When Your Head Aches

don't take chances with your heart by dosing with headache cures. It's caused by upset stomach or inactive liver.

Nature's Remedy
REG. U.S. PAT. OFFICE
NR-TABLETS-NR

will settle the stomach and make your liver act without violence but effectively. It will remove the cause and cure the headache.

53 Get a 25c. Box

Better than Pills for Liver Ills

Samuel Hawker, Druggist
St. John, N. B.

PRESENTATION TO AMHERST PASTOR

Rev. Dr. and Mrs. Steel Receive Address and Purse from Friends

Amherst, N. S., April 15— large number of the citizens of Amherst irrespective of denomination, met in the lecture room of the Baptist church last evening to show their respect to Rev. Dr. and Mrs. Steele. An interesting musical programme was given under the management of Miss Mabel Cole. F. A. Cates occupied the chair and spoke words of the highest praise of Dr. Steele as a man, a citizen and a minister of the gospel. Other speakers were Mayor Lowther, H. J. Logan ex-M. P., Dr. C. W. Hewson, Rev. M. Ackland and Deacon William M. Reid; the latter, in behalf of those present, presented Rr. and Mrs. Steele with a purse of about $350 as an expression of the esteem and honor in which he is held by all.

Rev. Dr. Steele has been a citizen of Amherst for about 42 years, and no man stands higher today in the estimation of the public at large, not only as an able and devoted preacher of the gospel, but as representing the highest type of man and citizen. Nothing in all these years that has been for the advancement of Christianity and morality, or for the betterment of the town and country but what Dr. Steel has been a strong factor. Perhaps no man in any community has done more in a quiet unobtrusive manner to advance a town's interest than has the good doctor, and the many kind words said by the speakers last evening, and the generosity of the contributors was only a just expression of that which was his due. Although compelled, owing to impaired health, to give up the active ministry, he is still able to occupy occasionally the pulpit of the First Baptist Church, of which he was for about 30 years the honored pastor and leader, and where he is to day held in the highest reverence and esteem. The general expression was that the doctor and his estimable wife may be long spared to Amherst, where there lives have been so closely identified with all that was good.

Among those present were Revd's Dr. Heartz and Chapman, of the Methodist church and Rev. Mr. Ramsay of Knox Presbyterian. A letter from Rev. Anderson Rogers of St. Stephen's Presbyterian church, expressed his regret that owing to an important previous appointment he was unable to be present.

Dr. Steele's acceptance of the purse and the kindly expression of good will was in his usual masterly manner, and the audience felt as they listened to the words of the venerable Christian that it was surely more blessed to give than to receive.

SABLE ISLAND AS A SANITARIUM

Last week's New York Shipping Illustrated has an interesting article, on the proposal to establish health resorts upon Sable Island. The article in part is as follows:

It will be a curious transformation scene if the long-dreaded "graveyard of the Atlantic," the place of innumerable shipwrecks, shall be transformed into a resort for the restoration of life and energy to the diseased, yet such seems entirely possible, for it has been discovered that no one has a cold there and people going thither from the mainland with a cough very soon get rid of it. The cause is pure air, a mild, equable climate, and freedom from dust and contaminating influence. Physicians state that despite the popular belief that dry air is necessary for the care of lung tuberculosis, yet persons with such diseases in its early stages who have gone to Sable Island have become absolutely cured. There may be something, too, in the absorbent nature of the sandy soil, but "the sea as a purifier," as set forth in an article in Shipping Illustrated of March 18th, is the great thing. At all events the great good health of those who reside upon the Island has recently attracted the attention of men, who would make it a health resort, and it is understood that such may seen be established either by the Canadian government or by some company acting under permission from the government. Sable Island is within fifty miles of the Gulf Stream, and 100 miles of the coast of Nova Scotia. To illustrate its equable temperature, it may be stated that on February 1 last, while the maximum in New York was 26 deg. and the minimum 6 deg., the thermometer on Sable Island showed a maximum of 28 deg., and a minimum of 20 deg. The temperature on the same day varied from a minimum of 4 deg. to a maximum of 16 deg. in Boston, 12 deg. to 14 deg. in Halifax, 4 deg. to 22 deg. in St. John, N. B., 13 deg. to 32 deg. in Sydney, C. B., and 12 deg. below zero to 14 deg. above in Montreal.

