

ONE DOSE RELIEVES A COLD--NO QUININE

**Pape's Cold Compound Cures Colds
and Grippe in few Hours--Tastes
Nice--Acts Gently**

You can surely end Grippe and break up the most severe cold either in head, chest, back, stomach or limbs, by taking a dose of Pape's Cold Compound every two hours until three consecutive doses are taken.

It promptly relieves the most miserable headache, dullness, head and nose stuffed up, feverishness, sneezing, sore throat, mucous catarrhal discharges, running of the nose, soreness, stiffness and rheumatic twinges.

Take this wonderful Compound as directed, without interference with your usual duties and with the knowledge that there is nothing else in the world which will cure your cold or end Grippe misery as promptly and without any other assistance or bad after-effects as a 25-cent package of Pape's Cold Compound, which any druggist can supply--accept no substitute--contains no quinine--belongs in every home. Tastes nice.

SUNSHINE AND OPTIMISM

(Continued from page one)

The work which has been done by this committee this year will be found described in detail in the report presented to you tonight.

I would urge upon the necessity of again approaching the City Council and asking for a grant for the present year.

Much of the work performed so far has been of an initial character and its best results will be most felt during the ensuing year. It is absolutely necessary that publicity work should be carried on in permanent way and that our City should have a Publicity Agent, if satisfactory work is to be accomplished. This can only be done by being granted funds sufficient to carry on this very necessary work.

IMMIGRATION CONGRESS

In the month of March an Immigration Congress which had been organized by the St. John and Fredericton Boards of Trade was held in the city. This Congress was attended by some 300 or 400 delegates, and as a result of its labor resolutions of large interest to the City and Province were passed and were afterwards presented to the Provincial Government by a representative committee. The work began at this Congress to be thoroughly effective should be taken up and carried on by the various Boards of Trade through out the Province.

BRITISH MANUFACTURERS.

We were favored this year with a visit from a large and representative body of British manufacturers who were brought to Canada by Mr. W. Leonard Palmer of The London Financial News, and it is hoped that especially good results will accrue to New Brunswick as a result of this visit. While in the city the visitors were entertained by a joint committee from the City Council and Publicity Committee. At the reception which was held in the Parliament Buildings the committee had the very kind assistance of the ladies of the Daughters of the Empire, who took entire charge of the entertainment and were responsible for its very complete success. The expenses of the entertainment were paid by the committee from the publicity fund.

GREAT POSSIBILITIES.

The large amount of railway construction work taking place in this section cannot but open up great possibilities for our city and the entire St. John valley. But it is wise for us to remember that while this railway construction makes a large amount of present business we must be prepared for the time when this work is completed and be ready to avail ourselves of the many opportunities which it will create for us. The work now going on will do much to give us cheaper power through the development of the Grand Lake coal mines and the establishment of water power companies on the St. John River. It means also the bringing to our doors of our great hardwood resources with the many opportunities for manufacturing and development that these resources can open up for us now that we have such complete railway service.

OPTIMISM NECESSARY.

It is necessary at all times that we should have a belief in our city. If one might offer a kindly suggestion it would be that we should take a deeper interest in our city, its business and development assist all legitimate developments with your good will and energy. Sunshine and optimism are always necessary and if we only supply these a period of development such as we hope for can be attained. Take a deeper interest in the work of the Board by attending

ing its meetings and assisting with your counsel and advice. If you will only make a little effort to have some of the spirit found everywhere in the west, you will be surprised at the results which you will achieve.

The St. John Valley offers at the present time great opportunities; there is none better in Canada and if we will only in a united way work together I believe we can truly make of it a land of promise.

The time it seems to me has arrived when the Board of Trade should have an office of its own where the Publicity Commissioner could be located and where the meetings of the executive could be held. (Such an office would always be accessible to the public at large and would be productive I believe of much good.

TO PRINT REPORT

I would also suggest for your consideration the necessity of the Board printing a report of its year's work. This could then be sent to all the members and we would be in a position to furnish copies to the many Boards that each year send in a request for such a document. While the cost of such a report would be small it would be the means of bringing the work of the Board completely under the view of all its members.

The report of the Railway and Transportation Committee and of the Tourist Association which have been placed before you this evening, show in detail the work of these two important Committees of our Board.

