

Overindulgence

Some day you may eat too much. Some night (if you're a man) you may drink more than is good for you. For all excesses in eating and drinking

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

is best because it acts on the liver, moves the bowels and gets rid of whatever may be overloading your stomach. For any sickness of the sort—constipation or stomach and liver troubles take an NR tablet to-night and you'll feel better in the morning. 52

Get a 25¢ Box.

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

The Successful Woman.

Every woman spells success after a different fashion. Its accomplishment is largely a matter of conjecture, and it consists of so many distinctive qualities that the real meaning of the word is lost or has only a vague significance. Many conditions have to do with the different points of success. The principal of these is what some people call "environment," while others call it "sphere of action." The many different phases of ambition also enter into the picture, while necessity urges on continuously and mercifully.

An eminent sociologist, who has been very practical in his dealings with all problems of life and living, says that success means in the fullest sense of the word, "the doing of the things that come to us to do in the very best manner that can be done." Unfortunately, the meaning of the word has been lost sight of in this age of commercialism and, to the average mind, it means nothing but money.

What does success mean to a woman? The question is a difficult one to answer. Col. Theodore Roosevelt, Kaiser Wilhelm, the late Grover Cleveland, Cardinal Gibbons, Queen Alexandra of England and other people of equal prominence who have given time to the study of the question declare that the woman's sphere of action should be limited to the home, to the raising of children and to church and charitable duties. Some eminent authorities would even limit the sphere of women to the home and the children. In an article published some years ago, Mr. Cleveland defined his stand on the subject, and became a target for every suffragette in the country. He failed, however, to retreat from his position. He forcefully declared that the greatest success a woman can attain is in the proper care of her home and the raising of children into useful and law-abiding citizens.

However, this is only one side of the subject. No less a student of men and things than the late Senator Hoar, of Massachusetts, held that every phase of activity open to men should be opened to women. He saw a great future for them in public life—he saw a chance of many of them reaching success.

The instances of American women who have reached a high degree of success are many. Miss Jane Addams, the Chicago Settlement worker and a member of the Board of Education in that city, has led a life of conspicuous usefulness. She is, according to former Mayor Dunne, of the Windy City, "the most useful citizen in Chicago." Susan B. Anthony reached an eminence in her chosen work that is proof that her life was successful.

In every city and town in the country there are women who, following their own ideals, have been successful along the lines of life which they have chosen or into which they have been forced by necessity. The successful worker does not enter upon the hard, long, and often the shop because she wishes to do so. It is a case of bread and butter with her, and if she accepts her work cheerfully and does it as well as it can be done, she is successful.

The writer came into contact recently with a washerwoman whose sphere of life was narrow, but she had the proper spirit. She radiated good nature over her head and soiled linen. In her work she always aimed at the fullest of achievement, and when she brought her wash home she was proud, indeed, of each piece she received from the basket. She knew her work was as well done as it was possible for anyone to do it. This was her ideal of success, and she was right.

The typewriter girl who has done her

work as well as she knows how is another type of the successful worker. She clicks her way to success over the keys of her machine—many times when the back is weak and the eyes and brain are weary. The more arduous the work the greater the degree of success that is her portion. The amount of remuneration may not be as large as she would desire, but the consciousness of giving satisfactory service proves her high ideal of duty.

Women are living and others have lived through the centuries who have been very useful in the world. Religious and other communities have been the sphere of their endeavor. As executive heads of large institutions, as teachers of the young, as nurses in hospitals in times of great distress and on the battlefield they have, unnoticed and unknown, done their share of the world's work. Lives of self-sacrifice and of doing for others are the ideals of



Both Equally Successful.

success to which they aspire. Worldly honors and money mean nothing to them. They do not call their own achievement by the name of success. Duty is the word they use, but their lives are full of accomplishment.

Recently one of these ladies died. She had been for more than 40 years at the head of an institution in the State of Maryland for the care of the insane. She passed away at the age of 73 years, and was performing her regular duties the day before she died. The only recompense she ever received for her labors was the rough garb of the statehood and her daily food. The newspapers dismissed her death with a short notice, but her work will be a living monument to her endeavors. Was her life a success? Remember her viewpoint.

