

and Aunt Mary began slowly to dictate.

"What will be our profits?" inquired Ralph, after the last card was written.

"More thoughtfulness! More regard for others! More helpful words and girls! Better, stronger, nobler, and more loving characters!"

"And it's a splendid interest on the capital we put in — ourselves!" added Carl, wisely. — *N. Y. Advocate.*

SEEING THINGS AT NIGHT.

"When I go to bed, mamma, I don't know what to think about," said little Helen. "I see things in the dark, and think about such scare-some things that it keeps me awake."

"If you should see a flock of black, croaking ravens, and a flock of pure, white cooing doves coming towards you, which would you hold out your hands to?" asked mamma.

"To the doves, of course," was the quick answer.

"I think you would. You might not be able to keep the ravens from flying past you, but you would not try to keep them near. You would coax the doves to stay. Try this with the thoughts that are like flying birds at night, my dear. Don't give room for a minute in your mind to the troublesome thoughts that you call scare-some. Let the white doves of sweet and happy thoughts come in and stay till you go to sleep. I'll tell you how to coax them. First, send up a little prayer to Jesus to give you thoughts about him. Then say over some Bible verses, or some little hymn that you know, and keep turning your mind to what is pleasant and good. Don't you see that if your heart, like a cage full of doves, has no room for troublesome things, like croaking ravens, they can't crowd in? If you think of happy things when you go to sleep, you will wake with sweet thoughts, and this makes a good beginning for a new day."

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Mamma's advice to Helen about night thoughts will do to pass on to other girls and boys, who can try this plan. We feel quite sure it will be helpful to them.

It is always a good plan before going to sleep to review the work of the day, and seek forgiveness for anything we have done amiss.—*Young Folks.*

A GAME WITH BUBBLES.

Probably the liveliest amusement for a children's party may be enjoyed by means of a cake of brown soap, a number of common clay pipes and a basin of strong soapsuds placed in the centre of a table. The young folks are given clay pipes with neat ribbons attached, and an ironing-board covered with cloth is rested on the backs of two chairs of different height. At the lower end of the board two pieces of wood are fastened so as to stand upright on either side of the board, forming a goal.

The object of the game is for each player in turn to dip his pipe in the suds, blow a bubble, drop it on the upper end of the board, and carefully blow it forward, and, if possible, through the goal.

THE INVINCIBLE COUNTRY BOY.

A glance at a list of the great men of the big cities of the United States will prove beyond a doubt that the country bred boy is far superior to his city born cousin in point of business and professional ability and general capacity. Many reasons are advanced for the success of the country boy in the large cities, but the one that seems to hit the nail on the head is that the youngster of the provinces is taught to work, and by this is meant a good, honest day's work, one of twelve hours. He is a sticker, too, who is willing to start in at the bottom, and when you find a country boy who is a worker and a sticker, he is invincible. You can't keep him down.—*Salt Lake Telegram.*

A WARNING TO MOTHERS.

Ask any doctor and he will tell you that the "soothing" medicines contain opiates and narcotics dangerous to the health of infants and children. Every mother should shun these so-called medicines as she would deadly poison. Baby's Own Tablets is the only medicine specially prepared for children sold under an absolute guarantee to contain no opiate or harmful drug. Every dose helps little ones and cannot possibly do harm.

No other medicine has been so warmly praised by mothers everywhere. Mrs. J. R. Standen, Weyburn, N. W. T., says:—"Baby's Own Tablets are valuable in cases of diarrhoea, constipation, hives, or when teething. I have never used a medicine that gives such good satisfaction."

These Tablets will promptly relieve and cure all minor ailments of children, and may be safely given to a new born baby. Try them for your children, and we know you will use no other medicine. Sold by druggists at 25 cents a box, or sent by mail on receipt of price by writing direct to the Dr. Williams Medicine Co., Brockville, Ont.

AN ELECTRIFIED LAMP CHIMNEY.

A very simple, but beautiful, experiment, may be made by any bright boy with a straight lamp chimney, the kind used with the Argand or the Welsbach gaslight. First, cut a narrow strip of tin foil and paste it around the chimney, in the middle. Then paste a strip of the same from one end of the chimney to within about a half an inch of the band in the middle.