On the last visit to our city of Mr. McNeil and Mr. Leonard, the urgent need of a new C.P.R. station was again brought to their attention by the members of the Transportation Committee and the officers of the Board. I feel that this agitation should be kept up. The Capital City of the Provinces deserves such necessary accommodation, but apart from this business supplied to the C.P.R. at this City demands that it should receive proper recognition.

I have to thank the officers and members of the Executive for their courteous treatment and assistance at all times. I have also to express my gratitude to the Press for their assistance in all Board of Trade matters.

In conclusion I wish you a prosperous 1913.

JOHN T. JENNINGS, President,
Fredericton Board of Trade.

Cook's Cotton Root Compound.

The great Uterine Tonic, and only safe effecual Monthly Regulator on which women can depend. Sold in three degrees of strength--No. 1, \$1.00; No. 2, 10 degrees stronger, \$3.00; No. 3, for special cases, \$5.00 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (formerly Windsor)

Willie Fitzgerald vs Young Gams,
and Mickey Brown vs Harry Lortz,
Brooklyn.

HEADACHY, BILIOUS, UPSET? "CASCARETS"

**Bilious, Throbbing Headache Means
Bowels are Clogged and Liver
Stagnant**

You're bilious, you have a throbbing sensation in your head, a bad taste in your mouth, your eyes burn, your skin is yellow, with dark rings under your eyes; your lips are parched. No wonder you feel ugly, mean and ill-tempered. Your system is full of bile not properly passed off, and what you need is a cleaning up inside. Don't continue being a bilious nuisance to yourself and those who love you, and don't resort to harsh physics that irritate and injure. Remember that most disorders of the stomach, liver and intestines can be quickly cured by morning with gentle thorough Cascarets--they work while you sleep. A ten-cent box from your druggist will keep your liver and bowels clear; stomach sweet and your head clear for months. Children love to take Cascarets, because they taste good and never gripe or sicken.

LATEST BULLETIN ON FIELD CROPS OF CANADA

Ottawa, January 10--Final estimates of the yield and value of the principal field crops of Canada for the season of 1912 are issued today by the Census and Statistics Office of the Department of Trade and Commerce. Upon a total area under field crops of 32,474,000 acres a harvest has been reaped, the value at which, calculated at average local market prices, makes a total of \$509,437,000. The area under wheat last year was 9,758,400 acres, of which 781,000 acres represents the harvested area of fall wheat grown principally in Ontario and Alberta, but also to a limited extent in Manitoba, Saskatchewan and British Columbia. The total production of wheat was 199,236,000 bushels of the value of \$123,522,000. Fall wheat produced 16,396,000 bushels of the value of \$13,735,000. Oats upon 9,216,900 acres yielded 361,733,000 bushels of the value of \$116,996,000, barley upon 1,415,200 acres yielded 44,014,000 bushels of the value of \$20,405,000 and flax upon 1,677,800 acres yielded 21,681,500 bushels of the value of \$19,627,000.

By comparison with 1911 the results of last year's harvest, both as regard total yield and value, are

HOW WAGNER AND LAJOIE LINES RUN TOGETHER

The flurry of dope which proclaims the near retirement of Nap Lajoie, the Cleveland war-gun recalls again the parallel careers of the big Frenchman and the Flying Dutchman--the two greatest landmarks of swat. Larry and Honna still stand supreme across Time's trial, with no one close, and the nearness of their rival records is one of the most interesting by-products of the pastime. Wagner was born in 1874, Lajoie in 1875. The 24th of February will be Wagner's thirty-ninth birthday. Lajoie's big show engagement began with Philadelphia in 1896. Wagner's with Louisville in 1897. This gives Lajoie 17 years of major league work and Wagner 10 seasons beneath the big tent of the game. In these 17 years Lajoie has batted over .400 once--over .350 nine times, and over .300 15 times of his 17 years. Wagner has never hit over .400, but has batted over .350 several times, and over .300 through all 16 seasons. Lajoie's total batting average for the 17 years is .362. Wagner's for the 16 years is .344. In 1907 and 1908 Lajoie fell below .300 and the same dope flurry proclaimed that he was passing and would soon reach the end

of his trail. Yet in the last three years his average has been .384, .365 and .368--which indicates that he is still fairly proficient with the old ash furniture. Wagner has led the National oftener than Lajoie has led the American, but this in good part was due to the fact that the Dutchman never happened to have a certain athlete named Ty Cobb to work against. As Cobb batted .420 and .410 his last two seasons, the Frenchman was facing a forlorn hope as batting leader of his clan. Wagner leads by a good margin, however, in stolen bases, and in the fact that he has worked in 125 games or more every season, while injuries have bumped the Cleveland premier below the 100-game mark five seasons. The grand old Winter league has been releasing these two stars annually for some time, but when Spring arrives each year a number of promising pitchers are always willing to testify that both will know how to handle a bat and take a healthy wallop at anything in reach--which means within five feet of the plate. It is therefore assured that these two stars have some years of major league usefulness before them.

