

Anaemic Palesness Quickly Changed To Rosy Cheeks

Chlorosis or anaemia is simply thinness of blood.

If confined too much indoors, anaemia develops, because the lungs are insufficiently supplied with oxygen, and the blood is consequently ill-nourished and half starved.

But there is a cure!
Dr. Hamilton has solved the problem in his famous pills of Mandrake and Butternut; as a blood enricher their equal is not known.

All the functions upon which life depends are helped by Dr. Hamilton's Pills.

Richness and purity are instilled with wonderful promptness into the vital fluid.

Healthy color supplants the pallid, ashen face. Better appetite, strong digestion and dreamless sleep, are sure to follow, because of the increased blood supply furnished by Dr. Hamilton's Pills.

Think it over.
Will it pay you to look and feel half-dead to lack color and spirit, when all can be changed by Dr. Hamilton's Pills?

Better act at once.
Your case is more curable now than later on.

Dr. Hamilton personally guarantees his pills of Mandrake and Butternut. Their merit is unquestioned.

Thousands of anaemics they have cured and kept well.

They will do the same for you. Try Dr. Hamilton's Pills, 25c per box.

A CANADIAN AIRMAN CHOSEN

Ottawa, Jan. 18.—Lt. Harry Yates, of the Royal Air Force, son of Mr. Geo. T. Yates, private secretary to Sir Robert Borden, has been chosen by the British Air Board, to serve on No. 1 communication squadron, to which is entrusted the carriage by air of British ministers, their staffs and impedimenta to and from London and Paris in connection with the peace conference, according to advices received here.

A FEARLESS KNOCKER.

"We roast our own coffee," says an adv. in an Erie paper.

Yes, money talks, but it is the lack of money that does most of the complaining. You have noticed it.

HALIFAX PAPER'S TRIBUTE TO THE LATE COL. LOW

Was a Native of Michigan, but Claimed Halifax as His Home—Had a Wonderful Career as a Builder—Had Been Connected with Big Construction Firm Since 1912—His Work at Halifax After the Disastrous Explosion.

(Halifax Chronicle)

The advice from Ottawa yesterday that Hony. Col. Robert Smith Low had died at the General Hospital there at five o'clock in the morning was a heavy shock to his Halifax friends, especially in view of the fact that few persons, if any, except his relatives, had heard of his illness. Death followed an operation for blood poisoning, and it is understood the remains will be brought here for interment Saturday or Sunday. Mrs. Low, who is a daughter of the late J. H. Hearn, K. C. of Sydney, and Mrs. Hearn, now of Glace Bay and her daughter will have the sympathy of all Halifax in their bereavement.

Very Well Known Here

Probably no man in Canada was better known in Halifax, and in fact through different parts of Nova Scotia, than Colonel Low, who was one of the most energetic building and construction men of Canada, and had time and again made records in big construction operations. This was especially the case in war times work, which earned him his honorary title. He was born in East Saginaw, Mich., October 16th, 1874, but Halifax can proudly claim him as her own, as when but twelve years of age he came here with his parents, Mr. and Mrs. George Bruce Low, from Scotland, whither the family had gone from Michigan when he was but an infant. It was in Halifax that he acquired all his mechanical experience and ability that made him the real builder that he was. His education was started in Aberdeen but completed in Halifax. In this connection it may be mentioned as showing how dear to him were memories of his scholarship days in the Halifax

County Academy that only a couple of years ago he presented to the School Board a Low memorial, with the foundation a goodly sum of money invested, the interest to be used yearly in purchase of works for the school's library.

Career As a Builder

His mechanical career he began as timekeeper in his father's construction business here in 1887. His deceased father was one of the most experienced as well as earliest, real concrete working experts Halifax had and he was really the pioneer of concrete building construction here. In 1889 Robert—or "Bob" as he ever insisted upon being called by his old friends—was promoted assistant superintendent of his father's construction operations and he continued in that position until 1894 when he went to the United States and spent a couple of years there, gaining experience and studying building conditions. Upon his return to Halifax in 1896 he became superintendent of his father's business and in 1899 he removed to Sydney and became a member of the general contracting firm of McManus, Low and McManus, which firm name changed in 1901 to the R. S. Low Contracting Co., and so continued until 1910. Among the important construction contracts he engaged in while in Cape Breton were the Dominion Iron & Steel Co., foundation and plant, I. C. R. Sydney terminals at Table Head, Glace Bay.