INGERSOLL
REGISTERED
TRADE MARK
CREAM CHEESE
"Spreads Like Butter."
Sold only in 15c and 25c blocks
For sale by all Grocers.
Manufactured by
The Ingersoll Packing Co., Ltd.
Ingersoll, Ontario, Canada.

R. R. RANKINE, St. John, N. B
AGENT

RIFLE CLUB'S ATTRACTIVE PROGRAMME FOR SEASON

The St. John City Rifle Club has arranged the following programme of matches for 1909:

May 15—Opening match at 1.30 o'clock, King's ranges.

May 22—Spoon match at 1.30 o'clock, King's ranges.

May 24—Morning, spoon match, at 9.30 o'clock., King's ranges.

May 24—Afternoon, Daily Mail match at 1.30 o'clock, King's ranges.

May 29—Spoon match at 1.30 o'clock, King's ranges.

June 5—First league match at 1.30 o'clock, King's ranges.

June 12—Spoon match, ten shots each, at 1.30 o'clock, 800 and 900.

June 19—Second league match at 1.30 o'clock, King's ranges.

June 26—P. R. A. medal and spoon match at 1.30, King's ranges.

July 1—Morning, spoon match at 9 o'clock, 800, 900 and 1,000; afternoon, Thorne cup and spoon, 1.30, King's ranges.

July 3—Third league match at 1.30 o'clock, King's ranges.

July 10—Spoon match at 1.30 o'clock, King's ranges.

July 17—Fourth and last league match at 1.30 o'clock, King's ranges.

July 24—Spoon match, 10 shots, at 1.30 o'clock, 800 and 900.

July 31—Spoon match at 1.30, Kings ranges.

August 4—Cash prize match and Morrison cup at 1.30 o'clock, King's ranges.

August 7—Spoon match at 1.30 o'clock, King's ranges.

August 14—Spoon match at 1.30 o'clock, King's ranges.

August 21—Spoon match at 1.30 o'clock, King's ranges.

August 28—Spoon match at 1.30 o'clock, King's ranges.

September 4—Spoon match at 1.30 o'clock, King's ranges.

September 6—Spoon match at 9 o'clock, King's ranges; afternoon, P. R. A. medal and spoon at 1.30 o'clock, King's ranges.

September 15—Moncton shield match, at 9 o'clock, King's ranges; afternoon, merchants' match, open to members of militia and civilian rifle association of the province; entrance fee to this match, 50 cts., King's ranges.

$100 Reward, $100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O.
Sold by all druggists, 75c.
Take Hall's Family Pills for constipation.

MODESTY.

Bessie—Why do we observe "All Fools" day?

Bert— I don't know; I never flattered myself that all my foolishness could be celebrated in one day.

THE STEADY USE OF
Hay's Hair Health
PREVENTS as well as RESTORES gray hairs to their natural color and beauty, and keeps the hair soft, glossy and in a healthy condition.
GRAY HAIRS mar every woman's beauty and should be guarded against in every way. Nothing contributes so much to a woman's beauty as her hair, and it should be every woman's duty to take the best care of it.
No other preparation can compare with it in any way. IS NOT A DYE.
$1 and 50c. bottles, at druggists.
Send 2c for free book, "The Care of the Hair."
Philo Hay Spec. Co., Newark, N. J.
E. CLINTON BROWN, COR. UNION AND WATERLOO STREETS.

MONTREAL RECORDER AND ANTI SPITTING LAW

(Montreal Witness, April 13.)

Eighty-eight cases were disposed of by Mr. Recorder Weir this morning, in the Recorder's Court, making a record for the past four years, and this is only two behind that which was made in 1904, when there were ninety names on the list.

The police of No. 4 station were responsible for thirty-eight of the offenders, in connection with the crusade that they started on Saturday evening, against the spitters and loafers in their district. All the offenders, who were caught, pleaded guilty this morning, and were fined three dollars or fifteen days' imprisonment.

In passing sentence, the Recorder remarked that this by-law prohibiting spitting on the street was passed by the city council two years ago, but he said the police had never enforced it, but he was glad to see that they were taking up the matter now. It is largely a matter of habit and can be easily stopped, if an example is made of some of the offenders, he said.