The vexed, burning question about women laborers at the present day is the manner in which domestic service is shunned. There appears to be a feeling among young women that work of this nature interferes with their opportunities in life and affects their social position. Health authorities assert that the girl who engages in domestic service is better fitted for life's journey than she who spends her life in the store or the factory. The domestic receives good food as a usual thing, while the girl working in the store or factory is often compelled to savor her stomach in order to make an appearance. Then there is the question of the nervous condition of the shop girl who spends 10 hours a day on her feet dealing with all manner and conditions of people. The domestic can rest a while at least during the day.

From her viewpoint the shop girl may be successful, but sociologists contend that the domestic is better fitted by environment and physique for the duties of home maker and mother should she undertake to assume them.

anything about the affair. He stated that he had gone north with the two men hired to help him on a four months hunting trip. But they had had luck, and running short of provisions he sent the two back to where some food was cached and went on alone. That, he stated, was the last he ever saw of either the men. Later Lemieux's body was found by some Indians, he having evidently been murdered and part of his body eaten, the fleshy portions of the body being gone, while the limbs were backed off and showed that much of the flesh had been cut away.

\$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 rebuilding up the constitution and assisting nature in doing its work. The property is held in 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, etc.

(Colborne Express).
A young married couple have just come to town and all the neighbors are anxious to find out their names. He calls her "Birdie," and she calls him "Pettie." Their real names will be known as soon as this spell wears off.

Remove Those Unsightly Warts

By applying Putnam's Corn and Wart Extract, cures corns, warts and bunions, permanently, painlessly and surely. Every druggist in America recommends and sells Putnam's; it's the best.

Naples, April 7.—A young man, supposed to be an American, after dining at Torregaveta, near Pozzuoli, climbed to the top of a high hill and threw himself from a cliff yesterday. He was picked up dead. A book found in his pocket contained the inscription, "I. MacPherson, Seattle." There is no other trace of the man's identity.

Fifty thousand Irish people now in receipt of old age pensions will, it is stated, be struck off the roll.

HON. DR. PUGSLEY WOULD WELCOME INVESTIGATION

Minister of Public Works Again Refers to the Report of the Central Railway Commission and the Items Which It Did Not Contain—One Misstatement of 1,000 per cent. Exposed—Partisan Report Falls Flat

"I observe," said Dr. Pugsley, "that there is considerable talk in the Conservative papers to the effect that the directors of the company, including myself as an ex-officio director, should be called upon to account for the moneys received by the company. You may say that so far as I am concerned—and I believe the same remark applies to all the directors of the company now living—I would welcome any further enquiry which might be instituted."

Such was the reply of the Minister of Public Works when a Telegraph reporter last evening directed his attention to some of the absurd statements now being put forward by the Conservative newspapers in connection with the report of the Central Railway Commission.

Dr. Pugsley laughingly said talk about his resignation was more nonsense with which his opponents were amusing themselves. Speaking further of the report of the commission, he said:

"As an instance of the kind of statements made by the commission, I desire to point out the following paragraph on page 63 of their report: 'Second—On the face of it the motive of the promoters, as stated, was to develop the railway as a means of communication and respectable men from various parts of the province were obtained to lend their names as directors and to subscribe to a total of \$500,000 authorized capital was to be distributed as founders' shares. The commission, however, states that the promoters of ultimate large profits with absolute certainty of no personal loss.'"

"They are just 1,000 per cent. out of the way in this statement for, as a matter of fact, the amount of the founders' shares was not \$500,000 but was \$43,000, and the evidence shows it."

"From the beginning of the investigation I stated that in my view the commission should deal with the matter in the same way as a court of equity in the case of a trustee called upon to render an account. Evidence should have been taken of any amounts disputed. The proper practice would have been for a draft copy of the

report to have been submitted to both sides before being finally decided upon. In the present instance instead of asking for the accounts of the commissioners, on the advice of its partisan counsel, started on a fishing expedition, making investigations in different directions, and then prepared their report without submitting a draft copy to counsel for the company.

While the evidence has not been printed and the report gives no details as to how the various items are made up, it is very clear that large amounts shown by the evidence to have been expended have been omitted. Among these are amounts paid to James Barnes, the contractor, on an order from the old Central Railway, large amounts for ties purchased for the use of the second section—and afterwards used for repairs on the Central, and also a large sum for repairs and improvements on the road.

