

"Eat More Bread"

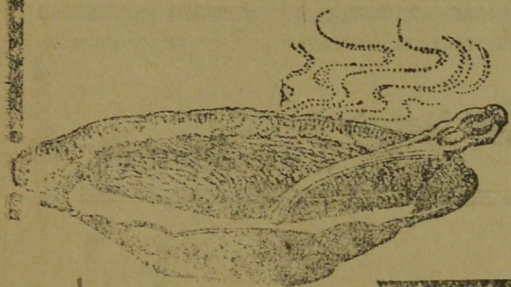
Of course you should "eat more bread"—and less meat—but be sure your "bread" contains all the body-building material in the whole wheat prepared in digestible form. The only "bread" that fulfils all these requirements is

SHREDDED WHEAT

It is made in Canada of Canadian whole wheat steam-cooked, shredded and baked. It is a natural, elemental food and is not treated or compounded with anything. Its purity, cleanliness and food value stand unchallenged, being endorsed by the highest health and dietetic authorities in Canada and the United States.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Try Toasted Triscuit, the Shredded Wheat wafer, for luncheon, with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited



Niagara Falls, Ont.

Toronto Office:
49 Wellington St. East

W-22

WILL ASK ENTIRE PROHIBITION IN COUNTRY NOW

(Montreal Mail.)

Of a number of important resolutions passed at the closing session of "Quebec's Prohibitionist Parliament" yesterday, the one outstanding was to ask the Dominion Government to legislate for entire prohibition. The two others were to ask the candidates for municipal honors in Montreal to outline their stand on certain matters and to ask the Provincial Government to settle the prohibition question by having the electors of any Quebec municipality vote by the wards every few years at elec-

tion time, as to whether or not they wanted liquor sold in their wards.

F. S. Spence alderman of Toronto made a strong address on "The outlook for Dominion prohibition" and Rev. J. A. MacNeil, Methodist minister of Lacombe, told how the Methodists and Catholics had worked hand in hand against the saloon problem there.

GREATEST MOVEMENT

SAVE ONE.

"There was never launched any movement, except Christianity that

MEETING OF KESWICK QUARTERLY BOARD

Financial Condition of the Board is Steadily Improving—Will Soon be Independent

Last Tuesday the third meeting of the Quarterly Official Board of the Keswick Circuit, took place at Smith's Corner in the Methodist church. The board was unusually large and every part of the circuit was represented. The financial condition of the circuit passed under careful review and showed steady progress towards independency. The members of the board expressed themselves as very desirous that the end should be reached and a resolution was unanimously passed pledging the circuit to put forth a strenuous effort to make Keswick Circuit independent. This will no doubt make interesting reading in Methodist circles where there is awakening a general feeling that where possible this ought to be done in our missions.

The chairman of the district, who was present, expressed himself as delighted with the clean, tidy, comfortable appearance of all the churches on the circuit and also of the parsonage. He also complimented the board on the manner in which they looked after insurance and other temporal interests and upon the healthy tone all over the field. He said the present progressive condition on the Keswick circuit was characteristic of the condition wherever the present pastor, Rev. Mr. Ramsay, labored. Several members of the board expressed themselves as keenly regretting that in all probability Mr. Ramsay will move this year to some other charge in the conference.

Counsell Golding, Bryant and Shillington of St. John, are in the city.

has taken hold of men and women like the prohibition movement" said Mr. Spence. Eighty-two years ago, there was not a temperance society in the world, he said. Though many mistakes had been made and battles fought the cause was gaining ground rapidly. Public sentiment or moral suasion, wise laws and wise administrators of these laws were necessary and then the prohibition would bring triumph to the cause. It was only about fifteen years since the Church had really wakened up and taken her stand against the bar.