The remaining cases on the list were largely made up of those who had indulged in too much alcoholic stimulants.

WHEAT STRAW FOR PAVING

Spokane, Wash., April 15—Paving town streets with wheat straw as a means of binding the mud in the spring and keeping the dust down later in the season, is being demonstrated at Endicott in Whitman county, Wash., south of Spokane, where two miles of streets were treated this spring, a foot of fresh straw being laid from curb to curb and packed into the wet ground following a slight rainfall. The experiment is considered a success, as the streets are neat and clean and there is no dust, though traffic to and from the big wheat ranches is heavy. County roads in other parts of Washington have been "strawed" for years during the summer months to hold the dust, but this is the first time it has been tried in a town and it is not unlikely that other communities will take up the work until permanent pavements are built.

A HAPPY MARRIAGE.

"Are they happily married?"

"Yes, indeed. I understand they're actually out of debt."

HOW THE INDEPENDENT ORDER OF FORESTERS HAS PROGRESSED

Reception in Toronto to Hon. Elliott G. Stevenson.

(Toronto Globe.)

The strength of the Independent Order of Foresters has never been more strikingly demonstrated in this city than at the reception extended last night to Hon. Elliot G. Stevenson, the Supreme Chief Ranger, who has just returned from a tour of the west and California in the interest of the order. Over 4,000 people assembled in the hall, and the warmth of their greeting to the chief and the enthusiasm displayed throughout were fitting evidences of their sincerity and their attachment to the great order to which they are so proud to belong. The address of the Supreme Chief Ranger in response to the welcome extended him was marked by keen appreciation, great breadth of though and an illuminative survey of the order, its benefits and its work. It was the first occasion since the death of Dr. Oronhyatekha, whom Hon. Mr. Stevenson succeeded as Supreme Chief Ranger, on which the members of the order felt that they could, in seemliness, publicly show their regard for their honored leader, his splendid work for the order and his wide and able administrative talents. Mr. G. A. Mitchel, superintendent of field work, who was the chairman of the reception committee and his colleagues on that committee are to be heartily congratulated upon the success attending their arrangements.

A conspicuous feature of the gathering was the large number of ladies. They appeared to be as deeply interested in the addresses which set forth the benefits of membership of the order and the progress it has made, as were their male escorts, as was to have been expected in view of the fact that many of them are members of the order and in view of what the Independent Order of Foresters means to woman and the home.

The chief magistrate of the city of Toronto, Mayor Oliver, who himself is an active member of the Independent Order of Foresters, presided over the great gathering. His Worship's address of welcome to the Supreme Chief Ranger on behalf of the city was couched in language betokening a keen appreciation of the merits of the order. The mayor referred in terms of praise to the great abilities of Hon. Mr. Stevenson, and to his splendid work as Supreme Chief Ranger of the Independent Order of Foresters. The great growth of the order was also spoken of by the mayor, who expressed confidence in the organization and the chief officers thereof.

When Hon. Mr. Stevenson rose to reply to the addresses he was greeted by the 48th Highlanders' Band playing "For He's a Jolly Good Fellow," while the entire audience stood up to emphasize the fraternity of their feelings for the Supreme Chief.

Mr. Stevenson in acknowledging the ovation he received and the kindly sentiments expressed in the address, said he wished the occasion thus provided for him to become a little better known to the members of the order might have afforded them a better chance to get personally acquainted. He spoke of the honor felt by the members of the Foresters in having one of their order occupying the chair of the chief executive of this city.

Mr. Stevenson went on to point out the different rates paid by men who joined before 1899 and those who joined since. A man, for example, who joined in 1898 at the age of 44 paid 98 cents a month for $1,000 protection, while one who joined in 1899 paid $2 for the same protection. He said he believed it was not right or fair, nor just or honorable, for this difference to exist. The result was that if the rates charged since 1899 were not too large, but substantially sufficient, and only sufficient then the rates before must have been too low. A man joining in 1898 at the age of 40 paid 88 cents per month, or $10.56 a year, or, deducting five per cent for expenses, about $10, for $1,000 insurance. Members stopped paying at the age of 70, so that a man joining at the age of forty could not pay more than $300 into the funds, which at compound interest for thirty years would give at the outside, $575, for his $1,000 protection. Where was the other $425 to come from?