"The item of interest is given in a lump sum and there is no means of determining how the commissioners arrived at it, but any person, having in view the fact that the expenditure is admitted by the commissioners to have been in the vicinity of \$800,000, extending over a period of seven years, can see that the interest would amount to many thousands of dollars more than stated by the commissioners. For a considerable part of the time the company was paying as much as 7 per cent for advances."

Dr. Pugsley added that the political complexion of the commissioners and their counsel is well known. He regards the whole thing as another attempt of the Hazen party to discredit him politically—an attempt certain to fail as the other attempts have failed. Such, indeed, is the general impression created by the report. All the evidence was given months ago. It is no worse or no better now than it was at first, but since it was heard last summer and printed in all the newspapers, the Federal elections have been held. The story of the province in October last showed how little they thought of the evidence elicited by the commission when they returned Dr. Pugsley and ten other Liberals—eleven out of thirteen.

The public was not excited or impressed by the evidence heard before the commission. It was in session here in spite of the K. E. Bright, Burnley, Ont. story. The commission's report now retells an old story with new trimmings. The public generally regards it merely as one more attack upon Dr. Pugsley, just like the Mayes plot which was explained in the eye of the Federal elections. The wild statements of the Conservative newspapers in connection with the Hazen-Landry-Powell report are creating no little amusement.

DEADLY CONSUMPTION STARTS FROM CATARRH

Thousands Think Catarrh is Cold, Neglect It and Die.

Last year forty per cent of all deaths were from consumption. These people all had catarrh in the first place, but neglected it.

Can't you realize the awful, horrible mistake of not curing catarrh now?

To thoroughly root out all taints of Catarrh, nothing can be so beneficial as the use of Catarrh Cure. It is acknowledged by all doctors to be a specific for all forms of Catarrh, Asthma, Bronchitis, throat, nose and chest ailments.

The reasons why Catarrh cures when other treatments fail are very simple. In the first place Catarrh is a disease of the true source of the disease. Very few, if any, of the ordinary cures can do this. Catarrh is carried along with the air you breathe through the mouth, throat and bronchial tubes. Its antiseptic vapor at once kills any germs that may be lurking in these air passages. No matter how remote these germs may be they can't possibly escape Catarrh; it goes everywhere the air you breathe goes, and no air cell or air passage can escape its healing influence. The strong point about Catarrh Cure is its ability to go direct to the spot where the catarrh germs are lurking. Every breath through the inhaler means instant death to the microbes, and gives the sufferer relief from the gnawing destructive action of these parasites. It must be remembered, also, that Catarrh is a mucous disease. It soothes the inflamed membranes, patches up the little sore spots, and removes the sensitive, tender feeling from the nose and throat. Of course, the discharge of mucus stops at once, Catarrh prevents this entirely.

Another nasty symptom that quickly disappears is the dropping of vile discharge from the throat into the stomach. Catarrh cures out the nostrils so that you don't have to breathe through the mouth. Hawking and spitting stop because the discharge is cleared up. Catarrh is a mucous disease. It soothes the inflamed membranes, patches up the little sore spots, and removes the sensitive, tender feeling from the nose and throat. Of course, the discharge of mucus stops at once, Catarrh prevents this entirely.

Complete treatment, including beautifully polished hard rubber inhaler and extra supply of liquid, costs \$1.00, and is guaranteed to cure or your money back. Small sizes 25c, and 50c, at all druggists, or by mail from The Catarrh Cure Company, Kingston, Ont.

CANADA TO CREATE BRIGADIER GENERALS FROM ACTIVE LIST

Ottawa, April 9.—A militia gazette announces that brigadier generals may be appointed from among the first six officers on the active militia list, and colonels from among the first thirty lieutenant-colonels.

The military districts have been classified according to strength into first, second and third classes.

Nova Scotia, No. 8, is given first class; New Brunswick, No. 8, is second class, and Prince Edward Island, No. 12, is given third class.

The Salvation Army has a monopoly of the shoe-blackening business in Copenhagen.

