

## BE YOUNG IN BODY, MIND AND LOOKS, DESPITE YOUR YEARS

Many a man, even in his middle forties, has a vague feeling that he is "getting old"—and right at a time when he should be at his very best physically.

And he is growing old, not in the sense that the years are pressing heavily upon him—but in the sense that his vital forces are wasting away faster than Nature replaces the worn-out tissues.

Thousands—yes millions—of people find themselves in this condition early in life. And there is no excuse for it. You can check that tendency to grow old. You can carry your youth with its joys and enthusiasm into your 70's and 80's. But you must give Nature all the help you can. The best assistance you can find—assistance of a sound, constructive character—is in the use of

## PHOSPHONOL

### THE GREAT GENERAL TONIC

It enriches the blood—gently stimulates heart, liver and kidneys to normal activity—brings back your pep, punch and mental vigor—chases away that tired, worn-out feeling and replaces it with a spirit of buoyancy.

Phosphonol is a distinctive preparation, scientifically correct in its combination of medicinal ingredients, and there's nothing more invigorating, more strengthening or more rebuilding. Specially beneficial for invalids, convalescents and run-down people of all conditions. Get a box from your druggist today—tomorrow you will feel better for it.

## FUR IS GOING TO BE POPULAR

Paris, Oct. 7.—Fur is going to be more popular this winter than ever before, and American lamb, dyed jade, green, duck's egg blue and plum color, monkey fur and sealskin will be the ones most worn, according to furriers and fashion experts here. They declared that no dress would be complete and stylish without fur trimming. Fur also will be used for trimming hats and will be used a strimming even for dressing gowns.

White fox will be more fashionable than either blue or silver fox. Mole-skin will be used for the less costly wraps. Meanwhile the price of all kinds of fur is soaring, which means that this style will not tend to make gowns and hats cheaper.

## COAL OUTPUT IS INCREASING

Berlin, October, 8.—German Socialist papers state that the output of coal in the Ruhr Districts is steadily increasing, and that workers in the Iron and Steel Industry prove their willingness to work, 90 per cent of them working overtime.

## COAL HIGH IN VIENNA

(Special to the Daily Mail, by Cross-Atlantic Newspaper Service.)

Vienna, Oct. 8.—The town council has unanimously approved a loan of three hundred million crown to finance municipal gas electricity and street cars. During the consideration of the proposition it developed that a truck load of the best coal cost 240 crowns in 1914 and now costs 34,000 to 35,000 crowns.

## GOVT. WILL BE SUSTAINED

Discussing the political situation in New Brunswick, the Montreal Gazette the leading Conservative newspaper in Canada, says that "the chances, on the whole, seem to be that the experience in the recent Nova Scotia contest will be repeated." The result of the recent Nova Scotia contest was an overwhelming majority for the Murray government. York county get in line by electing the Government ticket.

Why worry about the cost of food? MacSwiney is proving that you can live without it.

## Overseas Trade Keeps Canada Prosperous

—Workers busy  
—Wages good  
—Farmers affluent

## To Win World-Trade We Must Develop

Our Sea Heritage      Our Ports  
Our Men                  Our Ships

## Trade must flow East and West and Overseas—

Shut off this Dominion from the seas and in fifty years Canada will cease to be a nation.

The Navy League of Canada

## NEW YORK BACHELOR ADMIRE ENGLISH GIRLS

By Cross-Atlantic Newspaper Service. London, October, 4.—Modern English girls, like Americans, are constantly being accused of frivolity and many other things. Just now they are pleased to find an outside observer who thinks they possess qualities that cannot be rivalled by any other country in the world. Their admirer is a New York bachelor who doesn't dare tell his name.

"Nothing has attracted my attention more on this visit," he said "than the attacks you people are making on your women-folk. To listen to some of

your preachers all the women here are heading right for perdition with a one-way ticket.

"If these people travelled a bit they would find that so far as this particular question is concerned Britain is much better off than other countries. The gay irresponsibility you lament here is very much more pronounced on the Continent.

"As for America, your 1920 moralists would get a shock if they went over there. In my country women is the great boss today. She is the spoilt child and she does not forget to take advantage of it.

"It seems to me that every American girl has one ambition in life. She wants to do the vampire act. After her selfishness, her extravagance, her bullying, it is a relief to get to a country like this where the average girl retains the qualities that every man in his heart likes to find in a woman.