Now take a bristle brush, the kind made to clean lamp chimneys with, and over its bristles wrap a perfectly dry silk handkerchief. Hold the chimney in your left hand so that your fingers do not touch the tin-foil anywhere, and putting the silk-covered brush into the chimney, rub it briskly back and forth.

This part of the experiment should be made in the dark, and if, while rubbing the chimney, you take the brush out now and then, you will see, every time you do so, a big spark of electricity jump from one piece of tin-foil to the other. In other words, the friction made by the rubbing has turned the lamp chimney into an electrical machine.

Another pretty experiment may be made with this little device. Wrap a piece of iron or brass wire around the middle band of tin-foil, letting one end hang down five or six inches. To this end attach several strips of cigarette paper in a bunch. Now put the brush into the chimney at the opposite end to that used at first and rub it briskly. The electricity thus generated will go into the strips of paper, and make them stand out from each other as if they were alive and were struggling to get as far apart as possible.

If the paper be cut to form two cuts the result will be very amusing.

These experiments are best made in perfectly dry weather, and it is well, also, to warm both chimney and handkerchief at the fire.

THEY WAKE UP IN THE SPRING.

Among the many creatures that sleep in the winter are the frogs, with their two very long hind legs, short fore legs, and with big black eyes on each side of their very big mouths.

When the cold days come, and the water begins to freeze in the pond, the frogs know it is time to go to bed for all winter. Down they go, and their families with them, to the bottom; then they begin to dig with their long hind legs into the soft mud. They work themselves down into their beds backward, until at last they are covered under the mud, except the tips of their noses. Then they go to sleep. After awhile they have an ice-spread over them, and they can sleep safely all winter. They do not get hungry all this time.

After awhile spring comes, and the sun grows warm and bright. Jack Frost carries away their covering, and old Father Frog begins to push his nose up out of the mud until his ears are uncovered. Then he nudges Mother Frog. "Wake up!" he says. "Don't you hear everybody busy up there?" And oh! how sleepy she is, poor thing! But he had tried the water and found it warm, and they must not rest any longer.

The whites of eggs beaten up with an ounce of soda and used with a soft brush will freshen gilt frames.

WHAT MAKES YOU COUGH.

Did you ever wonder just what it is that makes you cough? In a general way it is understood to be an involuntary effort of nature to eject something from the breath-pipe. As a matter of fact, merely a slight throat inflammation caused by a cold will cause a cough to start, and the more you cough the more you want to cough. If you allay the inflammation in your throat the cough will stop.

Don't hurt the sensitiveness of the throat with medicines containing a narcotic, but give it healing and soothing treatment. This is difficult, because the inflamed parts are in the way of the passage of food and drink. The true cough remedy is something that will protect the throat from the ill effects of catarrhal discharges and also from the irritation of swallowing food. Such a remedy is Adamson's Botanic Cough Balsam, which for many years has been conquering the most obstinate coughs. It is a soothing compound, prepared from barks and gums. Its beneficent effect is quickly felt, and the work of healing promptly begun. If you once take Adamson's Balsam for cough, you will never be satisfied without some of it at hand for any new cough. A trial size of the Balsam can be secured of any druggist for 10 cents. The regular size is 25 cents. In asking for the Balsam be sure you get the genuine, which has "F. W. Kinsman & Co." blown in the bottle.

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TAKEN AT THE FIRST SIGN OF BACKACHE WILL SAVE YOU YEARS OF MISERY. Mrs. William H. Banks, Torbrook Mines, N.S., tells the public about the great qualities of Doan's Kidney Pills in the following words:—"I was troubled with kidney trouble for six months, and had such terrible pains across my kidneys all the time that I could hardly get around. After taking one box of Doan's Kidney Pills I began to feel better, and by the time I had taken three boxes I was completely cured.

Price 50c. per box, or 3 boxes for \$1.25; all dealers or The Doan Kidney Pill Co., Toronto, Ont.

Try alum water for restoring the faded colors of wash goods.

Both turpentine and alcohol are excellent for brightening the window glass.

Laces or delicate materials which are soaked in borax water do not require rubbing.

Put half a nutmeg, besides the liquid flavoring, into the next loaf of walnut cake.