley of the Bow. As one will admit changes come with the years, though the mountains still stand as they stood when Rome burned and Nero played.—L. V. K.

NEVER TURNED AWAY HUNGRY FROM SALVATION ARMY HUTS

Many Returned Soldiers Express Their Appreciation of the Splendid Service Rendered Fighting Men—The Best Social Organization in the War Zone in France.

The best testimony of the value of the services rendered by the Salvation Army to the fighting boys overseas is to be found in many letters that have reached the Headquarters of the Salvation Army in Canada. Many of these letters are from individuals who have no particular religious affiliations, but who see in the social service of the Salvation Army a tremendous vital force for the uplifting of the troops. There is room for only a few of these commendations, and a selection is here made from letters from many parts of Canada.

H. A. Wood, President, G. W. V. A. Orillia, writes of the service rendered the troops in France: "As soon as a man enters one of the Salvation Army huts he has that 'at home' feeling, for he is always made welcome, and you know, a man knows when he is well treated."

"Ted," writing to his "Rosey," the letters having been sent by Adjutant MacLean of Verdun, P. Q.: "I am writing this letter in one of these large and warm huts; it will seat about three hundred soldiers; they try all they can to make us comfortable. I've been in many huts, but this is the best

yet," Ted writes from the base, after five straight months at the front, and his letters is full of praise of the Salvation Army.

A Catholic lady told one of our collectors, says Ensign Weeks of Sault Marie, "how Captain McGillivray had written her about visiting her boy in hospital and his interest in the boy's welfare. Another returned soldier stated that he had enjoyed the privileges and comforts of the Salvation Army huts and had received refreshments when he had no money."

Sergeant P. R. Dealtry says the Salvation Army is the best organization in France. It is a friend to all, whether they have money or not. If a soldier is hungry and has no money he is sure to receive a welcome from the Salvation Army, and is well looked after.

Private John Thompson says: "The Salvation Army is good at all times. The boys over in France find that they can get what they need cheaper from the Salvation Army than from any other organization, and if they haven't got the money, it is all right, the Salvation Army will help them just the same."

Private Lou House says: "The boys

are always glad when they see the Salvation Army shield on the hut."

A Salvation Army Captain relates that a young lad in khaki stepped up to him and said: "Say the Salvation Army did more for us in France than anybody. We were always sure of getting what we wanted there, money or no money. They would serve us if we hadn't a cent, and as cheap as it was possible to get it any time."

Private Cox of Hamilton, who returned on October 10th, 1918, related that he and his chum had just come out of the trenches one cold morning at three o'clock. They were weary and hungry, when a Salvation Army lassie came up to them. After learning their condition, she immediately left them, and soon returned with hot coffee, sandwiches, and bread.

Hear what William Bowering, 6th Siege Battery, says, that in the Salvation Army huts, articles could be purchased cheaper than elsewhere. After he was wounded he was taken in a Salvation Army ambulance to the boat. These ambulance go as near the firing line as it is possible for motor cars to go.

INSTANT POSTUM

is a wholesome and delicious drink for those with whom coffee disagrees