The explanation Mr. Stevenson offered of the working out of this rate of charges was that by an "endless chain" others were induced to join, so that their dues helped to pay the debt of the order to those who took out insurance at such rates lower than the cost. It was no better a plan in life insurance than it would be in banking or other business for a man to run into debt to one merchant and then get goods on credit from another merchant and taake the proceeds of his sale of these to pay his debts to the other. It was no answer to say that other fraternal societies did the same. They might go on in this way for a while, but the inevitable end was going on the rocks and being taken over by a receiver.

Life insurance was a necessity, said the speaker, it was not a gamble, but a serious, solemn obligation to protect one's family. "Do we want," he asked, "to get protection and not pay what it costs? No one who joined the order before 1899 was paying what it cost," he declared that "where there is inequality there cannot be fraternity. If any one wants protection without paying what it costs, letting others pay when he is able to pay, then he need not join the Independent Order of Foresters, for they are not doing business that way."

Mr. Stevenson then turned to the pleasanter side of what he had to say, pointing out that last year the order distributed $2,722,000 to widows and orphans, with tender sympathy for the sorrowing. More than $200,000 went to men and women who had been stricken and robbed of their strength by accident, and 765 veterans had stopped contributing and received $250,000. To 235 who had been stricken down in their strength the money contributed by their brethren had gone. And 12,000 homes had been visited by the official secretaries with cheques for sick benefits, amounting to half a million dollars more. This was the work done by the Foresters, and in it they feared no competition from commercial insurance companies. In this work he invited his hearers to join, and hoped that none of them would any longer continue to grumble because of the readjustment of rates.

The rates had been raised, that was done and they could not help it now. "Let us decide tonight," he appealed. "Are you going to belong to the Knockers' Club or the Boosters' Club?" He concluded by declaring that "there were no skeletons in the closet of the Independent Order of Foresters, there was nothing which could not bear the searchlight, nothing to conceal from the members, no barrier between them and the Executive, and invited them if they desired any information about the order to come to headquarters and get it.

MISERY IN THE STOMACH GOES

Harmless Anti-Ferment and Digestive Gives you Instant Relief From Stomach Trouble

You haven't Catarrh of the Stomach, or Nervousness, or Gastritis, or Cancer, etc. Prove this by taking Pape's Diapepsin after your very next meal. Convince yourself within five minutes that your actual disease was sour, acid Stomach—Food fermentation—that every bite you ate turned to Stomach gas, Stomach poison and Acid, which makes you feel sick and miserable, producing such symptoms as pain in the pit of the stomach, Difficulty in breathing after a meal, Headaches, Belching, Heartburn, Nauseous breath, Water brash, Biliousness, Sour risings, Gas on Stomach and many other bad feelings.

Indigestion is a result, not a cause of your misery. If the Stomach is sour, your food becomes tainted, and that's why you have these stomach disorders.

Ask your pharmacist to show you a case of Pape's Diapepsin, which costs only 50 cents. Read what this effective Stomach and digestive treatment contains, and how absolutely harmless it must be; how it does for the Stomach what the washing and sun bath do for the churn; absolutely removes every corrupting or tainting element, and will digest all the food you can eat.

Go to your druggist and get some Diapepsin now, then eat anything you want at your next meal, and you will not suffer from Indigestion or Stomach trouble. Each bite of food will taste good, and, besides, you will not need liver regulators to keep your intestines and Stomach clean and fresh.

Now and forever rid yourself of the misery of Indigestion and Stomach trouble. Make your meals a pleasure by going to the table with a healthy appetite.

BRITISH CHILDREN'S ACT

Parents Forbidden to Take Youngsters Into Barrooms

London, April 15—The new children's act proved a great boon to the tea places at the popular holiday resorts. Parents being unable legally to take their children into the barrooms, had tea with them instead. Inquiries at many tea shops did not reveal a single instance of the children being left alone there while their parents visited the bars. Dover, however, had the sight of the day of a little child tied to a lamp-post outside a barroom. It caused a crowd to gather, and the police to make inquiries. They found the child's father drinking in the bar. As he was unable to take his child with him, he had adopted this method of preventing the youngster from straying.

QUEEN ALEXANDRA PUTS STATE ASIDE

Goes Shopping Without Ceremony with Her Sister, Dowager Empress.

