

DESIDENT WOMEN

Find New Health in the Use of Dr. Williams' Pink Pills.

A few years ago Mrs. James R. Stuart, of Thorold, Ont., who is well known to most of the residents of that town, found her health severely shattered as the result of an attack of anaemia. As told practically in her own words, Mrs. Stuart says: "My blood was turned almost to water; I suffered from nerve racking headaches, and the least exertion would cause my heart to palpitate so violently as to render me almost breathless. I wasted away in flesh and often was so weak that I could not walk about. I was under the care of a good doctor, but as I was not getting better, I grew melancholy and despondent, and felt I was becoming a helpless invalid. At this stage I was advised to use Dr. Williams' Pink Pills and I began taking them, thinking it would be a miracle if they ever helped me. To my great gratification, when I had been using the pills less than a month I found my health improving. I used about a dozen boxes in all and found myself enjoying once more the blessing of good health. I had been reduced to almost a skeleton in appearance, and while taking the pills gained over twenty pounds in weight. I gratefully recommend the pills to other ailing women."

Dr. Williams' Pink Pills are the greatest blood builder and nerve tonic known to medical science. Through their use pale cheeks are made rosy, dull eyes made bright, and thin wasted figures made plump. Every dose makes new, rich red blood that drives out disease and strengthens every organ in the body. You can get these pills from any dealer in medicine, or by mail postpaid, at 50 cents a box or six boxes for \$2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

If the women had their wavy hair married couples would still be keeping house with a chafing dish and a shaving mug.

DRUGGING CHILDREN.

The mother who gives her little one "soothing" stuff when it cries surely does not realize that she is simply drugging it into temporary insensibility with a poisonous opiate. But that is just what she is doing. All the so-called "soothing" medicines contain poisonous opiates; they are all harmful—some of them dangerous, and should never be given to children. Baby's Own Tablets are sold under a positive guarantee that they contain no opiate or harmful drug. The Tablets speedily cure all stomach troubles, constipation, diarrhoea, and simple fevers; they break up colds, prevent croup, ease the pain of teething, and give healthy, natural sleep. When little ones are cross, peevish and ailing, give them Baby's Own Tablets, and you will find there is a smile in every dose. You can get the Tablets from any medicine dealer or by mail at 25 cents a box by writing the Dr. Williams' Medicine Co., Brockville, Ont.

Nuts should be eaten in the winter time. They are extremely rich and nutritious, vegetarians using them in place of meat and butter.

GET UP TIRED

WEARY ALL DAY

Never Feel Refreshed—Always Played Out, Weak, Languid, Discontented.

FERROZONE

Will Infuse the Vim and Fire of Youth Into Your Veins.

Quick permanent cure follows Ferrozone. It braces at once, makes you feel like new. You rejoice in new found strength, in vital energy, in power to act, to think, to do. No other medicine on earth so beneficial to the weak, the run-down and nervous.

Mr. George E. Sainsburg, of 179 Queen street, Toronto, was completely rebuilt by Ferrozone, and writes: "I was subject to spells of dizziness and light feeling in the head. "I broke out in cold sweats. "My appetite was poor, and I lived in perfect dread of a collapse. "I improved at once by using Ferrozone.

"It braced up my nerves, gave me a good appetite, strengthened my blood, and made me feel young again. I am now in the best of health, just because I used Ferrozone."

It's a shame to live in a half-dead condition. Ferrozone will vitalize you. It will give you reserve strength, self-control, surplus vigor. It's the most strengthening medicine made; 50c. per box, or six for \$2.50, at all dealers in medicine, or Polson & Co., Kingston, Ont., and Hartford, Conn., U. S. A.

CIVIC REFORM.

Correspondent Urges Improvement in the City Council.

LOOSE AND INEFFICIENT METHODS IN DOING BUSINESS.

Citizens Should Awake to Realization of Present Conditions.

Fredericton, Feb. 3.
To the Editor of the Herald,

Sir:—The time has come when the citizens who are interested in good government, should take hold of civic matters and adopt some better system than in use now which would be more beneficial to the whole community.