The matter of permanent paving attracting attention in Nova Scotia about that time he devoted some of his time to that branch, for which as a concrete expert, he was particularly well fitted, and such paving un-



MINARD'S "KING OF PAIN" LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made
Mr. A. R. LAUNDY, EDMONTON, writes:—"I fell from a building and received what the doctor called a very bad sprained ankle, and took nine days to get on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

Minard's Liniment Co., Limited
Yarmouth, N.S.

der his direction was done in Halifax in Cape Breton and in other parts of Nova Scotia.

In 1911 his expert knowledge of paving and the good results he had attained therein resulted in his engagement by the Public Works Department at Ottawa to complete the paving around Victoria Museum at Ottawa.

His Military Work

It was in 1912 that he became associated with the big construction contractors Bate, McMahon & Co., in construction of the Connaught rifle range at Ottawa, the largest in the world. When the big mobilization camp at Valcartier, P. Q., was decided upon after the start of the war Militia authorities sought the services of Col. Low with his expert knowledge and it was on that contract that he made an eye opening building construction record, being appointed in August, 1914 by the then Minister of Militia, Col. Sam Hughes, Honorary Lieutenant Colonel O. C. the 4th Pioneers, C. E. F., and promoted Honorary Colonel in 1916. It is known that the Colonel had before this intimated his desire to go on overseas service, but it was felt his constructive ability was needed more in Canada. Other military works built under his direction during the war were Camp Hughes, Sarcee camp (Calgary), Camp Borden, fortifications and aviation hangars here, where Bate McMahon & Co's men are still engaged. His firm are finishing construction here now of the big concrete train shed at the south end terminals.

Service to Halifax

Col. Low's love for his old "home town" Halifax, was demonstrated on the occasion of the great explosion catastrophe of Dec. 6th, 1917, when he unselfishly cast aside all his own personal interests, came to Halifax and tendered his valuable services without reimbursement, for reconstruction and providing housing for those rendered homeless.

In those first terrible days when men's hearts were almost dead with in them, and brains were almost paralyzed by the appalling wreckage and the thousands of homeless people who must be fed and sheltered many hearts took new courage and many tongues uttered grateful thanks when the news came that "Colonel Bob Low, the man who built Valcartier in no time" was on the way to Halifax. The future brightened and drew nearer.

No one can estimate how much his services meant to this community, nor how great was his accomplishment. It was not difficult for Colonel Bob to secure help. From every part of the Dominion men answered his call, and despite a winter that has outdistanced any season in two decades for blizzards and zero weather, the work of construction and reconstruction went forward marvelously. The bare job of putting semi-shattered houses and buildings into habitable condition was accomplished in a very short time.

The flats on the Exhibition grounds where hundreds of those whose homes were destroyed are still comfortably housed, were built in about thirty-two working days by the force of men whose inspiration and director was no other than Colonel Low, as superintendent of reconstruction at Halifax. In the same magical way the houses on the Citadel sprang up, and were further marvels produced under the direction of the wonder-worker in the world of construction.

Halifax was not only grateful to "Colonel Bob" but also proud of him as one of her own boys who had done her proud by performing big things.

NOT YEARNING FOR FAME.

A speaker had been telling a Sunday school about worthy ideals, and then asked one of them the following question:

"Tommy, which would you rather be, Christopher Columbus or Abraham Lincoln?"

Tommy promptly answered: "I'd rather be myself; those two fellows are dead."

RULES FOR THE AVOIDANCE OF INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ventilated. Admit all the sunlight possible.
2. Avoid all indoor assemblies, and travel as infrequently as possible.
3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well aired, but so that the patient be not in a draft.
4. Keep patient by himself, permitting only the nursing attendant, the doctor and the clergyman to see him.
5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.
6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.
7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.
8. Patient, after recovery, should take particular care to avoid exposure to chills and dampness, as pneumonia is quite frequent under these circumstances and constitutes the gravest danger connected with the disease. Remain in house three or four days after feeling well, as this is a critical period after recovery.
9. Call a doctor upon the occurrence of suspicious symptoms as unusual backache, headache, chills followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.
10. Do not be over-anxious. That is

do not worry respecting the danger of contracting the disease. Such worry serves no good purpose and sometimes renders one more liable to contract it. Follow the above preventive measures and the advice of the physician.

11. If, in the family affected, there be no suitable provision for proper isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.