"The American who comes to London is amazed at the modest tastes of the English girl. She is not always endeavoring to see how much money she can get men to spend on her, and she will not forsake her male friend for someone else with more dollars. She has more commonsense altogether and it annoys me to see all this criticism of her in which you are now indulging.

## DIED WHEN HER GRAVE WAS DUG

By Cross-Atlantic Newspaper Service. London, Oct. 5.—The story of a woman who waited for her grave to be completed before she died comes today from France.

Four years ago Madame Bonter, who directed the well known Cirque Medrano, of Paris, felt that the illness she was suffering from would be fatal. She thereupon ordered her grave to be made.

In 1916 labor was scarce, and the work of construction proceeded very slowly. Madame Bonter's great dread, as the illness got a more powerful hold was that she might die before her last resting place had been made.

A little while ago she had to take her bed. Four days ago she was informed that the grave had at last been completed. She died the same night.

Success is relative. It depends on how much is required to inspire the envy of neighbors.

What is needed now is some inventor who'll produce a footstool that can be seen in the dark.

Many a woman has found out that she can't do her housework and attend two movies a day.

Two people fall in love quietly; but the neighbors hear them when they fall out.

Perhaps the reason man is unable to solve problems ages old is because man is no smarter than he was ages ago.

## WASHINGTON'S

Fredericton's Oldest and most modern high class cafe.

FRESH BUCTOUCHE OYSTERS served in any style.

See our Saturday Night window display.

Patronize our Lunch Counter.

Dinner served from 12 to 2 o'clock.

See our window display.

## YORK STREET

## RUMMAGE SALE

The Golden Rule Circle of The King's Daughters will hold a Rummage Sale SATURDAY, OCTOBER 9th, in the store on King street just below Long's Hotel. Doors open at 9.30 o'clock.

## WOOD'S PHOSPHODINE.

The Great English Preparation Tones and invigorates the whole nervous system, makes new blood in old veins. Used for Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$2 per box, 1 for \$5. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

## CANADIAN PACIFIC

## Change Time AUGUST 29.

TRAIN No. 112 leaving Fredericton at 5.35 p.m.  
TRAIN No. 111, arriving Fredericton at 5.30 p.m.

## CANCELLED.

TRAIN No. 110 will leave Fredericton at 4.55 p.m. instead of 3.45 p.m. as at present.

For other details of train charges apply to Local Agent.

N. R. DesBRISAY, Dist. Pass. Agt.

## BACK TO THE FARM

The up-to-date farmers of Keswick and vicinity intend holding an Agricultural Show on OCTOBER 5th at their Show Ground adjoining the C. P. R. Station at Keswick. A well selected list of entries are open for competition by the members of the Society.

Plan to attend and spend an enjoyable day. Twelve miles from the city by C. P. R. or auto. Four trains daily. WM. H. MOORE.

## TAXIDERMIST

WHEN YOU WANT THE BEST IN TAXIDERMY, SEND YOUR GAME AND OTHER TRAPPHIES TO

## GEO. A. DAVIS

TAXIDERMIST

281 Queen St., FREDERICTON, N. B.  
Am. Branch, VANCEBORO, Me.

## CAPITAL BRAND

Have you tried our BUTTER yet? It is positively the best on the market. You are invited to call and see our plant at 448 King street. Visitors always welcome.

Capital Brand ICE CREAM 60 cents a quart.

FARMERS' CO-OPERATIVE DAIRY CO., LTD.  
King Street.

