

tively trusted him. His mother had impressed her high courage and sincerity upon him. His success was mainly her work.

Baked Apple Pudding.—Butter a pie dish and line it with crumbs of bread, then place a layer of apples (quartered as for pie) in the bottom of the dish, sprinkle it with moist sugar, then a layer of crumbs, and so on, alternately, till the dish is filled, ending with a thick layer of crumbs, pour melted butter over it, and bake for an hour.

BLOOD HUMOURS

Skin Humours, Scalp Humours, Hair Humours,

Whether Simple Scrofulous or Hereditary

Speedily Cured by Cuticura Soap, Ointment and Pills.

Complete Treatment for All Kinds of Humours.

In the treatment of torturing, disfiguring, itching, scaly, crusted, pimply, blotchy and scrofulous humours of the skin, scalp and blood, with loss of hair, Cuticura Soap, Ointment and Pills have been wonderfully successful. Even the most obstinate of constitutional humours, such as bad blood, scrofula, inherited and contagious humours, with loss of hair, glandular swellings, ulcerous patches in the throat and mouth, sore eyes, copper-coloured blotches, as well as boils, carbuncles, scurvy, sties, ulcers and sores arising from an impure or impoverished condition of the blood, yield to the Cuticura Treatment, when all other remedies fail.

And greater still, if possible, is the wonderful record of cures of torturing, disfiguring humours among infants and children. The suffering which Cuticura Remedies have alleviated among the young, and the comfort they have afforded worn-out and worried parents, have led to their adoption in countless homes as priceless curatives for the skin and blood. Infantile and birth humours, milk crust, scalled head, eczema, rashes and every form of itching, scaly, pimply skin and scalp humours, with loss of hair, of infancy and childhood, are speedily, permanently and economically cured when all other remedies suitable for children, and even the best physicians, fail.

Cuticura Resolvent, liquid and in the form of Chocolate Coated Pills, Cuticura Ointment and Cuticura Soap are sold throughout the world. Depots: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Australia, R. Towns & Co., Sydney; Boston, 137 Columbus Ave. Fetter Drug & Chemical Corp., Sole Proprietors.

H. F. McLeod

BARRISTER,

CONVEYANCER, etc.

Chestnut's Building, Opposite City Hall,
FREDERICTON, N. B.

D. McLEOD VINCE,

**BARRISTER-AT-LAW,
NOTARY PUBLIC, Etc.**

Woodstock, N. B.

HOW TO KEEP IN GOOD HEALTH.

We have always been much interested in reading the rules for health in the publications which have departments devoted to diet, hygiene, sanitation and other matters of that kind; and it has seemed that it would be a great advantage if these rules could be collected and printed together so that they could all be read at one time instead of appearing here and there. We have therefore made a collection of these rules, being careful not to include any which did not have some respectable authority to support it. This collection is not yet complete, but a conscientious regard for the well-being of our fellowmen does not permit us to withhold longer the valuable information already gathered. We trust our readers will receive much help from this carefully selected collection of rules for health. They are arranged in order of time for use during the day.

"Get up at 5 o'clock in the morning."
"Sleep until thoroughly rested, no matter how late it is."

"Take a cold bath the first thing in the morning."

"Cold baths are injurious in the majority of cases and should be sparingly resorted to."

"Hot baths relax the skin too much and must be used sparingly."

"Remember the shock to the system of suddenly encountering heat or cold is very injurious."

"Washing the face once a day is usually sufficient."

"Run or walk two miles every day before breakfast."

"Never attempt to do anything on an empty stomach."

"Breakfast should be the best meal of the day."

"Eat only a light breakfast."

"If you would have a good digestion eat no breakfast."

"Eat only mealtimes."

"Eat whenever you are hungry."

"The English, who have excellent digestion, eat four meals a day."

"Millions of the human race who work hard eat but one meal a day."

"Eat no meat."

"If you would be strong eat plenty of fresh meat."

"Oatmeal makes strength. Look at the Scotch."

"Oatmeal is heating and causes humours."

"Persons with delicate stomachs should avoid anything in the shape of mush."

"Cereals are the most nourishing and easily digested of foods."