CASTORIA

For Infants and Children

In Use For Over 30 Years

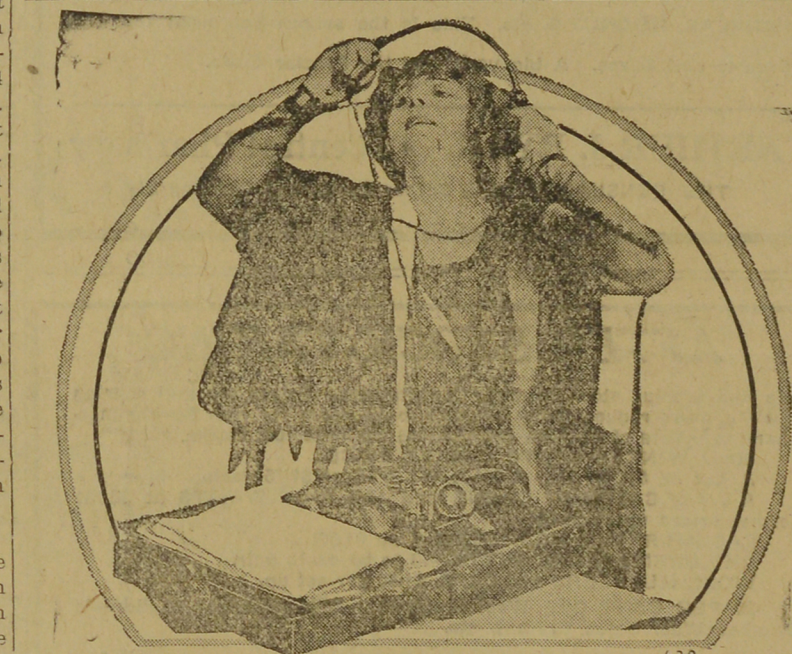
Always bears the Signature of *Wm. H. H. H. H.*

GLAD TO BE OUT OF OFFICE

Calgary, Alta. Jan. 17.—After listening to Hon. W. R. Motherwell, who told the delegates he was glad to be out of office because he could now say what he pleased, the delegates to the Alberta Liberal Convention today passed a resolution urging the passage by Parliament of a national bank act, authorizing the chartering of local national banks, "with power to issue bank currency by first depositing with the minister of Finance, Dominion Government bonds to the extent of the full amount of bank notes issued or ten per cent in excess of the amount of notes to be secured all national banks to be organized with paid up capital of \$50,000 or more and to be without power to establish branches."

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1. No. 2, 50c. No. 3, 25c. per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Walker)



CECIL B. DeMILLES "We Can't Have Everything"
An AIRCRAFT Picture

AT THE GAIETY THEATRE WEDNESDAY and THURSDAY
JAN. 22-23.

On Account of Staff Shortage

due to military enlistments, the Royal Bank of Canada find it impossible to continue collection of this company's light bills. have engaged an Office at No. 88 YORK STREET, in the preference FOR THE CONVENIENCE OF OUR CUSTOMERS, we misers occupied by HARRY C. MOORE, Electrical Engineer, where bills may be paid from the FIFTH to the TENTH of each month from 9.30 a.m. to 5 p.m.

THOSE MAKING PAYMENT LATER IN THE MONTH must do so at the Company's Main Office, No 1 Shore Street.

MARITIME ELECTRIC COMPANY, LIMITED.

MACKINAWS

MACKINAWS in good variety. We have hundreds of them in stock, so anyone can make a good selection.

MEN'S FUR COATS in Dog, China Beaver, Wombat and Raccoon. Also Fur-Lined Men's Coats.

LADIES' FUR COATS in Muskrat, Marmot, Pony, etc. Prices reasonable on all our lines.

J. Clark & Son Ltd.

Fredericton, N. B. and Branches and Agencies.

SANI-FLUSH

Just sprinkle Sani-Flush into your toilet bowl, follow directions and flush that's all! Stains, odors and incrustations—both in the bowl and in the hidden trap—vanish, leaving all surfaces a glistening white. Just like new.

Sani-Flush provides a safe and easy way to clean toilet bowls—note that. No scrubbing, no dopping, no scouring, no dangerous and disagreeable work is necessary. Sani-Flush has eliminated all that.

Sani-Flush does better and more thorough work than is possible by the old-fashioned method. YOU NEED SANI-FLUSH, especially in these days when the conservation of time, labor and health is a patriotic duty.

PRICE 35 CENTS A TIN.

D. J. SHEA

Sanitary Plumbing & Heating

81 Corleton Street

PROVINCIAL POULTRY SHOW

To be held in Fredericton
Jan. 28, 29 and 30th.

ATTRACTIVE LIST OF PRIZES

Entries Close on Saturday,
January, 18th