

MADE IN CANADA

The Bread that Builds Brain and Brawn must be made of the whole wheat grain—white flour bread will not do it—neither will the so-called "whole wheat flour bread." The only real whole wheat bread is

TRISCUIT

It is made of the whole wheat grain steam-cooked, shredded, compressed into a wafer and baked by electricity. All the meat of the golden wheat prepared in its most digestible form and smallest bulk. A wholesome substitute for white flour bread—a delicious snack for luncheon with butter or soft cheese—crisp, snappy, strengthening and satisfying.

Made at Niagara Falls, Ontario

43-J Toronto Office: 49 Wellington Street East

HOW ROAD MONEY

WAS APPROPRIATED

According to the auditor general's report, the provincial government expended the sum of \$126,756.31 for maintenance of roads last year. The amount was apportioned as follows:

County	Amount
Albert	\$ 8,211.31
Carleton	7,103.72
Charlotte	7,228.32
Gloucester	11,148.60
Kent	5,236.13
Kings	9,990.09
Madawaska	8,219.43
Northumberland	7,795.05
Queens	5,694.10
Restigouche	6,995.35
St. John	8,433.94
Sunbury	3,654.32
Victoria	6,516.81
Westmorland	6,318.82
York	17,492.52
Miscellaneous Roads	13,174.27

EARLY BASEBALL PRATTLE

Forthwith the pitcher tells us how He'll curve the ball. He'll fool all batters, he doth vow, With cunning skill.

The batter vows the ball he'll swat In fiendish way, He'll drive the pitcher off the lot, He's free to say.

So here we have two lines of dope, Both very strong, To swallow both we cannot hope, Somebody's wrong.

HOME NOTE

A little silence now and then Is relished by all married men.

MESSAGE OF HOPE

FOR ALL WOMEN

Miss Mary Sabourin Tells How She Found Health

SUFFERED FOR THREE YEARS AND COULD FIND NO LASTING RELIEF TILL SHE USED DODD'S KIDNEY PILLS.

Thurso, Que., April 30th (Special)—Tired, run-down women can read a message of hope in the statement of Miss Mary Sabourin, an estimable lady living here. In a statement to the public Miss Sabourin says: "I was a sufferer for three years. I was always tired and nervous. My sleep was broken and unrefreshing. I was troubled with headaches and pains in my back. I had heart flutterings to and to my anxiety. "I was treated by a doctor and a specialist but nothing seemed to do me any lasting good till I started to use Dodd's Kidney Pills and I took just three boxes of them."

Nine-tenths of women's troubles come from sick kidneys. Sick kidneys fail in their duty of straining the impurities out of the blood. That means that poison and disease is carried to all parts of the body. The remedy is to cure the kidneys with Dodd's Kidney Pills. If you haven't used them ask your neighbor about them. Nearly every family in Canada is using or has used Dodd's Kidney Pills.

Samuel Steeves of Woodstock, is in the city.

Stratford Beacon—Sir Robert Borden will now have another chance to prove his sincerity. The revelations made last year by a Royal Commission of the New Brunswick Legislature were such as to put Hon. J. K. Flemming, the Premier out of politics in the province. He has, however, received the nomination of the Federal Conservative party in the County of Carleton N. B., to run in opposition to Mr. Frank Carvell, the Liberal sitting member. Will Sir Robert read Mr. Flemming out of the party? This Mr. Carvell is a bad man in the estimation of the Conservative party and press. He did one thing for which he can hardly be forgiven by them. In the examination of witnesses in the Public Accounts Committee he brought out some of the worst revelations that were made there. The country, however, should be grateful to him for what he did in this connection.

ENLISTED IN MONCTON

Moncton Transcript—Harry Pendleton, of Fredericton, is the latest recruit to join the Company of the 55th N. B. Battalion now drilling at the curling rink here. Mr. Pendleton is an old soldier, having formerly served seven years and nine months in the Royal Canadian Regiment. This evidently refers to James Pendleton of this city.

ACTUAL CASE.

"Stringy picture you've made. Wouldn't the great man pose?" "Wouldn't even let me on his grounds," explained the newspaper artist. "So I sketched him through an aperture in the fence." "I see. Drawn through a knothole, eh?"

BACKACHE

WAS SO BAD

COULD NOT SWEEP THE FLOOR.

For backache, lame or weak back, one of the commonest and most distressing symptoms of kidney inaction, there is no remedy to equal Doan's Kidney Pills for taking out the stitches, twinges and twinges, limbering up the stiff back and giving perfect relief and comfort to all poor, suffering women who suffer so much from a weak lame back.

Mrs. Blackburn, R.R. No. 1, Fishburn, Alta., writes: "I take pleasure in writing you stating the benefit I have received by using Doan's Kidney Pills. About three years ago I was terribly afflicted with lame back, and was so bad I could not even sweep my floor. I was advised to try your kidney pills. Before I had used one box there was a great improvement as my back was much better. However, I kept on taking them until my back was completely cured. I highly recommend these pills for lame back."