Complaints are constantly being made by the citizens, whether justly or not, that the present council do not represent the best interests of the citizens, and indeed a strong complaint comes from one of the aldermen, who has had a long and varied experience at the board, and has no hesitation in declaring it publicly himself, and I am told he is seeking higher honors, (and who has a better right after long years of patient fortitude.) He even goes farther and says the business of the city suffers in consequence of the incapacity of the heads of each department to grasp the situation.

Of late, but I suppose it has always been so, there has been considerable criticism of their childish ways of doing business, and the indifference of some of the city officials to the orders given by the executive, and their absolute neglect of some very important work that had been previously ordered to be done by the Mayor personally, as well as the whole council in committee, was very marked.

Every city or town is at some time swept by a reform movement, a majority it may be of its citizens waking up; the desire for better and purer administration of its public affairs. As a rule, the spirit, after a longer or shorter interval, lapses, and is followed by a return of the old methods and old ways; and this history repeats itself again and again. The citizens of Fredericton are no exception to this rule, and it is singular the indifference of our people to what is for their best welfare, and their equally strange preference for a corrupt and inefficient public service.

Take a glance at some of the departments mentioned by the alderman referred to, the roads and streets, the fire department, the wharves and river front. There is no regular organized system, but every one is allowed to do as he pleases no check kept on him or his accounts. The taxes run up, the expenditure is large, and where does it all go. There is not that improvement there should be for the outlay made. On the streets, for instance, every year the expenditure increases and not much improvement according to the outlay. Surely there can be a change made here, and before another season rolls around this department should be well ventilated, in fact all departments can be stimulated. The fire department is in fairly good order, but discord reigns among some of the members and their chief. The wharf department is under the control of a man who knows more about horses than he does about wharves.

Don't let us drift along this way. Next election the citizens themselves should seek to secure the very best men they can to do their business. The question of efficiency should enter largely into the choice of men, and business methods applied to every department, pure and simple business methods applied to all their transactions, which is not the case with our present aldermen.

It is not a nice thing to do to reflect upon the present aldermen, but there can be but little doubt that while at the board they have not come up to the expectations of the people who elected them and they do not realize the responsibility of their position, nor the obligation they took upon themselves when they asked for support.

The position is a responsible one and power is great for good or evil. The business brought before the board should be managed with care and prudence. Too often men are reckless with funds and the result is they have to borrow from the banks with increased rate of interest. The chairman of the road committee says if he had his way a law should be passed to prevent the council from borrowing one cent.

Our business should be in the hands of business men, independent men, and done for the best interests of the general public, managed with the same care as any good clear headed business men would manage their own private affairs. Then the result of such management would show in time and we could then look up to our representatives and not as now with disfavour at their doings.

No one will dare deny in the face of facts patent to all that our affairs do not need to be put on a higher plane, and conducted in some kind of system. We want at our board independent men, men who know the right and will do it regardless of the political fakes that get together election day with false canvasses and other questionable methods to influence the voters, who are, I am sorry to say, influenced by false statements.

Surely the day has come for a change, let every citizen work for it, and better government all round.

The aldermen, not receiving any pay for their services, lack the snap that is required, as they can not be expected to neglect their own business to attend to the city, the honor of being elected to a seat at the council board is enough for them.

Blunders are made and important work laid over in consequence of non-attention. So a change is needed, let us have it, for it is quite evident no improvement will be made unless the citizens themselves move in the matter and form a ticket and then vote for the whole ticket and nothing but the ticket, and inaugurate a reform system of doing our business on business principles, having all accounts properly looked after and not the way it is now.

Now or never is the watch word. Consider the question, do-it-now, the citizens are not satisfied with the present results, and many of the aldermen are not themselves.

Citizens act promptly, act now for better civic government and better administration in every department.

Yours faithfully,

A. G. E.

Zion.

(Special Correspondence to the Herald)

Feb. 1.—It is with regret that we have to report the sad death of Miss B. S. Cameron of Pleasant Valley, who quietly passed away to the Better Land. Although it is hard to part with those we love, yet for her to die was gale. She was a very highly esteemed young lady and leaves many sorrowing friends and relatives. Much sympathy is extended to the sorrowing parents in their sad bereavement.

