

# NEW CANNED GOODS

Tomatoes ..... 15c.  
 Corn ..... 15c.  
 Peas ..... 17c, 3 for 50c.  
 Clarks Pork & Beans 23c  
 Smaller sizes, .. 13c, 11c.  
 Peaches ..... 25c.  
 Corned Beef ..... 25c.

## Corn Syrup

2 lb. Can ..... 19c.  
 5 lb. Can ..... 40c.  
 10 lb. Pail ..... 75c.

## Corn Flakes

SUGAR CRISP  
 12c pkg. 6 pkgs for 66c.  
 \$3.60 Case of 3 dozen.

## Brooms

We have a nice line running in prices  
 44c, 55c, 65c, 75c, 95c.

## Granulated Sugar

FINE GRANULATED  
 14 lbs for \$1.00.  
 100 lb Bag \$6.90.

## Small Picnic Hams

Nice fresh cured 30c lb.

## Monarch Pickles

45c Bottle. Try one.

## Starch

MIXED STARCH ..... 10c lb.  
 ACME GLOSS STARCH ..... 13c pkg.  
 (2 pkg. for 25c.)  
 CANADA CORN STARCH .. 10c pkg.  
 BENSON CORN STARCH .. 12c pkg.

## Beans

YELLOW EYE .... 13c qt., 2 qts., 25c.  
 \$1.00 peck.  
 WHITE BEANS, .. 13c qt., 2 qts., 25c.  
 90 cents a peck.

## Flour

98 lb. Bag  
 5 Roses and Purity \$4.80  
 5 Crown ..... \$4.70  
 5 Snow White ..... \$4.70  
 Small Bags, all kinds ..... \$1.25

## Raisins

NEW AUSTRALIA Fine Cooking Raisins, 13c lb., 2 lbs for ..... 25c.  
 15 oz. SEEDED ..... 15c.

## Good Quarter Trades

9 lbs. WHITING ..... 25c.  
 5 lbs. BUCKWHEAT MEAL ..... 25c.  
 5 lbs. ROLLED OATS ..... 25c.  
 3 pkgs. SNOWFLAKE AM. .... 25c.  
 6 cakes LAUNDRY SOAP ..... 25c.  
 6 Rolls TOILET PAPER ..... 24c.  
 2½ lbs. PUL. SUGAR ..... 25c.  
 2 lbs. BULK MACARONI ..... 23c.

# YERXA GROCERY CO.

2 STORES  
 York St. Queen St.

# CANADA IS SUFFERING FROM BIG INFLUX OF DUTY FREE LITERATURE FROM THE U. S.

(Toronto Saturday Night.)  
 Before me is an American magazine published in Philadelphia. The number in question contains 140 pages, weighs about a pound, is nicely printed, a good deal of it in color. All in all it is a very creditable production, not at all like that filthy rag, the "Daily Mirror," which was quite properly forbidden entrance to the country by the Ottawa authorities.

What specially attracts my attention is the price of this magazine, thirty-three and one-third cents per year for twelve issues, if taken on a three year basis. This magazine would cost not less than fifty cents per copy to produce, provided it was printed in very large quantities. But as the advertisers, mainly international, take up the slack it is sold for less than three cents per copy, and by the way the postage paid by the publishers would amount to about that sum per copy. No doubt they would give it away only the Audit Bureau of Circulation does not permit it.

The magazine in question is roughly fifty per cent. advertisements. If this advertising entered Canada in any other form, such as circulars, etc., it would pay fifteen cents per pound in the way of duty. As it is it pays nothing.

During the year 1925 upward of eleven million pounds of advertising, contained in twenty-five United States periodicals entered Canada—taking no account of the three hundred odd other U. S. periodicals that enter the country regularly.

Had the government collected fifteen cents per pound on the advertising in these twenty-five periodicals, to say nothing of all the others, at the rate assessed against foreign advertising in other forms, Canada would have been the richer by \$1,650,000 per annum, to say nothing of the many millions that Canadians are induced to send to the United States through these advertisements in place of patronizing home industry.

Eight American newspapers have a circulation in Canada of upwards of seven millions per annum, and not one of this group is considered a good type of journal even in its own country. All told, we import from the United States some sixty million copies per annum of daily, weekly and monthly newspapers and periodicals, which seems quite sufficient for an English reading population of some four millions or less.

The effect of all this is denationalization, suffocation of industry and increased immigration. If we are less enthusiastic Canadians than formerly the cause is apparent. It could not be.

well be otherwise. But let us pass that by for the time and stick to the business end of the case. Over in Europe we are begging people to come to our country. In fact so anxious are we to have immigration that we are quite prepared to pay them to come, and at the same time we are trying into Philadelphia and other publication centres our editors, our writers, our printers, our pressmen, our engravers and so on. Within the past few years dozens of periodicals and dozens of newspapers have been wiped out in this country, and there are more on the way.