After reviewing the progress of the temperance movement in Europe, Mr. Spence pointed out that nine States of America had legislated, foridding the manufacture and sale of liquor; he made the statement that forty-six million of the ninety-two million people and seven-tenths of the territory of the United States were living under prohibition laws. What of Canada? She is the soberest country in the world. Against twenty-two gallons for the next, sobriety: her people only drank eight gallons of liquor per head last year. There is not a license in Prince Edward Island; only fifty five in Nova Scotia, and all of those at Halifax, 157 in New Brunswick; a total of 192 licenses in the Maritime Provinces. No liquor can be sold in 800 of the 1,100 of the municipalities of Quebec and of 842 in Ontario only 207 remained to be "claimed."

PROTESTANTS AND CATHOLICS ALIKE.

Rev. J. A. Lacombe declared he considered it a pleasure a privilege, and an honor, that he, a Methodist, and Father Leveque a Roman Catholic could unite on a platform of temperance and co-operate to ban the saloon. He told of how on March 19 he expected to see the electors of his district vote to wipe out their last saloon.

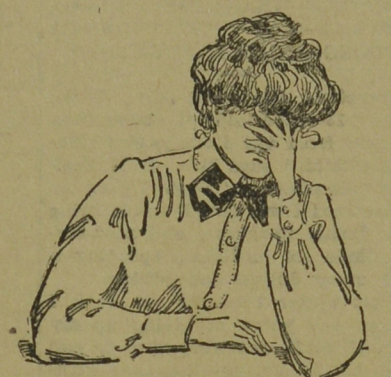
The discussion at the morning session, as to whether or not the civic candidates in Montreal whether they would vote to investigate the police administration for the systematic enforcement by the police law and all others governing morals, and for the suppression of the houses of ill-fame was heated, some of the delegates declaring it was only a Montreal matter, while the Alliance was provincial; others pointed out that the Alliance would be in a dilemma as to whom to give its support to. The meeting finally decided to put the question by a vote of thirteen to six, Mr. Roberts voting for and J. H. Carson, J. R. Duggall and other prominent officials voting against.

The Alliance also voted in favor of granting equal suffrage to women, and expressed its disapproval of the action of the Montreal civic officials in refusing to judicially investigate the police administration. Resolutions were also passed approving the work of the Montreal License Commissioners; the work of John H. Roberts as secretary and of the Gouin Government although the latter resolution also scored the latter for condoning the compensation principle.

Officers were elected as follows: John Duggall, honorary president; S. J. Carter, president; Rev. T. E. Bourke, first and J. H. Carson, second vice presidents; H. Fussing, treasurer. John H. Roberts remains secretary.

WOMEN'S AILMENTS CAUSED BY NEGLECT

Proper Treatment Will Quickly Bring Back Robust Health and Good Spirits



Women are on the whole more sickly than men. One reason is that their system is more complicated; another and more important reason is they put off measures of relief too long. At the beginning, constipation is the cause of nine-tenths of women's ailments. The blood becomes weakened and polluted—the nerves suffer and a run-down condition takes root.

Because of their mildness of action as a system regulator, no medicine for woman can compare with Dr. Hamilton's Pills. The kidneys quickly respond to the remedial action of Dr. Hamilton's Pills and the result is as you would expect—pain in the back and side, shortness of breath and bad color disappear—the functions of the body then operate naturally, congestion and pain are prevented and perfect health returns.

Thousands of happy women say Dr. Hamilton's Pills are the greatest and best blood-purifier, the finest complexion renewer, the most certain regulating medicine known. Sold by all druggists and store-keepers, 25c. per box, five for \$1.00 postpaid. The Catarthozome Co., Buffalo, N.Y., and Kingston, Canada.

WIFE BEATER TO GET TEN LASHES IN JAIL

Brantford, March 10—"This wife-beating has to stop in this city," commented Magistrate Livingston this morning, when Mike O'Neill, a Russian Polack, appeared before the charge of beating his wife, Marie, bar of justice to answer to the O'Neill. O'Neill it was shown cruelly beat his wife when she had a five months old baby in her arms, also striking her baby in his assault on his wife. He was sentenced to ten days in the county jail, with ten lashes thrown in as a reminder of the respect due to womanhood in this country.

