

BE WELL! KEEP WELL!

HEALTH is a normal condition. The cause of much ill-health is a deficiency of Vitamins A and D in the diet.



SCOTT'S EMULSION RICH IN VITAMINS.

The HOUSEWIFE and HER ACTIVITIES

absolutely essential in munitions manufacture because of its 15 per cent glycerine content, he said.

When it comes to white collars and cuffs, the problem is harder. Certainly it would seem a little inconvenient to keep an entire wardrobe at the office in order to appear always perfectly groomed.

Synthetic silks are important. Synthetic silks are those gay delectable things very much like the real thing yet costs so much less.

Necktie Patterns. A smart series of conservative necktie patterns has been designed for this spring.

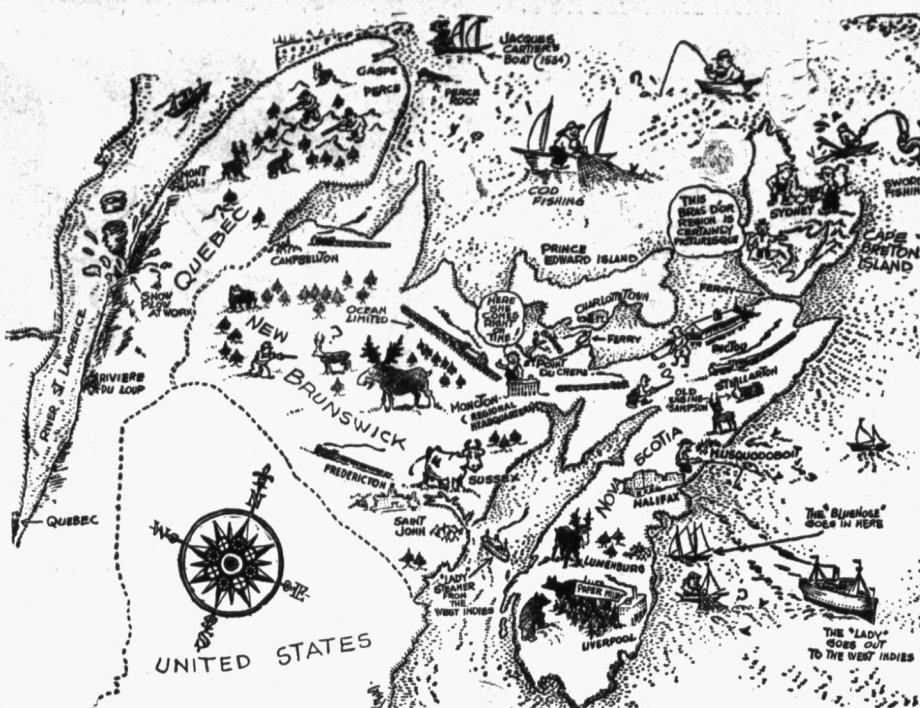
Evening Fabrics. Many of the smartest satin evening dresses which one sees are made of nylon.

SHOE PREVENTED FOOT ULCER FROM HEALING. A young man came in yesterday, writes a doctor, because of an ulcer, which had formed on the upper surface of his foot.

Troublesome Skin Diseases. No one can expect to have a clear, bright skin when the blood is in an impure condition.

BURDOCK BLOOD BITTERS. This is at drug and general stores; put up for the past 35 years by The T. Millburn Co., Lowell, Vermont, U.S.A.

Railroading Across Canada



The following, condensed, is from an article by W. U. Appleton, General Manager of the Atlantic Region of the Canadian National Railways, in the March issue of the Canadian National Railways Magazine under the heading "Railroading Across Canada."

It has been said that the Atlantic Region of the Canadian National System runs through a greater variety of climates than any railway in the world.

COCKTAIL INJURES STOMACH AND PALATE. HAMILTON, Bermuda, March 21.—Take it from Julian Street, author of "The Housewife and Her Activities," that a cocktail is doing a fade-out in metropolitan centres like New York and Chicago.

BOASTFUL ATTORNEY LANDS IN OHIO JAIL. LIMA, Ohio, March 21.—John Dillinger's lawyer, Louis P. Piquett, occupied a cell in the city jail here today.

POINT DE ROCHE WOMEN'S INSTITUTE. The regular monthly meeting of the Point De Roche Women's Institute was held at the home of Mrs. Mary McCormack on Tuesday evening, March 16.

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They had a penchant in those days for high-sounding names. The name of this New Brunswick section was the European and North American Railway.

The Transcontinental division comprises the section of the former National Transcontinental Railway from Moncton to Monk, Que.

As already noted, Mr. Charles Dickenson, New Glasgow's grand old man, celebrated the anniversary of his one hundredth birthday on Friday, March 16th.

Lost 20 lbs. of Fat in 3 Short Weeks. "I took 2 bottles of Bonkora and lost 20 lbs. in 3 weeks."

Hats That Really Were "Lids". You could have served quite a lot of the flour barrel to keep the fair maid with hats like that.

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which the Atlantic Region experienced, operating conditions, particularly during the winter time, sometimes are very severe.

The principal commodities handled on the Atlantic Region during normal times are forest products, coal, fish and farm produce.

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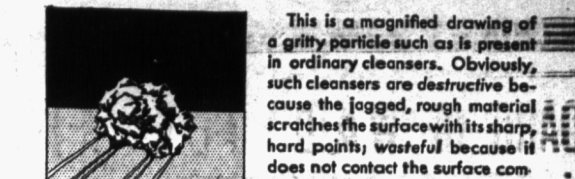
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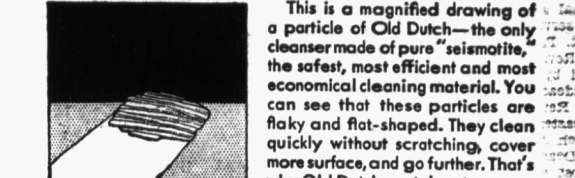
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Ordinary Cleansers



Can't Clean



Like Old Dutch

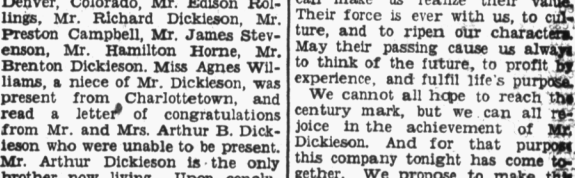
Old Dutch does more square yards of cleaning per penny of cost than anything else you can buy.



Hundredth Birthday Celebration

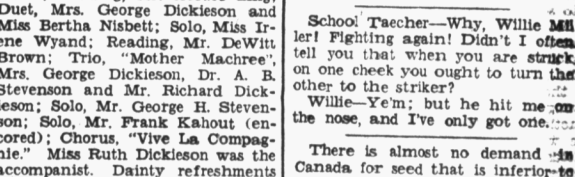
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Lost 20 lbs. of Fat in 3 Short Weeks



"I took 2 bottles of Bonkora and lost 20 lbs. in 3 weeks." This is the quick, easy, safe, and sure way to lose weight.

Hats That Really Were "Lids"



You could have served quite a lot of the flour barrel to keep the fair maid with hats like that.

Dorothy Dix's Letter Box

Answer: In many ways. In fact, a mother who is willing to play her daughter's game is an invaluable first aid to popularity.

If you want your daughters to have many dates, give the glad hand to the young men who come to the house.

Make friends of the boys, but don't cramp their style by always hanging around and trying to entertain them.

Help your daughters to be as good-looking as possible. If Nature turned them out beauties, well and good.

See to it that your daughters have a well-supplied bag of parlor tricks. Don't forget that every girl carries her father's brain.

DOROTHY DIX