London, April 16—Queen Alexandra, the Dowager Empress of Russia and Princess Victoria, left this city today for Paris, where they will join King Edward. The royal party will proceed thence by special train to Genoa where they will board the royal yacht, Victoria and Albert for a cruise in the Mediterranean.

London, April 15—Queen Alexandra is enjoying a charmingly quiet time in company with her sister, the Dowager Empress of Russia. They go about together, carefully concealing the signs of their royal state, paying quiet visits to personal friends and charitable institutions. The Queen, who was lately in a state of health that caused some anxiety, is now fully restored to her normal strength, which equals the marvelous vitality of the King.

As most people know, the Queen has long suffered from a certain state of deafness, which naturally doesn't improve with advancing years. A gentleman in professional attendance at Buckingham Palace says that though her Majesty occasionally has some difficulty in following one conversation of strangers, it practically disappears in the company of her own immediate circle. Without unduly raising his voice, he finds it quite easy to converse with his royal patient.

SHE READS THE PAPERS.

"Now children," said the teacher in one of our north end schools, "tomorrow morning when you come I want you to bring me all the facts you can find about glaciers."

The next morning one bright-eyed little miss appeared in school with a great bundle of papers.

"What are those?" asked the teacher.

"All the facts about the Glaziers," said the little one. "We had to go through all our old newspapers, but mamma thinks I've got all the facts about him."

And one look at the bundle of clippings satisfied the teacher that she had.

Lord's Day Alliance Active

Very busy with the good work, but not more efficient than the old reliable Putnam's Corn Extractor, which cures corns and warts in one day. Fifty years' use proves the great merit of Putnam's. Use no other.

Pope Pius announces his intention to continue his refusal to acknowledge the French law of Separation of Church and State.

HIS SPECIALTY.

William Jackson—I hear you engaged a deaf and dumb man yesterday.

Proprietor of Quick Lunch Room—Yes. "Going to make a waiter of him?"

"No; he's going to make signs.

Does not Color the Hair
AYER'S HAIR VIGOR
Stops Falling Hair — An Elegant Dressing
Destroys Dandruff — Makes Hair Grow
Composed of Sulphur, Glycerin, Quinin, Sodium Chlorid, Capsicum, Sage, Alcohol, Water, Perfume. Ask your doctor his opinion of such a hair preparation.
J. C. AYER COMPANY, Lowell, Mass.

SWISS PATTERN OF CITIZEN SOLDIERY

This is What Lieut.-Col. Merritt Advocates for Canada—Montreal Witness Approves

(Montreal Witness).

Under the title of "A Fool's Paradise," we publish today the precis of a lecture by Lieut. Colonel Meritt, president of the Canadian Military Institute, entitled "Patriotic Military Service." The note upon which the lecturer chiefly dwells is one of much importance. It is the general indifference of Canadians concerning the safety of their flag and country. Instead of our present expensive military system, which Colonel Meritt derides, he advocates a citizen soldiery after the Swiss pattern. That system has lately been a good deal discussed in England. An influential delegation, organized by the National Service League of Great Britain, visited Switzerland in September, 1907, under the auspices of the Federal Government, to study that system, and reported very highly upon it. An important result has been that the British Territorial Army now presents a general resemblance to the Swiss model, but without compulsion. Switzerland does not possess a standing army in the sense that the other nations of Continental Europe do, but all men capable of bearing arms must serve. The principle of the Swiss federal forces is that of a militia. There is liability to serve thirteen years in the Auszug, or Elite, twelve in the Landwehr, and six in the Landsturn, but preliminary to all this is gymnastic and other training in schools, and subsequently in cadet corps, especially designed to prepare youths for military service, and fit them to take rapid advantage of the training.