Miss Annie McDonald, who has been spending the winter with her sister, Mrs. P. Woodworth, has returned home.

Misses Annie and Maggie Simmerville, who have been employed in the cotton mill at Marysville, are spending a few weeks at their home in this place.

Miss Lena Woodworth spent ten days with Mrs. J. Waltman.

Miss Lilla Stuart left today for St. Stephen, where she expects to spend the remainder of the winter.

Mr. Charles McConnell spent Sunday at his home.

Mr. Luke, scaler for the Wm. Richards Co., paid a visit to the camps at Cain's River.

Mr. S. Robinson, scaler for Mr. Gibson, passed through this place en route to Young's Brook.

Mr. C. O'gen spent Wednesday with Mrs. J. Sommerville.

Mr. C. McDougall passed through this place last week delivering pictures.

Mr. John A. Young, the insurance agent, was in this place recently, insuring and inspecting.

Mr. Peter Woodworth has finished his winter's operations on Cain's River.

Mr. Thomas Denmore, who had his hand badly jammed, had to have one of his fingers taken off.

Mrs. Wm. Stuart drove to Zion last Tuesday.

HURRIED AND WORRIED ALL DAY.

And the worst of it is you are a little run down and have mighty little chance to catch up. Everything seems like grindstone wearing down your nerves. You are irritable and get less sleep than is absolutely necessary. Better stop before things get worse. Your best plan is to use Ferrozone for a while and give your nerves and brain a chance to pick up. Ferrozone is the finest tonic a busy man can take. It makes new blood, nourishes the body, strengthens the nerves, improves the appetite and rehabilitates the whole system. Try Ferrozone. Price 50c.

It's difficult for some men to mean what they say.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath softens the water at the same time that it disinfects.

MILITIA ESTIMATES.

Interesting Discussion in the House of Commons.

NEW AND IMPORTANT OFFICES TO BE CREATED.

Mr. Foster Wanted Information.

In Committee of Supply in the House of Commons at Ottawa, Wednesday evening, the militia estimates were taken up. It was decided to let one of the items stand over, to be the basis of general discussion on the work of the department at a later date. On the item of \$670,000 for pay and allowances, an increase of \$104,751, Sir Frederick Borden, in dealing with the sub-item of \$90,000 for headquarters and district staff, an increase of \$8,751, explained that two new positions had been created, the director of operations and staff duties at \$2,800, and an assistant at \$1,700. This officer would have general supervision through the militia Council of the work in the field, and would direct officers in command of districts as to the kind of instruction they give. He would be one of the best qualified men in the service. The position had not yet been filled. Other work at headquarters had been rearranged somewhat, and the following other new officers would be designated: Director of training and intelligence, assistant adjutant-general, director of artillery, director of transport and supplies, director of clothing and equipment.

FREE OF POLITICAL INFLUENCE.

Hon. Geo. E. Foster took advantage of the opportunity to impress upon the minister the desirability of making the selection of suitable sites for drill sheds, rifle ranges, etc., entirely free from political influences or considerations, which, unfortunately, were too often allowed to creep in, to the detriment of the militia.

Sir Frederick Borden feared that perhaps under this government, as under their predecessors, too much attention had been paid to political influences in determining such matters. The establishment of a militia council would strengthen the minister, who was genuinely anxious to act in the interests of the public and not to be forced to act against the public interest. One of the reasons he had in mind in desiring to bring about the establishment of this council was to be relieved as far as possible from any influence political, social or otherwise, which might be used against the public interest in the determination of sites or otherwise.

DESECRATION OF PLAINS OF ABRAHAM.

Mr. Osler entered a protest against the desecration of the Plains of Abraham by the erection over one of the Martello towers of a water tower. On paying a visit recently to this spot, hallowed with the memory of British valor, he had been shocked

by the hideous appearance of the tower.

Sir Frederick Borden replied that he had not seen the hideous object which had shocked Mr. Osler's susceptibilities. Sir Chas. Ross obtained permission to erect a water tower for the purpose of providing fire protection for the rifle factory, but he had not understood the structure was so hideous or disagreeable to the eye. He promised to look into the matter. In reply to further questions, Sir Frederick said he was now endeavoring to enlist private capital for an ammunition factory in the vicinity of Ottawa. He hoped to have all the explosives and raw material needed for Canadian ammunition made in Canada, instead of having it imported. With the demand for explosives for railway construction, he hoped the market would be large enough to warrant a factory being built.