## APPLICATIONS

for office help trained at

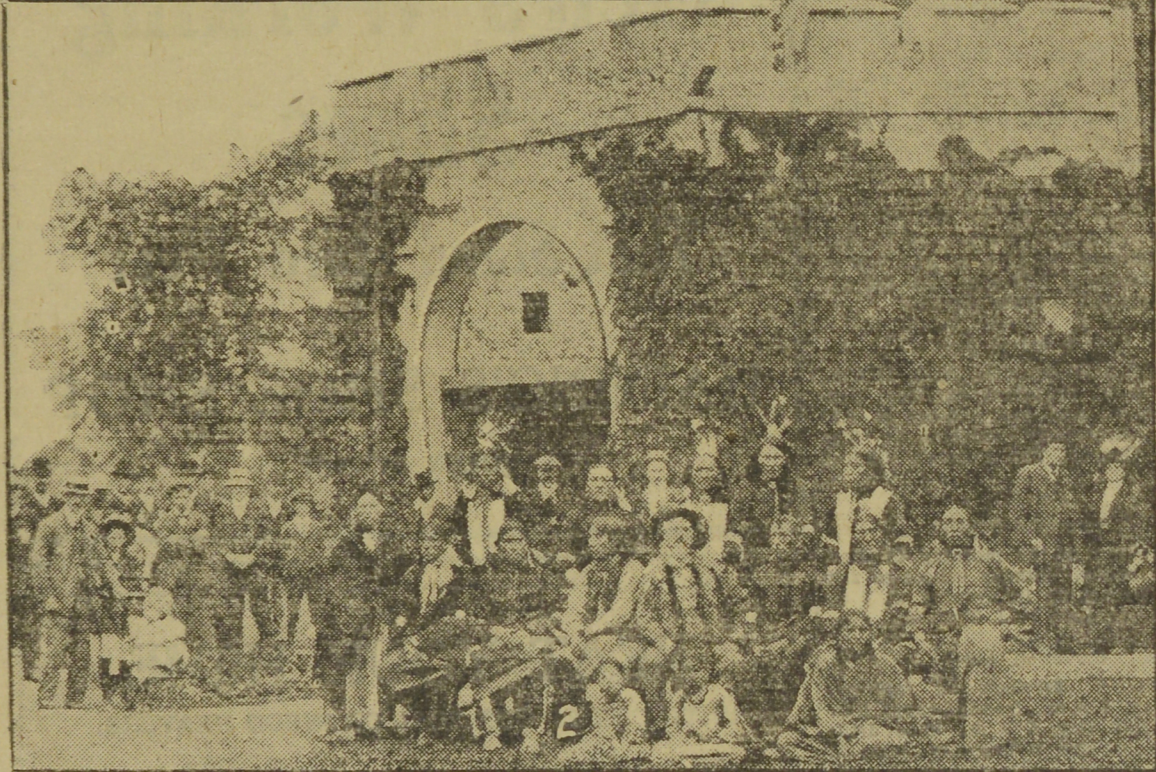
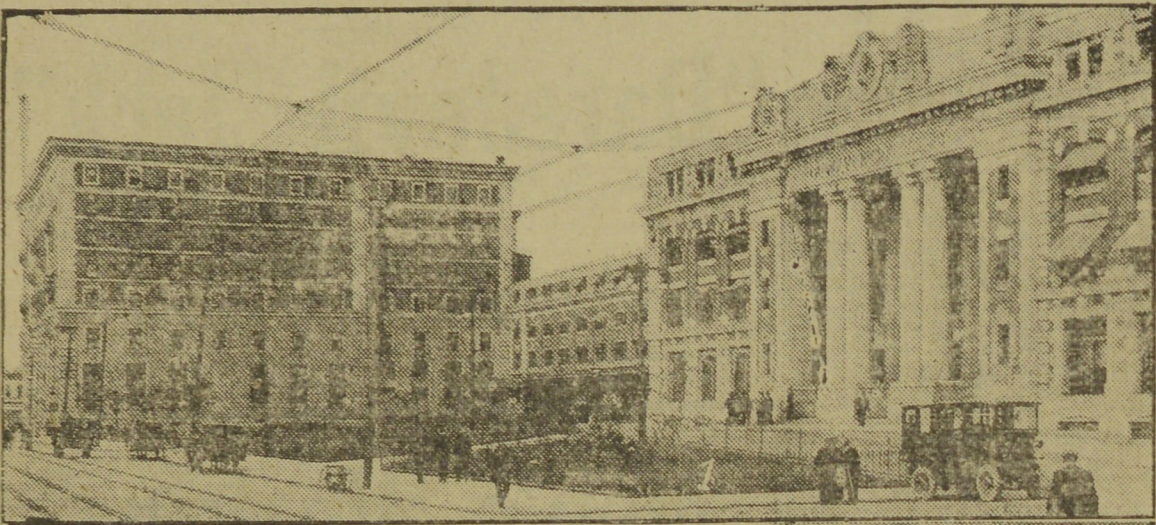
## FREDERICTON BUSINESS COLLEGE

are continually coming in from all parts of New Brunswick and the State of Maine.