"Pickles purify the blood."

"Pickles are indigestible and weakening and should not be eaten."

"Milk is a natural food."

"Milk is an active promoter of biliousness."

"Milk may contain germs of disease and should always be boiled before using."

"Drinking water should always be filtered."

"Never drink anything but distilled water."

"Tea and coffee are always more or less injurious according to the constitution of the person using them."

"Tea and coffee in moderation are an aid to digestion."

"Always take a nap in the afternoon."

"Do not get in the habit of sleeping in the day time."

"Never use a pillow."

"The most refreshing sleep is had when the head is elevated."

These are by no means all the valuable suggestions which might be made regarding the preservation of health. And when our readers have attained a

reasonable degree of health and happiness by carefully observing all these rules, we will make an effort to assist them still further in this direction.

A CHILD'S LOGIC.

A little girl six years old was on a visit to her grandfather, a divine celebrated for his logical powers.

"Only think, grandpa, what Uncle Robert says!"

"What does he say, my dear?"

"Why, he says the moon is made of green cheese. It isn't at all, is it?"

"Well, child, suppose you find out yourself?"

"How can I, grandpa?"

"Get your Bible, and see what it says."

"Where shall I begin?"

"Begin at the beginning."

The child sat down to read Genesis 1. When she had read about the creation of the stars and the animals she came back to her grandfather, her eyes all bright with excitement of discovery.

"I've found it, grandpa! It isn't true, for God made the moon before He made any cows!"

BABY'S FIRST TOOTH.

Every mother knows how much baby suffers while cutting teeth. Swollen tender gums cause a feverish, fretful condition, sometimes seriously affecting baby's health. This can be overcome, and the teething process made easy by the use of Baby's Own Tablets. Proof of this is given by Mrs. J. Peckover, New Liskeard, Ont., who says: "I am the mother of six children and I can truthfully say that Baby's Own Tablets is better than any other medicine I have ever used for the ills of little ones. I can especially recommend them for teething children, and would advise all mothers to use them."

The Tablets cure all the minor ills from which infants and young children suffer, and are guaranteed to contain no opiate or harmful drug. Sold by all medicine dealers or by mail at 25 cents a box by writing direct to the Dr. Williams' Medicine Co., Brockville, Ont.

TOMMY TUCKER'S TARGET.

Mr. Tucker set his little son Tommy to work to move a lot of small stones out of the road near their house. He was to rake them up and throw them over into a pasture across the way. It was a very tiresome job. How could he ever do it?

After picking and throwing for some time, Tommy sat down to think of some better way, he was so tired. "I have it," he said to himself. "I'll set up a narrow board for a target, and invite all the boys to come and play 'Fire at a mark.'"

"Boys," Tommy said, "here's good fun. Now for it. Here goes!" And while the boys thought it rare sport, Tommy got all the stones over into the pasture in almost less than no time.

That was a good way to make play of work.—*Early Days.*

Broiled bacon is a dish which in few households deserves the adjective, because it is seldom broiled; the fat is fried out of it and again soaked into it by long spluttering in a spider full of grease. The only way to cook bacon—both for the matter of appearance and digestive qualities—is to broil it, not over a bed of coals (it is too fat for that), but in a very hot oven. Cut the bacon in the most delicately thin slices possible, rejecting the rind. Lay the pieces close together in a fine wire broiler. Place it over a dripping-pan and set in a hot oven.

HARD, RACKING COUGHS.

Barring accidents, the person who gets along with the least amount of cough will live the longest. Of course, the right time to attack a cough is at the commencement, when it is a simple thing or the right treatment to drive the cough quickly away. As a general thing, however, people spend so much time experimenting with various remedies that the cough is well under way before they know it. Then comes the long siege. You feel the hard racking all through your system, and get relief from nothing. You fill your stomach with nauseating mixtures to no purpose. Then you use compounds containing narcotic, which deceive temporarily, and leave you slightly worse. Some coughs of this kind hang on for weeks or even months, and, of course, they frequently develop into serious lung troubles. A true specific for all coughs is Adamson's Botanic Cough Balsam, and it should be kept in the house against any emergency. With a cough that has become chronic the first effect of this remedy is a lessening of the dull sensation of pain which usually is felt with such a cough. Then you are conscious that the soreness is leaving you, and presently the desire to cough grows less frequent. All this process is brought about by the healing properties of the Balsam. It is a compound of barks and gums. You can test it. 25 cents at any Druggist's. Get the genuine with "F. W. Kinsman & Co." blown in the bottle.