NATIONAL DEFENCES.

Mr. Foster asked that all the information that could be strategically given be furnished regarding the state of our national defences. We are living on slender resources," he added, "and I believe the people will support any necessary measure for the proper defence equipment of the country."

Sir Frederick Borden renewed his offer to lay the whole matter before a committee representing both sides of the House, and to have them discuss it with the Militia Council. "But I think it is undesirable to publish our neglect to the world," he concluded.

Mr. Foster said that was a good suggestion, but Mr. A. B. Ingram thought the people would not learn the truth by that means.

DEFENCES FOR ESQUIMAULT.

On the item of \$110,000 for the defences of Esquimault, Sir Frederick said, in reply to Mr. Ingram, that the item had been the same for several years. The expenditure was all undertaken by the British government, and the Canadian government reimbursed them half the amount. That is all Canada pays for her defence?" asked Mr. Ingram.

"The Canadian government have paid a considerable amount for artillery sites for large guns," the Minister replied. "Last year \$25,000 was paid. We buy all the land that is required for the mounting of necessary guns for the defence of Canada."

"Some changes have taken place at Halifax," suggested Mr. Foster.

"Yes," according to the newspapers," replied Sir Frederick, "but, so far as I know, this government have received no official notice direct with reference to Halifax."

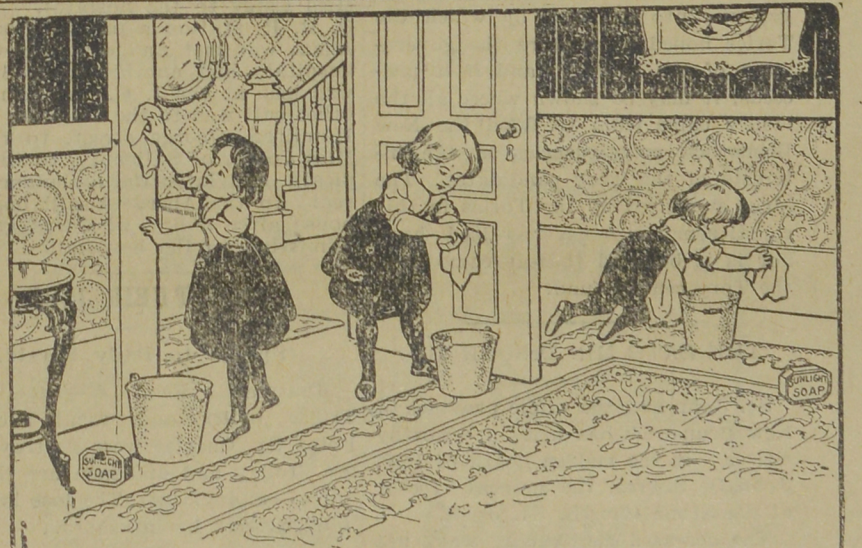
Having passed \$2,350,000, all the militia items chargeable to income, except \$90,000 for the Royal Military College, the committee reported progress.

A SATISFACTORY PILE REMEDY

Will cure the conditions causing the piles. Try Dr. Hamilton's Pills of Handrake and Butternut; their frequent use prevents piles. No case ever known where the use of Dr. Hamilton's Pills failed. Price 25c.

Nuts should be eaten in the winter time. They are extremely rich and nutritious, vegetarians using them in place of meat and butter.

When walking keep the chest elevated and breathe deeply through the nose. A long walk may then be taken without exhausting effects.



Dirty woodwork or any other part of the house that requires cleaning can best be cleaned by using

SUNLIGHT SOAP

It will remove every particle of dirt and make the whole house bright and cheery. Absolutely pure, and every bar possesses remarkable cleansing power.

ASK FOR THE OCTAGON BAR.

Sunlight Soap washes the clothes white and won't injure the hands. LEVER BROTHERS LIMITED, TORONTO.