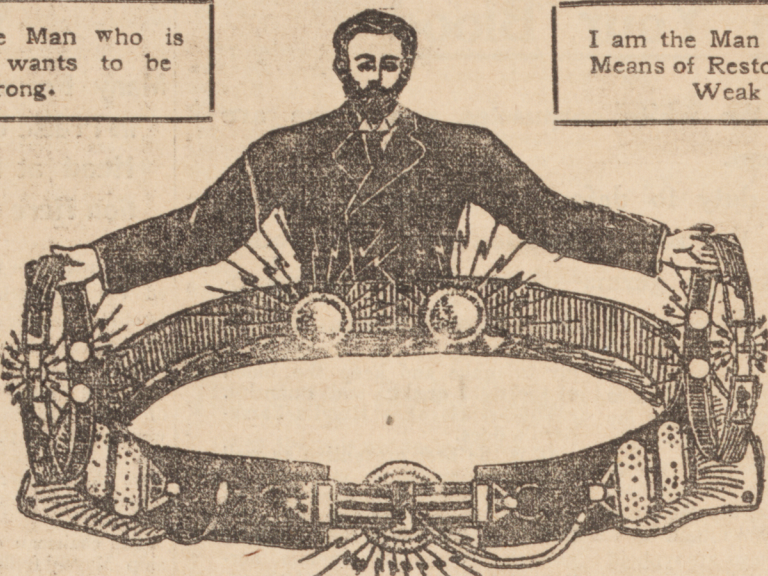
Stop it! Why cough? Stop it!
Stop coughing! Coughing rasps and tears. Stop it! Coughing prepares the throat and lungs for more trouble. Stop it! There is nothing so bad for a cough as coughing. Stop it! Ayer's Cherry Pectoral is a medicine for coughs and colds, a regular doctor's medicine. Use it! Ask your doctor if this is not good advice. Lowell, Mass.

Pay When Cured

You are the Man who is Weak, and wants to be Strong.

Be a Man Among Men

You have tried drugs and have not been cured, so you now want the cure before you pay



I am the Man who has the Means of Restoring Vigor to Weak Men.

Strong Men Rule World

I know just what my belt will do, and if I say I can cure you, I want no pay till I do so

To men who are rundown, weak and puny, who have lost the force of vitality, who feel gloomy, despondent and unable to do battle with the affairs of life, who have Rheumatism, Back Pains, Weak Stomach and Kidneys, and feel generally as if they needed to be made over. If that means you, come to me, and I will say that I can cure you. I will do so or no pay. I don't want money that I don't earn. I don't need and am not after it. But I am after the dollars that are now going wrong in quest of health. Look at all these poor wrecks of humanity that are spending all they can earn on drugs—drugs that are paralyzing their vital organs—that have spent all they have earned for years without gaining a pound of strength for the hundreds of dollars wasted.

That is the money that I am after, because for every dollar I take I can give a thousand per cent. interest, and don't want it at all until I have cured you if you will secure me. I have cured so many cases right here that I can prove my claim to you; but if that proof is not enough, I will give you the names of men right near you—where you are. Is that fair? Just lately I have received letters of praise from these men:

Dear Sir:—I have praised your Belt about a year ago, and I am thankful to say that I am a new man, and I can't say enough for it. I am stronger than men half again as big as myself, and I am twenty-four pounds heavier now than before I got your Belt.

I was a wreck. I am pleased to tell you I am quite cured, and that your Belt has done more for me than all the doctors could do in the Old Country. I was laid up for three years, and took a good deal of medicine, but it did me no good. I can only say that I am cured, and I am glad to say that I am a new man now. Before I got your Belt, I was almost a miracle, as I was given up for incurable by most of the doctors, and I can't give you too much praise. I thank you for your interest in me, and any time I can say anything for the benefit of your Belt, I will do so, as I think it more than a great deal of praise, as I know, by your Belt, that it will be a cure for them. Again thanking you for helping me to be a man once more and able to do a good day's work, I remain,

Wherever you are I think I can give you the name of a man in your town that I have cured. Just send me your address and let me try. This is my twenty-fourth year in the business of pumping men out of their weakness, and I've got cured every man on the map. Tell me if you can, and I'll fix you up, or if you can't call, write to me, and I'll do the same. I've got a nice book on men that I'll send sealed, free, if you enclose this coupon.