JOHN G. ADAMS

UNDERTAKER

AND FUNERAL DIRECTOR.

COFFINS and CASKETS, ROBES and MOUNTINGS.

First class work at low prices. Special rates for country orders.

TELEPHONE 26

COURT HOUSE SQUARE.

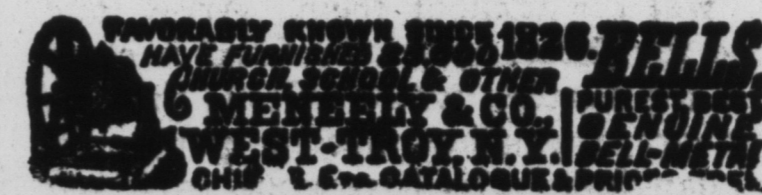
Opposite Court House,

FREDERICTON, N. B.



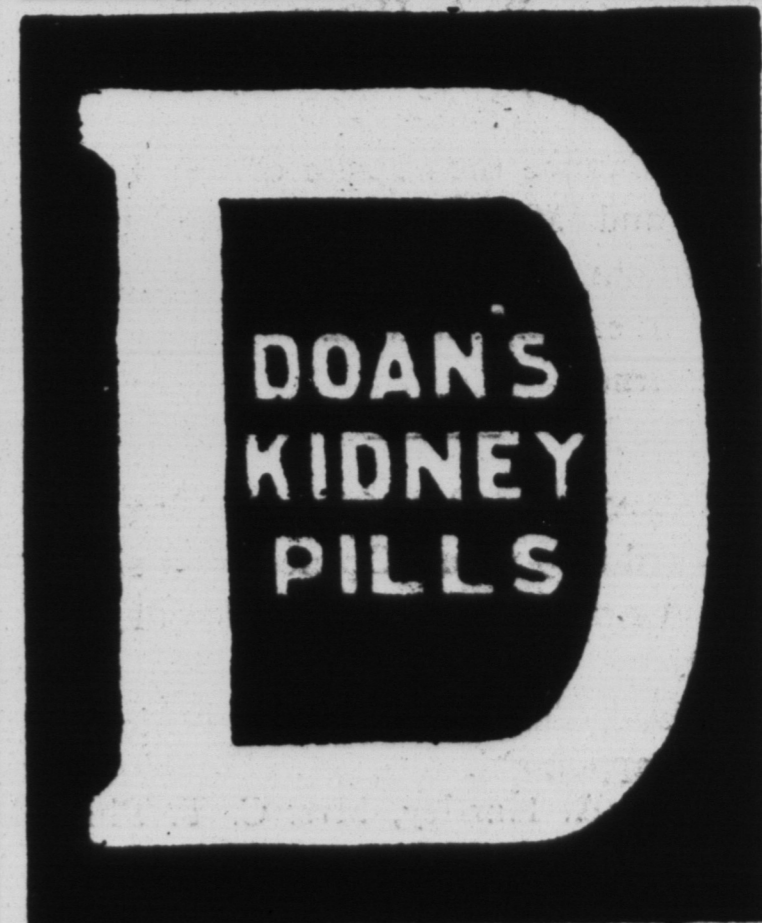
CHURCH BELLS

Chimes and Pells, Best Superior Copper and Tin. Get our price. **McSHANE BELL FOUNDRY** Baltimore, Md.



LYMYER CHURCH BELLS

CHIMES OTHER BELLS SWEEPERS, MOSES DUBBLE LOWER PRICES. **OUR FINEST QUALITY** TRULY WEL.



Are a sure and permanent cure for all Kidney and Bladder Troubles.

BACKACHE

Is the first sign of Kidney Trouble. Don't neglect it! Check it in time! Serious trouble will follow if you don't. Cure your Backache by taking

DOAN'S KIDNEY PILLS.