Doan's Kidney Pills are 50c per box, or 3 boxes for \$1.25, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

When ordering direct specify "Doan's."

RESOURCEFUL AMERICA

"Why are we so disliked abroad?" "On account of the sale of arms." "Well, there are other lines. Let's get busy with artificial legs."

There is nothing lovelier than a beautiful girl trying to make you think she doesn't believe she is beautiful.

BIG EXPENDITURE

IN KENT COUNTY

The list of appropriations by the provincial government for ordinary bridges shows that the County of Kent led all other counties in the province, receiving the enormous sum of \$45,353.88. Northumberland county was second in the list with \$20,642.14. The County of York, which has a much larger territory and a population one-third greater than Hon. Dr. Landry's county, had to be content with the somewhat meagre appropriation of \$10,547.22. Following is the list as taken from the auditor's report:

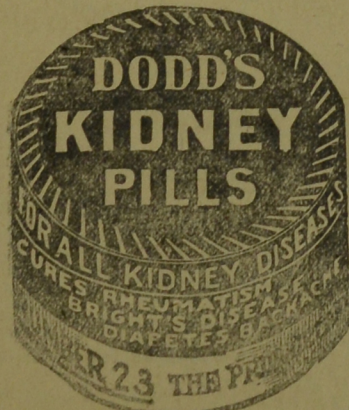
County	Amount
Albert	\$ 8,732.69
Carleton	8,283.78
Charlotte	7,308.79
Gloucester	19,322.84
Kent	45,353.88
Kings	15,032.23
Madawaska	8,285.83
Northumberland	20,642.14
Queens	6,491.76
Restigouche	9,618.20
St. John	6,344.60
Sunbury	3,560.50
Victoria	8,287.63
Westmorland	14,949.91
York	10,547.22

AS HOSPITAL SHIP.

The steamer St. George of the C. P. R. Bay of Fundy service has been definitely taken over by the admiralty for use overseas. She is to be taken to England for service as a hospital ship, requiring but few changes in the way of remodeling for the purpose. The steamer will be used with her sister ships of the same type which are now in the Red Cross service, conveying wounded from France to the hospitals in England.

JOB PRINTING.

Look over your stock of stationery and see if there is anything you are in need of. If so ring up Telephone 67 and a representative of The Mail Printery will call for your order. We have all the facilities. Give us a trial order.



PATRIOT POTATOES

SHIPPED TO CUBA

More information is available respecting the government's patriotic potatoes that went to Cuba. It seems there were two schooner loads, one of which went to Caibarien and the other called the "Lavonia" was reshipped to Havana. There the potatoes brought \$1.55 per barrel. That price included the cost, insurance and freight. These are the same patriotic and Belgian potatoes B. Frank Smith bought in Carleton county for \$1.10 per barrel for the government and then the government paid nearly 20 cents freight per barrel to St. John and 31 cents for sorting and packing, and 32½ cents for the barrel and the insurance in the warehouse and the cost of the inspection and the handling and loading in schooner for Havana and the freight there—and then sold for \$2.55 per barrel.

Those sold at Caribarien did not bring so much. These potatoes were the result of two governor's warrants of \$75,000 or \$150,000, donated by the people for the "use of the army and navy" and to express their love and loyalty to the empire and their sympathy with the suffering of heroic Belgium. Nova Scotia voted \$100,000 in cash; New Brunswick voted \$150,000 much of which went into the pockets of political "friends" or was wasted. The potatoes, or many of them, could not, they say, be sent to England or Belgium, but some are sent hunting a market in the West Indies, others are huckstered about the streets of St. John, thousands of barrels are sold for an unknown price in the warehouse at West St. John and again large quantities are carted to the hog pens in Lancaster.

O'LEARY AND HIS MOTHER

The Ottawa Evening Journal The correspondent of the London Daily Chronicle says it would be impossible to reproduce in print the soft accents of Mrs. O'Leary's brogue, as she talked of the doings of her son, the winner of the Victoria Cross, but her heart was overflowing with pride at his deed.

"Oh! this is a cruel war," she said, "and I wish he was back safe and sound again." Her lips trembled and tears were in her eyes as she said this. "When the telegram came," she went on, "I hardly dared to open it. You know I thought it brought some bad news about Mike. I had a post card from him last Saturday in which he said he was safe and sound, but that was all."

"He has never given me an hour's uneasiness since he was in his cradle," she said. "He was always the best of boys, but he would leave me, and there was little enough chance for him here."

There is a lesson in the Daily Chronicle's interview with Mrs. O'Leary. Name a boy who loves, respects and obeys his mother, and you designate material on which V. C.'s are won and nations successfully defended.

J. T. Power of St. John, is a guest at the Barker Hotel.

Introducing a "Little Lady" who knows about the finer qualities of Cocoa & Chocolate

Watch for her!

THE COWAN COMPANY LIMITED