Office Hours—9 a.m. to 5:30 p.m. Wednesdays and Saturdays till 8:30 p.m.

Vale! The Easter Parade.

Farewell to the Easter parade! No longer is it the grand promenade of Dame Fashion in frills and furbelows and chapeaux and gowns—with the sun smiling down its warm approval, and the gentle spring zephyrs tossing the hair of the beauties hither and yon, and silk-tipped beaus dancing attendance and gayly, jauntingly swinging their walkingsticks.

Vale! Farewell! Whisper its valedictory—the passing of the Easter parade! In cities East and West and cities North and South, it seems, Dame Fashion has exercised her censorship. No longer will the church doors open at the close of the Easter service and pour forth their glittering galaxy of feminine finery to promenade and parade and promenade, seeing and being seen, until well into the afternoon.

What! Milady on parade, so to speak, on Easter day! Milady, in Easter attire, promenade and showing that she can afford to wear a new walking suit and a new chapeau on Easter day! Horrors! And so—since Milady considers herself Dame Fashion—vale! Farewell! Adieu! And, yes, a thousand times yes—au revoir! Auf wiedersehen!

For, to come to the point, it is not "vale" nor "farewell" nor yet "auf wiedersehen" nor "goodbye, farewell!" For, despite Milady and her notions, the Easter parade goes on and will go on, from the Garden of Eden 'til the crack of doom! There may be wars and rumors of wars—and dire prophecies of the dethronement of the Easter parade—but, my good mother of the white stockinged children, remains steadfast. For Milady, despite her promise, will be there. You will see her and she will see you.

So—"Hail, Easter parade! Welcome to our city!"

ON EASTER MORNING.

E. Nichols, Telegram.
Halifax—A. Macdonald, Chronicle.
St. John, N. B.—E. W. McCready, Telegram.
Vancouver—D. Taylor, World.
Victoria—John Nelson, Times.
St. John, Newfoundland—W. J. Herder, Telegram.

PILES CURED at HOME by New Absorption Method

If you suffer from bleeding, itching, blind or protruding Piles, send me your address, and I will tell you how to cure yourself at home by the new absorption treatment; and will also send some of this home treatment free for trial, with references from your own locality if requested. Immediate relief and permanent cure assured. Send no money, but tell others of this offer. Write today to Mrs. M. Summers, Box 70, Windsor, Ont.

5,000 FACTS ABOUT CANADA

The 1909 Edition is out of that most useful and valuable booklet, "5,000 Facts about Canada," compiled by Frank Yeigh of Toronto, who is widely known throughout the Dominion as an authority on things Canadian. Nearly 25,000 copies were sold of the 1907-08 edition, the demand coming from every part of this continent and the British Empire. The idea worked out, that of a concrete fact in a sentence, is an excellent one, the data being arranged under such headings as: Agriculture, commerce, finance, mining, railways, wheat, fields, etc. The wealth of material contained in small space is a revelation to even a well informed Canadian of the standing and resources of the country. The book is published at 25 cents a copy by The Canadian Facts Publishing Co., 667 Spadina Avenue, Toronto, Canada, or may be had from newdealers.

Mrs. Tom Thumb, now the Countess Magri, has just left the famous Tom Thumb estate at Middleboro, Mass. for a six months tour of the Parisian theatres. The little lady is now 67 years old. Gen. Tom Thumb and his midwife wife made several tours of the world and were received by royalty and the peerage in all the courts of Europe. There is probably not a city of the United States or Canada where the Countess Magri is not known. It is expected that by reason of her advanced age this Parisian tour will be her last public appearance.



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Manufactured by
The Ingersoll Packing Co., Ltd.,
Ingersoll, Ontario, Canada.

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

It's Your Liver That Makes You Constipated

The bowels move only when the liver gives up enough bile. To correct Constipation, you must correct the torpid, sluggish liver.

Abbey's Salt regulates the bowels by regulating the liver. It makes the liver active and healthy—cure Constipation—and is a tonic for the whole system.

Abbey's Effer-vescent Salt
25c. and 50c. a bottle. At all dealers.