GOOD DIGESTION
When your digestion is faulty, weakness and pain are certain and disease is invited.

Mother Seigel's Syrup corrects and stimulates the digestive organs, and banishes the many ailments which arise from indigestion.

FOR 40 YEARS THE STANDARD REMEDY

MOTHER SEIGEL'S SYRUP

FOR STOMACH AND LIVER TROUBLE

7015

At all Druggists, or direct on receipt of price, 50c. and $1.00. The large bottle contains three times as much as the smaller. A. J. WHITE & Co. LIMITED, Craig Street West Montreal.

BRITISH CRUISERS ACTIVE IN SOUTH

Montevido, Dec. 1—The American steamship Kankakee, belonging to the American Transatlantic Company, was captured on October 31 by the British auxiliary cruiser Macedonia off the mouth of the River Plate. The captain and two of the crew were held by the British in any proceedings that may be taken against the vessel. Eleven of the crew of the steamship volunteered for further service and remained on board, while sixteen others have been landed here in care of the American Counsul.

The reason for the capture of the Kankakee was the assertion that she is owned by German capital. This was the same reason given for the recent capture of the Argentine coasting passenger vessel President Mitre, taken off Cape San Antonio.

The presence of British cruisers is interfering with the passenget service between Montevido and Buenos Ayres. The steamship Cabo Corrientes, flying the Argentine flag but owned by the Hamburg-South American line, suspended last night's trip.

HEALTH FIRST FOR THE BUSINESS GIRL

Most precious of all her possessions should be health to the girl who is in business. Of course, health comes first in the category of every sensible persons, but to the business girl a loss of health means infinitely more than it does to the idler who has nothing more to do than sit down and care for her ailing body. Glowing health is necessary to the accomplishment of her best efforts, and the business girl will find that unless she is physically up to the mark her work will suffer.

This is the biggest thing the business girl has to combat, her own physical weakness. It renders her unable to perform continuously the same offices a man could do easily. Of course, there are a few women who are a great deal stronger than the usual run of men, but as a sex we have not the physique necessary to enable us to meet men equally on their own ground. The average employer would rather have men working for him because they can stand twice as much hard work as the average girl.

The working woman cannot afford to become run down physically because it endangers her position. Of course, she is not employed merely because of her physical strength, but rather because of her mental efficiency. But physical depression prevents mental alacrity. The mind becomes sluggish and inactive when the body is below par.

Plenty of sleep, nutritious food and out-of-door exercise are essential to good health, and the worker should obtain these by hook or crook. Sleep is at the head of the list. One can do without exercise for a long time without any marked difference in the physical condition. One can subsist on trashy food for months without break down But a few nights without sleep will bring one to the verge of prostration. Nine hours' sleep should be the rule for the business girl if she wants her mind to be clear and active for work.

Fresh air and good food are on a par in importance. One can do without both for a time without noticing any startling change, but eventually the lack of them brings inertia, mental sluggishness and physical debility. To the woman seeking recognition in a man's field of work health is one of the first importance, for without it her efforts will be futile. Splendid vitality is essential to mental proficiency.



Wood's Phosphodine
The Great English Remedy
Tones and invigorates the whole nervous system, makes new blood in old Veins. *Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory.* Price $1 per box six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* THE WOOD MEDICINE CO. TORONTO, ONT. (Formerly Windsor)

MAMMA! DON'T YOU SEE YOUR CHILD IS SICK, CONSTIPATED

Look at Tongue! Move Poisons From Liver and Bowels at Once.

Mother! Your child isn't naturally cross and peevish. See if the tongue is coated; this is a sure sign its little stomach, liver and bowels need a cleansing at once.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, diarrhoea, remember, a gentle liver and bowel cleansing should always be the first treatment given.

Nothing equals "California Syrup of Figs" for children's ills; give a teaspoonful and in a few hours all the foul waste, sour bile and fermenting food which is clogged in the bowels passes out of the system and you have a well and playful child again. All children love this harmless, delicious "fruit laxative" and it never fails to effect a good "inside" cleansing. Directions for babies, children of all ages and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given today saves a sick child tomorrow but get the genuine. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," then look and see that it is made by the California Fig Syrup Co."

THE RAW RECRUIT
(Philadelphia BULLETIN)

Lord Reading said at a banquet of bankers in New York.

"German finance is very amusing just now. The German financiers declare that the more they spend on the war the richer they grow, since all their war purchases are made from the German producers.

"It's like the case of little Jimmy.

"'Gee, Jimmy must be rich,' said a boy, enviously. 'Every time he takes a dose of cod liver oil his mother puts a nickel in his money box.'

"But Jimmy spoke up, disgustedly 'Aw, it's a fake,' he said. I've found out that whenever I get a dollar saved the old lady takes it out and buys me another bottle.'"



THE ORIGINAL AND ONLY GENUINE

Beware of Imitations. Sold on the Merits of MINARD'S LINIMENT

Take 'old o' the wings o' the mornin'
An' flop round the world till your dead
But you won't get away from the tune that they play
To the bloomin' old rag over 'ead.

Had you a Union Jack to put on display when the news of the British Victory reached Fredericton?

We have a fine line of "Jacks" and Flagstaffs on hand. Price within reach of all.

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MAIL ORDERS.—If complete outfit is wanted send the $1.48 and 7c additional for postage in 20 mile zone, or 18c in other zones of Province for greater distances ask your postmaster amount to include for 3 lbs, if flag alone is desired send the $1.10 and 5c additional postage in first zone or 7c any Canadian point.

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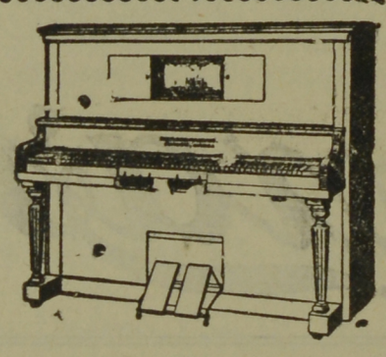
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Plain Hemstitched Handkerchiefs 5c each or 6 for 25c. Childrens Picture Handkerchiefs, 5c each or 6 for 25c. Plain hemstitched handkerchiefs with neat pattern in corner, also cross bar patterns, 6c each or 5 for 25c. Fancy handkerchiefs in fine lawn with narrow and wide hem, with design worked in corner, 10c each or 3 for 25c. Fancy handkerchiefs in fine muslin, hemstitched and embroidered, also neatly trimmed with lace, fine and dainty, 15c each or 2 for 25c. Fancy handkerchiefs in lawn, muslin and all linen, hemstitched, embroidered and lace trimmed, very dainty at 18c 20c, 25c, and 35c each. Plain Irish Linen Handkerchiefs, hemstitched, extra fine quality, at 10c, 15c, 20c, 22c and 25c each. Plain Linen Initialed handkerchiefs, fine quality linen, all initials at 15c and 25c each. Plain hemstitched initialed handkerchiefs, 3 in envelope with Xmas card for 25c. Childrens fancy handkerchiefs embroidered in colors, 2 in fancy box for 15c each. Childrens Fancy picture handkerchiefs 3 in box, 15c each. Childrens fancy handkerchiefs embroidered in colors, 3 in box, 25c each. Fine Swiss embroidered handkerchiefs, hemstitched, 3 in box 50c box. Extra fine cotton handkerchiefs, hemstitched and neatly embroidered, 6 in a box at 50c a box.

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