upon the whole inferior. The average prices realized for most of the crops were somewhat less, whilst the yields from wheat, rye, peas, beans and corn for husking were also lower. On the other hand oats yielded about 13 1/2 million bushels more than 1911 and the following crops also show more or less an excess yield: barley, buckwheat, mixed grains, flax, potatoes, turnips, etc., fodder corn, sugar beet and alfalfa. The average yields per acre for the year 1912 compared with 1911 are as follows: Wheat 20.45 bushels against 20.37, oats 39.25 against 37.76, barley 31.10 against 28.94, rye 17.44 against 18.89, peas 14.98 against 15.80, buckwheat 26.34 against 22.69, mixed grains 33.67 against 29.78, flaxseed 12.92 against 11.41, beans 17.40 against 19.06, corn for husking 56.58, against 59.59, potatoes 172 against 144, turnips, etc., 402 against 374, hay and clover 1.44 ton against 1.71, fodder corn 10.26 tons against 9.92, sugar beets 10.74 tons against 8.66 and alfalfa 2.79 tons against 2.24.

The quality of the grains of cereals as shown by average weight per measured bushel is somewhat inferior to that of last year in the case of wheat, rye, peas, mixed grains and flax, but is superior in the case of oats, barley, buckwheat, beans and corn for husking.

In the three northwest provinces of Manitoba, Saskatchewan and Al-

TWO POINTERS ON HOW TO CURE A COLD

When you begin to sniff and feel a burning sensation in the nasal passages, or when a tickling irritation in your throat starts you coughing, the first important thing is to act at once. It's the neglected cold that becomes troublesome and dangerous.

The second important thing to do is to take Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne, and keep it up till the cold disappears entirely.

Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne is absolutely free from harmful drugs, and can safely be given even to moderately young children. It is pleasant tasting and quick acting, promptly relieving the irritation of the throat and nostrils, loosening the mucus, promoting expectoration, and checking the cold.

Your druggist has Na-Dru-Co Syrup of Linseed, Licorice and Chlorodyne in 25c. and 50c. bottles, or can quickly get it for you. Compounded by the National Drug and Chemical Co. of Canada, Limited.

berta the production of wheat is placed at 183,322,000 bushels compared with 794,083,000 bushels in 1911, of oats at 221,758,000 bushels compared with 212,819,000 and of barley at 26,671,000 bushels compared with 24,043,000 bushels. The wheat production of 1912 in Manitoba was 58,899,000 bushels from 4,891,100

Was Afraid COLD WOULD DEVELOP INTO Bronchitis.

Bronchitis begins with a tightness across the chest, difficulty of breathing, and a wheezing sound comes from the lungs. There is also a raising of phlegm from the lungs, especially in the morning. This is at first white, but later becomes of a greenish or yellowish color, and is occasionally streaked with blood.

On the first sign of a cold or cough take Dr. Wood's Norway Pine Syrup and prevent it turning to bronchitis, for once bronchitis gets installed into the system it is only a short step to Consumption.

Mrs. F. Saunders, Toronto, Ont., writes: "It is with great success I have used Dr. Wood's Norway Pine Syrup. My little girl had an awful cold which seemed to go to her throat and chest, and while she was sleeping one could distinctly hear her wheezing. I was afraid it would develop into Bronchitis, so as soon as my husband came home I sent him right away to get a bottle of Dr. Wood's Norway Pine Syrup. As soon as she wakened up I gave her a dose and continued its use until she became quite better. We only used half a bottle. I will never be without it as I consider it invaluable."

Be sure you get "Dr. Wood's" when you ask for it. The price is 25 and 50 cents per bottle. Put up in a yellow wrapper, and three pine trees the trade mark.

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

bushels in Saskatchewan 93,849,000 Alberta 30,574,000 bushels from 1,417-200 acres.