We are spending much money educating our youth, and those who have picked a writing career are of necessity forced into the United States in order to get jobs. In our technical schools and in our printing offices we are training draftsmen only in turn to send them over the international boundary.

In actual money we are losing millions per annum. For instance, if the Canadian editions of the twenty-five periodicals mentioned were published in Canada the expenditure on labor, materials and overhead would approximate some seven millions per annum. Add this to the large sum which has been lost by Canadian periodicals being forced out of the market during the past dozen years and the damage done is all too apparent.

I have merely set down the case as it is, and it is up to the public to judge whether Canadian literature is worth saving. If so, somebody will have to get busy. If the ship was on the other foot how long would you give Uncle Sam to get in his kick in the way of a tariff!

There are those who will say that Canadian publications, taken as a whole, are not worthy of support. To a degree this I confess is correct, though they are probably as excellent as can be expected under conditions enumerated above. The business of publication in no wise differs from any other manufacturing business. If boots and shoes made in the United States were brought into this country and sold, as are publications, at a very small percentage of their initial cost, our shoe factories would go out of business, just as our publications houses are doing at the present time.

Saturday Night has no axe to grind in respect to this matter, and neither has the writer who chances to be its managing editor. This journal covers its own field in its own way, and is not worrying. In fact we are sitting quite easy with all the circulation we want and all the business that is good for us.

# WHEN FIGURING ON ASSETS HEALTH MUST BE RECKONED

What gains have you made for 1925 and how about 1926? I am not inquiring about your financial gains; I want to know how your general health and physical condition check up with a year ago?

Do you realize you are one year older?

What have you intelligently done to keep fit, to ward off old age, stiffness and to help every organ function properly?

Old age is not reckoned in years. You are only as old as you feel. It all depends upon the tone of the circulation and the functioning of the eliminating organs.

Your most previous asset is good health—conserve it as you would any other asset.

Office life is confining, exhausting and wearing, and no one can keep in good physical trim without at least fifteen or twenty minutes' exercise daily that brings every muscle into play.

The arm and leg muscles probably keep healthy enough through your daily activities—what most men and women are sick from is lack of intestinal activities.

If you will devote fifteen to twenty minutes daily to the special abdominal exercises that we have in the following article, they will greatly improve your physical condition.

Let us start the New Year right. Flabby abdominal muscles put a strain on every organ and are invariably a sign of physical sluggishness. We should all have "that something" that gives us power, strength and nerve that we observe in healthy men and women. If you have to fuss about everything you do and pamper your-

self in twenty different ways, you need probably just one thing and this is Regular, Daily Exercise.

Your sleep is best judged by the way you feel when you awaken. If rising time finds you wishing it were retiring time, you need exercise to tone up your elimination and circulation. To quote Edward Young—"Be wise today—it is madness to defer."

Example of a Moderate Diet.

Breakfast—Grapefruit or orange juice, one egg boiled or poached, two graham, bran or corn muffins, coffee substitute, cocoa or weak tea. Between breakfast and lunch take two glasses of water.

Luncheon—A vegetable luncheon consisting of any of the following vegetables: Spinach, peas, eggplant, string-beans, turnips, asparagus, corn. Glass of milk, dark bread. For dessert, rice or tapioca pudding. Between lunch and dinner three glasses of water.

Dinner—One helping of lean meat, fish or chicken, broiled, one green vegetable, a baked potato, be sure to eat the skin, and for dessert fresh fruit in season, nuts or crackers and cheese.

## KENTVILLE LOST AT ST. JOHN

Saint John, March 23—The Saint John Comets wound up the season of 1926 in a blaze of glory at the Arena last night when they defeated Kentville run-up in the Nova Scotia M. A. H. A. play-offs, by a score of 5 to 3.

## MANY WILL GO TO CHICAGO FOR EUCHARISTIC CONGRESS

Largest Special Passenger Traffic Movement in History of Canadian Railroads is Looked For.

According to advices received by Passenger Traffic Officials of the Canadian National Railways, one of the largest special passenger traffic movements in the history of Canadian Railroadings will take place in June next in connection with the Eucharistic Congress at Chicago.

Preparations are being made in Chicago for the reception of more than a million pilgrims during the Congress which will be held from June 20th to June 24th, and the problem of transport for this multitude is already engaging the close attention of both American and Canadian Railroad Officials.