During the thirteen years in the Auszug (ten for the cavalry) the aggregate service was until November 31, 1907, 141 days in the infantry, 146 in the engineers, 169 in the cavalry, and 163 in the artillery. By the new law of that date, however, submitted to a referendum of the nation, the recruit course has been increased the first year to ninety days for the cavalry, 77 days for the artillery, and 67 for the infantry, with repetition courses of thirteen days every year, while the service in the Landsturm is reduced. The age limit in the Auszug is from twenty to thirty-two; in the Landwehr, from thirty-two to forty-four; and in the Landsturm for six years thereafter. One striking result of this system is that out of a population of less than 3,500,000 last year the number of men in training in the Auszug was 138,252 and in the Landwehr 63,318; while in the Landsturm there were 300,000 efficient ly trained men. And the total cost for the year was only $7,640,000, For about the same expenditure as Switzerland can put over five hundred thousand men in the field, trained, armed and equipped, we are perhaps able to muster less than sixty thousand. The desparity is startling. Colonel Merritt is of opinion that the rich inheritance of Canada will prove a great temptation to armed nations to come, and that it behooves us all to be ready for defence and not defiance. The very fact that we are ready would be our best defence. We have advocated the school and cadet system of training on many occasions, as we believe it would be invaluable in setting up our youth, giving them confidence, and establishing a national sense of responsibility. We do not at all wish to militarize our people, rather the reverse, and do not want to see any conscription. Whatever is required of one should be required of all. All else should be voluntary. In so far as military training is required, it should be in a form to develop our young men, physically, morally and mentally. In this way all the money spent would be well invested. The strong nation, like the strong man, can be sure of itself and magnanimous to others.

A MOTHER'S CHIEF CARE IS HER BABY'S WELFARE

Every mother is anxious that her little ones shall be healthy, good natured and bright. Every mother can keep her children in this condition if she will give them an occasional dose of Baby's Own Tablets. These Tablets cure all stomach and bowel troubles, destroy worms, and make teething easy. Mrs. T. Covert Massie, Toronto, Ont., says:—"I have used Baby's Own Tablets for my little boy since he was three months old, and find that they agree with him splendidly." Sold by all medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

IMPORTANT CHANGES IN MONTREAL BANKS

Montreal, April 16—(Special)—Important changes in local banking circles are expected to take place within a short time. It is understood that James Elliott, general manager of the Molson's Bank will retire after having been half a century in the service of the bank. E. C. Pratt, the Montreal manager of the Molson's Bank has already filed his resignation to become comptroller of the new Provincial Brewery Syndicate.

A. E. Ellis, local manager of the Bank of British North America has sent in his resignation as also has W. D. Hart, local manager of the Sterling Bank. No announcement has been made as yet as to when Mr. Elliott will leave his office nor has anything been said as to who his successor will be.

Mr. Ellis will be succeeded as local manager of the Bank of British North America by James Elmsly who has been connected with the bank since 1878 at Ottawa, Quebec, Woodstock, Brantford and other branches.

The best tea can be utterly spoiled by exposure to contaminating influences, as bulk teas so often are. The sealed lead packets of the "Salada" Tea Company give you tea fresh and fragrant from the gardens to the tea-cup. 138.

W. B. Farris, formerly of St. John, son of Hon. L. P. Farris, G. T. P. police commissioner, was admitted to the British Columbia bar in Victoria on Tuesday of last week. Mr. Farris is established in his profession in Vancouver.

PILES Dr. Chase's Ointment is a certain and guaranteed cure for each and every form of itching, bleeding and protruding piles. See testimonials in the press and ask your neighbors about it. You can use it and get your money back if not satisfied. 60c, at all dealers or EDMANSON, BATES & Co., Toronto.
DR. CHASE'S OINTMENT.

CAPITAL PUNISHMENT IN GERMANY.

(London Globe)

Although little is heard outside Prussia of capital punishment within the kingdom the law is by no means a dead letter. In seven years there have been ninety-eight executions, ten of the condemned being women. Silesia heads the list with twenty one executions, followed by Bradenburg, Posen and Rhineland. No executions take place in Berlin, the condemned being taken to the prison at Ploetzensee, in Bradenburg, where they have a standing guillotine.

THIS TELLS HOW FEMALE AILMENTS ARE BEST TREATED AND CURED

Ask any intelligent physician what causes nine-tenths of all female disease, even including anaemia, nervousness and consumption—Back comes the answer—"Constipated Bowels."

There is scarcely a single female ailment that had not in its earliest stages symptoms of constipation. How much better off the system is without the poisonous accumulations caused by constipation. How much clearer the complexion, how much fresher one feels when the system is pure and clean. Think it over yourself. Isn't it apparent that a bowel regulator and liver stimulant like Dr. Hamilton's Pills is sure to do you good? Gay spirits, good looks and happy health have returned to many a sick woman through Dr. Hamilton's Pills.