Conditions as affecting live stock are reported to have been much the same as those of 1911.

NOTICE OF LEGISLATION

The City of Fredericton will present at the approaching Session of the Legislative Assembly of New Brunswick the following bills for enactment:

(1) A Bill authorizing the City to grant certain concessions to the Palmer-McLellan Company, Limited, and to fix the valuation of the property of Frasers Limited in this City for taxation purposes.

(2) A Bill to authorize the issue of Debentures for the erection of a Fire Station, a Police Station, for the purchase of Queen's Park and for the further construction of Permanent Street Pavements, not exceeding in the whole the sum of Forty-five Thousand Dollars (\$45,000).

(3) A Bill to provide for lighting by electricity the Fredericton and St. Mary's Highway Bridge.

By order of the City Council,
J. W. McCREADY,
City Clerk.
City Hall, January 13th, 1913.

Tea and Coffee "Over-Exercise" The Heart

Normal exercise is healthful.

Over-exercise is harmful.

Exercise, up to a certain degree, increases the pulse-rate, causing ample flow of nourishing blood to all the body organs.

That is normal exercise.

Physicians and Physical Trainers know this.

Over-exercise urges the Heart to excessive action--flooding the body organs with blood. The after-effect is stagnation and decomposition in the tissues--as in the low-lands after a Spring freshet; and toxins (poisons) abound.

These toxins are reabsorbed into the blood stream, and passing through the Heart, poison that organ with the rest.

Over-exercise causes strain.

Architects know what "strain" means in buildings and in bridges, just as Doctors and Trainers know it in the Human Structure.

When "strain" passes a certain limit, the structure begins to weaken--slowly disorganize.

So with the Heart.

It can stand so much "strain"--more or less, in different persons. Beyond the individual limit--look out!

When the Heart is compelled to over-exercise and convey a blood-stream filled with toxins--it is serious, in the extreme.

Tea and Coffee cause OVER-exercise of the Heart through the "whip" they contain in the form of the drug, caffeine.

This drug increases the Heart's action--even while the

"OVER EXERCISE" OF HEART

Very Plain in Some People.

A great many people go on suffering from annoying ailments for a long time before they can get their own consent to give up the indulgence from which their trouble arises.

An Eastern man describes his experience as follows:

"I became satisfied some months ago that I owed the palpitation of the heart, from which I suffered almost daily, to the use of coffee--I had been a coffee drinker for 30 years. (Tea, also is injurious because it contains caffeine, the same drug found in coffee.)

"I realized that I must give up the harmful indulgence in coffee but I felt the necessity for a hot table drink, and as tea is not to my liking, I was at a loss for awhile what to do.

"One day I ran across a very sensible and straightforward presentation of the claims of Postum, and was so impressed thereby that I concluded to give it a trial, and I have used it ever since.

"The effect on my health has been most salutary. The heart palpitation from which I used to suffer so much, particularly after breakfast, is gone, and I never have a return of it except when I dine or lunch away from home and drink Coffee because Postum is not served. I find that Postum cheers and invigorates while it produces no stimulation."

"There's a reason," and it is explained in the little book "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

individual is at rest. The habitual use of tea or coffee, three or more times daily, forces the Heart to over-exercise.

This produces what Life Insurance Examiners and Physical Trainers term "Coffee Heart." Tea causes the same effect on the heart, because it contains caffeine, the drug found in coffee.

If you have "Coffee Heart" you can't get life insurance and you can't "go in for athletics"--not much.

But--thousands of former "Coffee Hearts" now beat regularly, supplying the body organs with pure blood in normal amount; are insured and enjoy life.

They have wisely quit tea and coffee entirely and now drink the wholesome, famous food-drink,

POSTUM

Made of clean, hard wheat, Postum contains no tea or coffee or any other harmful substance.

It does not scourge; it nourishes. It does not cause over-exercise of the Heart; it supplies nutrition to that organ and to the blood-stream which feeds and preserves the whole body.

"There's a Reason"

Postum now comes in New Form called
INSTANT POSTUM

It is regular Postum in a concentrated form nothing added. Place a level teaspoonful in a cup, pour on boiling water, stir, add sugar and cream to taste, and it is ready *instantly*. No bother--flavor always the same--delicious.

Sold by Grocers everywhere.

45 to 50-cup tin, 30c-90 to 100-cup tin, 50c.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.