A GREAT OFFER

The Daily Mail will be mailed to any address in New Brunswick until May 1st for only Twenty Five Cents. This period will include the session of the Legislature, which judging by recent events is likely to be far more interesting this year than it was last. If you are not a reader of The Mail you do not know what is going on in political circles. Subscribe now.

An offer of \$5000 has been refused for the Moko trotter Audrey Gray that Jimmie Carpenter is training for B. H. Smith of Brookfield.

Next To Consumption.

There Are More Deaths From PNEUMONIA Than Any Other Lung Trouble.

Pneumonia is nothing more or less than what used to be called "Inflammation of the Lungs."

Consumption may be contracted from others, but as a rule pneumonia is caused by exposure to cold and wet, and there is only one way to prevent pneumonia, and that is to cure the cold on its first appearance.

Dr. Wood's Norway Pine Syrup will do this for you if you will only take it in time. Mrs. Wm. M. Steeves, River Glade, N.B., writes:—"Please allow me to express my gratitude for the presence of Dr. Wood's Norway Pine Syrup in the house, for I believe it saved our little boy's life. Three years this fall we were in the lumber woods, and it was very hard to get a doctor to us, and our little boy got pneumonia, and was very ill. The only relief he could get was to take Dr. Wood's Norway Pine Syrup, and with the combined use of the Syrup, and your British Troop Oil Liniment, he soon got better, and was around in a couple of weeks. It certainly is a great remedy." Price, 25 and 50 cents.

Be sure and get "Dr. Wood's" when you ask for it. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Come In and See Our
Trimmed Hats at \$1.00
Also Table of
25c. Bargains
MISSES YOUNG

HIGH COST OF LIVING

is the question now before all the big companies and governments

Our goods for manufacturing are high, too, but we have got the quality and give you a lot of good food for the small price of 5 cents. We are manufacturing fresh Crispettes every day and you cannot get any better food or confectionery than corn; pure clean and wholesome.

Enterprise Bottling Co

Office King Street - Fredericton, N. B.



WALDRON W. MAXWELL

There are three kinds of glasses

1. The ten cent kind, crudely ground, ill-fitting and dangerous.
2. Those advertised as \$5.00 for \$1.00, which are worth no more than the ten cent kind.
3. The kind that we or any reputable optician makes after a careful, thorough examination to determine what you need and how they should be fitted.

New Spring Suits

WE ARE DAILY OPENING THE LATEST NOVELTIES IN THE SPRING SUITS AND COATS. GARMENTS MADE TO MEASURE

We Have Secured the Agency of the Individual Ladies' Tailoring Company, Makers of High-Class Man-Tailored Suits, Coats, Dresses and Skirts and Can Show You Over Sixty Different Styles and 250 Varieties of Clothes from which to Select Your New Spring Garments and Have Them Made to Your Measure. Style, Fit and Workmanship Guaranteed.

R. L. BLACK - YORK STREET

E. O. MacDONALD

Music Store - 560 Queen Street

All the Latest and Popular Songs of the day in stock Gramophones, Pianos and Organs at reasonable prices

PERFECT BICYCLES

There is a great many bicycles on the market, but there is only one PERFECT.

We Sell It - Price \$40.00.

Wm. C. Burtt F'ton. N. B.

OXFORD PANTS

The Workinoman's Friend

These pants are all guaranteed Pure Wool.

The workmanship is the very best. The buttons will not come off the first time they are worn and the seams are all well sewn. We sell the very quality made Prices the lowest.

H. J. Walker & Co.
"The Young Man's Store"

Edison's Latest Wonder The Blue Amberol Record

is so faithful and lifelike in its tone reproduction, so fine and broad in the scope of its selections, so high in its plane of artists, that you can almost see the stage setting.

For more than four minutes, thousands of times, the Blue Amberol unwinds to you the most luxurious entertainment you ever knew. It never wears out and won't break.

Drop in on your Edison dealer today. He'll be glad to give you a concert free. Specify the Blue Amberol always.

Thomas A. Edison

Edison Phonographs and Records are sold in this city by

Wm. Minto, Jr. - Queen St