We want more young men and women to qualify for these positions. Write for full particulars to

W. J. OSBORNE, Principal,  
Fredericton, N. B.

## The Progress of Manitoba



(1) On the left the Royal Alexandra Hotel, Winnipeg; and on the right a portion of the C. P. R. Station Building. (2) Fort Garry, Winnipeg.—A plate on the wall, presented by Winnipeg Canadian Club, tells its story.

There is an Indian legend of a race of people who dwelt upon the Canadian Prairies before the Red Men came, but why they vanished or who they were no man knows. Vanished they did and their place was taken by wandering tribes of Indians who hunted and fished, built their wigwams and their camp-fires, told their wild legends and smoked their peace-pipes for many a generation before the foot of the white men ever visited the plains that were their heritage.

The first discoverer of Manitoba was the ill-fated Henry Hudson, exactly 310 years ago. Others followed in his steps. Presently came the adventurer, de Grosseillier, who after spying out the land, went back to England, where, with Radisson, his companion, and under the auspices of Prince Rupert, he obtained large grants of land from Charles II, and formed that Hudson's Bay Company which was destined to play so great a part in the future history of Canada. During the one hundred odd years that intervened between that time and 1912, the story of the Hudson's Bay Company is the story of Manitoba. The years are filled with its treaties with the Indians, its feuds with rival companies and its usurpation of all the trade of the vast country over which it ruled, for the most part, beneficently. Of its rivals the most important was the North-West Fur Company. Bitter was the contest between these two companies and many a skirmish was fought between bands of their adherents, until about 1817 the two companies were united and peace followed.

Early in 1812, however, Lord Selkirk, after buying a controlling interest in the stock of the Hudson's Bay Company, obtained from it a grant in fee simple of 118,000 square miles of

Red River territory, between the present international boundaries and Lakes Winnipeg and Winnipegosis. This land he proceeded to colonize with settlers from the Scottish Highlands. The Colony grew and flourished. About 1830 the population of Red River was 1,500. In 1835 the Council of Assiniboia was organized to govern the colony and Fort Garry (now Winnipeg) was built.

From this time on the history of Manitoba is one of growing prosperity, broken only by the Riel rebellions of 1869 and 1885. To Sir Edmund Head, Governor-General of Canada in 1861, is due the fact that Manitoba was confederated into the Dominion. In 1869 the Hudson's Bay Company, of which he was a director, transferred back to England, in consideration of a sum of £300,000, the lands which it had received from her some two hundred years before. England transferred the territories and the debt of £15,000,000 to the young Dominion of Canada and on June 17th, 1870, Manitoba became a Province of that Dominion, taking her place among her sisters under the Lieutenant-Governorship of Adams G. Archibald. In 1871 she elected her first Premier, Hon. H. J. Clarke.

Manitoba has always been a great cattle raising province. But besides this she possesses many other sources of wealth. In the valuable area now known as Northern Manitoba she has mineral deposits of great value, water powers to develop immense power, fisheries capable of yielding large returns, fur-bearing animals innumerable and much good land available for the harder crops. The climate in this northern part of Manitoba is extreme but healthy.

Up to 1870 the history of education

in Manitoba is largely written in the heroic efforts of the Church, both Catholic and Protestant. In the beginning of the Provincial era there were 33 parish schools in operation, but in 1876 the number of schools had grown to 53. Last year there were 3,200 teachers and 115,000 pupils in the public and high schools of the Province.

It is a far cry from the old trading post of Fort Garry to the big, modern city of Winnipeg. Fifty years ago this city was a mere village of only a couple of hundred people. Main Street was only a prairie trail. There was no school, no railway or telegraph connection with the outer world; no banks, except that the Hudson's Bay Company accepted deposits and issued paper money of its own; and property owners paid no taxes. But after 1870 the place began to grow. Three years afterwards it had a population of over 2,000, and in 1874 it became an incorporated city, with F. E. Cornish, a lawyer, as first Mayor.

In 1880 the building of the C.P.R. east and west from Winnipeg was begun and in 1885 the first through train from Montreal arrived in the city. Now the C.P.R. freight yards at Winnipeg are the largest in the world. Winnipeg's growth became steady and solid. In the period just before the war Winnipeg's population had increased to 183,378 and her aggregate industrial production for the year 1918 was \$62,000,000. She is now the third city in Canada and the little colony, begun by Radisson and his fellow adventurers, is now a great and flourishing part of the wide Dominion, whose confines stretch from sea to sea and "whose name is known in all lands."—From the Manitoba Free Press.