Better get a few boxes today; purely vegetable, free from injurious ingredients, healthful and antiseptic, Dr. Hamilton's Pills will assist you in a thousand ways.

As delay is always dangerous, your plain duty is to follow the example of Mrs. F. Rowe, who sent the following letter from Gravels, Port au Port, Newfoundland: "Four years ago I got kidney and bladder trouble. I thought it was 'female trouble' and treated it accordingly. Even my doctor in St. John said it was so.

"In reading about Dr. Hamilton's Pills I noticed symptoms like mine and I bought six boxes. These pills went right to work on my sick condition and helped me from the first. My supposed female trouble, which was bladder disease, was cured. My weight increased eight pounds and never before was I as well as today. Dr. Hamilton's Pills did it all."

All dealers sell Dr. Hamilton's Pills 25c. per box or five boxes for $1.00.

THE MEDICAL COUNCIL ELECTS OFFICERS

Fredericton, April 15—(Special)—The Medical Council was in session for several hours and transacted a large amount of business, electing the following officers for the ensuing year, Dr. E. T. Gaudet, president; Dr. Thomas Walker, Treasurer; Dr. Stewart Skinner, registrar.

A WISE MOTHER'S STORY

Let All Mothers and Daughters Read Carefully and Profit By It.

"I am convinced," writes Mrs. A. B. Hopeford from St. John, "that a majority of young girls who die of consumption do so because their mothers neglected their health at the critical time when carefulness insures vigor and sound health. If a girl's health is neglected from her eleventh to sixteenth year her body will be weak and she becomes a ready victim of typhoid, anaemia, and in many cases consumption itself. In her sixteenth year my youngest daughter showed signs of failing strength. Some dyspeptic troubles developed, her heart became weak and palpitation frightened her dreadfully. She was irregular in the important bodily functions and rapid loss in weight and a ruddy complexion pointed to a rapid decline.

She disliked making her troubles known to our doctor, a feeling I felt I should respect, and so by good fortune I was led to use Ferrozone with most gratifying results. My neighbor next door, Mrs. Woods, had found Ferrozone so good in nervousness that she persuaded me that it would restore Flossie's health, and from the time the second box was commenced her improvement was constant. She is now a big, strong girl, ruddy and plump, able to study hard and to take her share of household duties. I am an earnest advocate of Ferrozone. We all use it now as a tonic as it is certainly woman's best friend."

All dealers sell Ferrozone, 50 cents per box or six boxes for $2.50; procure a supply today.

THE EXTREMISTS.

De Quiz—What's your idea of the difference between optimism and pessimism?

De Whiz—Oh! the optimist says it is spring when it isn't, and the pessimist says it isn't when it is.

A Woman's Sympathy

Are you discouraged? Is your doctor's bill a heavy financial load? Is your pain a heavy physical burden? I know what these mean to delicate women—I have been discouraged, too; but learned how to cure myself. I want to relieve your burdens. Why not end the pain and stop the doctor's bill? I can do this for you and will if you will assist me.

All you need do is to write for a free box of the remedy which has been placed in my hands to be given away. Perhaps this one box will cure you—it has done so for others. If so, I shall be happy and you will be cured for 2c (the cost of a postage stamp). Your letters held confidentially. Write to-day for my free treatment. MRS. F. E CURRAH, Windsor, Ont.

OBITUARY

Samuel W. Milligan

His many friends will be sorry to hear of the death of Samuel W. Milligan, who passed away yesterday afternoon after a brief illness of heart disease. Three weeks ago he returned from Winnipeg, and died at the home of his mother here.

He was the son of the late Robert Milligan and for many years was accountant in the firm of Troop & McLaughlin. Latterly he held a responsible position with McKenzie & Mann, Winnipeg.

As a base ball player and curler he had hosts of friends in the city and province, and as a bright business man held the confidence and esteem of all.

His funeral will take place Monday afternoon from 123 Hazen street, at 2.30 o'clock.

Followers of amateur sport discussed with keen regret yesterday the death of Samuel W. Milligan, referred to elsewhere. A few years ago Mr. Milligan was a very prominent figure in athletics in St. John and his name is linked with the recollection of his great work in the ball field as second baseman of the old Nationals in the days when the Shamrocks and Nationals were the great rivals.