The Canadian Delegation will, of necessity, be a very large one, and will be thoroughly representative of the whole Dominion. Already the Canadian National Railways have contracted with various Organizations for ten special trains from the Maritime Province as far west as Alberta. Most of these specials will be operated from Quebec and Ontario, but already enough travel is assured from the Maritimes for a special train to leave Moncton at or about 2.30 P. M., on Friday, June 18th. This train will reach Chicago early Sunday morning. The train equipment will be of the very best, and standard C. N. R. diners will serve meals enroute. The return trip will be made by special, leaving Chicago Thursday, June 24th, allowing side trips to Niagara Falls and Ste. Anne de Beaupre, reaching Moncton on Monday, June 28th. Delegates from Saint John and all Maritime Provinces points, outside of Moncton, will make their connection with the special train by the regular C. N. R. train services.

This tour includes five days in Chicago, and a half day side trip to Niagara Falls. There will be one whole day at Montreal, and one at Quebec or Ste. Anne de Beaupre. It will be a notable tour under the very best auspices, and in the Railway Service there will be nothing lacking.

All applications for transportation, fares and reservations on this special train should be made to Reverend J. E. Brown, Secretary of the Congress Pilgrimage, care Bishop's Palace, St. John, N. B.

## SOMEWHAT OF GOLD.

Each mortal cherishes somewhat of gold  
 However wrought or shapen it may be;  
 The gleam of dawn or sunset seen at sea,  
 Or where unmisted mountain tops unfold;  
 A ring chased cunningly, mayhap an old  
 Jewel incased in dim antiquity;  
 A bracelet or a chain linked artfully  
 About the neck to clasp, fold upon fold.

Then there are golden moments that endure;  
 Though years may sunder them, yet they survive  
 Perennially as does some golden flower;  
 But naught remains so vivid and alive  
 As does the heart's most precious cynosure—  
 The memory of Love's first golden hour!  
 CLINTON SCOLLARD in New York Sun.

Listening over the radio, a wife heard the voice of her husband who had been dodging alimony and caused his arrest. That reminds the husband that his wife had something coming in besides his voice.

## Was Nearly Crazy From Headaches

Miss K. Brill, 579 Redwood Ave., Winnipeg, Man., writes:—"I was troubled with such severe headaches that some times I was nearly crazy with them."

One day a friend told me about, and advised me to use

# Burdock BLOOD BITTERS

so I tried it, and it has done me a world of good. I just took two and a half bottles, and I haven't had a headache for a long time, now."

Put up only by The T. Milburn Co., Limited, Toronto, Ont.

# FEEDS! FEEDS!


BRAN SHORTS  
 FEED FLOUR  
 CORN MEAL  
 CRACKED CORN  
 WHOLE CORN  
 SCRATCH FEED  
 GOOD FEED OATS  
 at Lowest Market Rates

G. W. HODGE

WE HAVE IN STOCK OUR SPRING AND SUMMER SUITINGS OF GRANITES AND SPORTEX TWEEDS, ENGLISH WORSTEDS AND GUARANTEED BLUES AND GREY SERGES. Also a nice line of SPRING O'COATINGS. English and American Style plates. PRICES RANGE FROM \$35.00 TO \$65.00.

## WALKER BROS.

Queen St. Fredericton



### PALMER'S Moose Head Brand Hunting & Fishing Boots

For generations hunters and fishermen all over the continent have appreciated the utter dependability, honest materials and sterling construction of these time-tested boots.

Through bush, streams and the roughest going, these sturdy yet flexible boots will ensure your entire foot comfort. And their wear is proverbial.

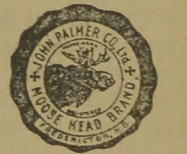
Knee High, waterproof with noiseless Flexible Sewed-on Sole of heaviest oil-tanned leather.

Hand made to your individual measure.

Send for Catalogue, showing our Complete Line.

A Boot For Every Purpose

JOHN PALMER CO., LIMITED  
 FREDERICTON, N. B.



# Clearance Sale

## JOHN PALMER'S Moose Head Brand

Shoepacks 10 in. tops to clear at ..... \$5.00  
 Nothing better for sugar making season.

We also have in stock the  
 NEW MODEL MOOSE HEAD BRAND

Driving Boot, 10 in. top ..... \$6.00  
 Driving Boot, 12 in. top ..... \$6.75  
 Driving Boot, 14 in. top ..... \$7.50  
 Driving Boot, 16 in. top ..... \$8.50

Don't fail to see this boot, it's the best yet. Also a full line of MOOSE HEAD BRAND FARM BOOTS at Reasonable Prices.

## CURRIE BROTHERS

CALL ON US FOR BARGAINS