That was in the years when a crowd of 1,500 or even 2,500 was not considered particularly large to attend a game. The Nationals' nine was made up of Thomas Bell, 1st baseman; S. W. Milligan, 2nd base; James Kennedy, 3rd base; Frank White, short stop; George Whitenect, now of Sussex, catcher; "Manny" Robinson, pitcher; A. B. Holly, left field; Alex. Thompson, centre field, and H. DeForest, right field. The Nationals played with this personnel for some years and the late Sterling Barker was also one of the team. Then they began to import American players.

The first of these was Wagg, from Colby College (Me.), who acted as a coach, and then Laraby, a catcher. After about four years the Nationals were merged in the St. John Amateur Athletic League, of which A. O. Skinner was president.

Mr. Milligan was an excellent ball player and at second base was not excelled. He was also an enthusiastic member of the Thistle Curling Club and took part in many keen contests on the ice.

Mrs. Elizabeth Ralston

The death of Mrs. Elizabeth Ralston, widow of Capt. John Ralston, occurred last evening at her home in Carleton. Mrs. Ralston, who was fifty-one years of age, was a daughter of the late James Anderson, of this city, and had lived in St. John all her life. She is survived by three sons—Henry and Stephen, of this city, and John, in Chicago, where her sister, Mrs. Jane Mills, also resides.

A letter from the west yesterday brought word that W. J. Raymond, formerly of The Telegraph staff, has gone to Prince Rupert to locate.

DRY DOCK CERTAIN, SAYS MR. STEPHENS

Montreal is Likely to Be Ahead of St. John in This Matter

(Montreal Herald)

Montreal will soon be in possession of a dry dock of dimensions adequate to meet the requirements of the large vessels that navigate the St. Lawrence route now, or are likely to do so in the near future.

This is apparent from an interview given to a Herald representative by Mr. George W. Stephens on his arrival today from England.

"While we have deepened and widened our channel and marked it with buoys and lights making its utility to shipping available for twenty-four hours instead of twelve, we are face to face with the situation—that these very improvements have encouraged ships of larger tonnage to make use of our facilities, yet in the entire thousand miles of our magnificent waterways we fail to provide any repair equipment or dry dock facilities to take care of the very shipping we have invited to make use of our waterway."

"I place, therefore, among the immediate vital necessities of the waterway the provision of adequate dry dock facilities and shipping repair equipment, so that ship owners and marine underwriters may not be able to say that they see no valid reason why insurance rates should be lowered in the St. Lawrence business when those in authority have not yet afforded modern facilities for the care of vessels.

"With the approval of my fellow commissioners and the minister of marine and fisheries I have investigated the possibilities of providing facilities for a suitable dry dock and for the further reduction of marine insurance rates in negotation with two of the largest ship building firms in England.

"They have produced two feasible propositions whereby dry dock facilities answering the needs of the St. Lawrence business can be financed and operated subject, of course, to the approval of the Dominion authorities.

An act of Parliament has already been passed authorizing the Government to pay to any responsible firm or corporation interest not exceeding $45,000 per annum equal to three per cent. on a million and a half of money. More than that I cannot tell you until I have put the full particulars before the minister of marine and fisheries.

THE SCREENLESS BARS

A DREAM.

One early spring night as I lay on my bed
Some thoughts of the tavern came into my head;
I thought I felt thirsty and longed for a drink,
When along comes a comrade and gives me a wink.
I looked to the east and I looked to the west,
Before I'd comply with his friendly request,
To see if my good wife was somewhere in sight,
If she was, I'd remember that ill-fated night;
But the course was all clear, so I boldly stepped in
And took a few cocktails of pure Holland gin.

When we started for home it was half after nine;
We were met on the way by his good wife and mine.
A crack from two broomsticks dispelled our sweet dream,
We'd forgot that the barroom was minus a screen.

RUBIRD TIPPLING.

St. John., April 16, 1909.

MOURNFUL NUMBERS.

Earlie—What are "mournful numbers," dad?

His Dad—Figures in bills for Easter bonnets, my son.

Mother—My dear, I hope you are denying yourself something during Lent?

Daughter—But, mother, it's not my fault, if I can't think of something I don't want.

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