

father never said a word, for he had come to have perfect confidence in his boy.

Honestly, obedience is the road to freedom. If you want to have your own way, just begin to obey.—Sel.

JAPAN'S MOST FAMOUS TEMPLE.

One of the Japanese cruisers bears the old name of Osaka, Naniwa, "wave blossom." It was here that the first emperor, Jimmu Tenno, is said to have landed with his followers, at the mythical date of 660 B. C., and here, quite certainly, the first Buddhist temple was built by Korean missionaries in 522 A. D. The temple was burned in the reaction that followed before Buddhism was finally established; but there is a large and very famous temple on the site of the one built by the prince-priest Shotoku Daishi, the real founder of Japanese Buddhism. In one of the buildings they have a peculiar ceremony for the dead. A friend writes the name of the departed on a slip of paper, and throws it into a stream of water that runs through the temple; the water carries the missive straight to Saint Shotoku, who, they believe, accepts it as a sort of letter of introduction, and shows kindness to the new and lonely soul.

ON THE SHELF.

A youthful but very animated little lady was enjoying her first visit to church. It was in an Episcopal church, and the choir boys and the form of service interested her greatly. But after the sermon had begun her attention was directed from the pulpit to other parts of the house, and in the course of her inspection of things, she suddenly discovered the gallery filled with people in the rear of the church. "Mother," she whispered, excitedly, "are those the wicked back there on the shelf?"—*Harper's Weekly.*

THE DANCING BEAN.

A wonderful seed, a native of South America, is called the dancing bean. It is a small, fibrous seed of triangular form and about the size of a pea. It is very light and easily crushed. It contains a small quantity of pulp; that in case of one seed examined was dried up into a soft white substance.

The seed will not move for some time after having been handled, but will begin moving again in a few minutes after having been left in repose upon a smooth surface.

H. F. McLeod

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As an experiment a dozen little seeds were placed on a small, smooth tray, when they seemed to be affected with St. Vitus' dance. Without any apparent reason they would shift around with spasmodic little jerks and twiches which were ludicrous to gaze upon. For a while one would keep perfectly still, then the fit would assail it, and beginning with scarcely perceptible oscillations, it would rouse itself into a regular spasm, rolling over from side to side, and going through all sorts of strange movements, taking occasional rest from its exertions.

There are strange things in the vegetable as well as in the animal kingdom.

ON COOKING RICE.

No dish could be simpler than plain boiled rice, and none would appear to be more easily cooked, yet, strange to say, it is a food oftener than not spoiled in the cooking. It is sometimes served a sticky, mushy mass, or else it is boiled and strained and its most nutritive properties lost in the doing.

Some years ago there drifted our way a recipe for cooking rice which has proved a boon, and which to our knowledge has not appeared since. It was the preparation of rice a la Japanese, but no matter where it came from, it has so much to recommend it that we present it forthwith: Wash the rice and place it in a granite saucepan in the proportion of one cup of rice to four cups of boiling water (scant) and half a teaspoon of salt. Cover closely with a weight on the lid, boil rapidly fifteen minutes, no longer, please, then without lifting the lid remove the pot to the back of the stove where it cannot cook, but will steam until each kernel is swelled, but there is no superfluous water.

Now it remains for the menu-maker to decide how the rice shall be eaten, whether it is to be served as a vegetable or a dessert, whether it is to be eaten hot with butter or cold with jelly and cream; whether if unsweetened it is dished plain like potatoes or used as macaroni with grated cheese and milk. Rice makes excellent thickening for soup, and is a good foundation for croquettes, when tired of the daily porridge at breakfast it makes an excellent substitute, or it is an appetizing dish for tea either plain or disguised.

HOW HE HELPED THE EDITOR.

Wm. L. Alden enjoys telling stories of the troublesome experience of a friend who was running a weekly paper in the west, says the *New York Times*.

One day there entered the office of Mr. Alden's friend a man of the type common to every town—the individual who has suggestions to offer to the end that the periodical may be made a success.

This man launched into a complaint that the editor had failed to print certain articles he had submitted to him.

"What have you done with them?" he inquired querulously.

"My friend," replied the editor, "I must thank you for those bits, they have served to good purpose. The fact is, I am holding them. Now and then I get to thinking I am not providing the public with as good a paper as I ought to. At such times I look up your articles, which enable me to perceive how much worse the sheet might be. Then I become real cheerful again. Please don't take them from me," he added appealingly.

PAIN COSTS MONEY.

The following, from the *Journal of Agriculture*, presents an idea that no doubt will be new to many of our readers. Of course, what would affect the gain on a beef animal would also affect the flesh of a working horse, or a milch cow.

It pays to keep the animals comfortable. If an animal is subject to discomforts of any kind, it will decrease the gains he will make on feed. This has been demonstrated over and over again. At a Wisconsin convention a cattle feeder said: "You must keep a steer comfortable. One time I had my steers weighed in and one had gained only ten pounds during the month, while the others had gained from fifty to sixty pounds each. I thought, of course, my boys that had weighed them had made a mistake. The second month that steer gained only fifteen pounds, while the others had gained eighty pounds. I examined that steer and found he stood on his toes and his legs had become sore. I took him out of that place and put him in a box stall and he gained ninety pounds a month for the next three months. At another time I let the steers out for water and they ran hard and one steer hit and cracked his horn. He gained only fifteen pounds the next month. The rest gained only eighty pounds each."

CAREFUL MOTHERS.

The little troubles that afflict children come without warning, and the careful mother should keep at hand a medicine to relieve and cure the ailments of childhood. There is no medicine that does this so speedily and so thoroughly as Baby's Own Tablets, and the mother knows this medicine is safe, because it is guaranteed to contain no opiate or poisonous soothing stuff. These Tablets cure colic, indigestion, constipation, diarrhoea, simple fever, and teething troubles. They break up colds, prevent croup, and bring natural sleep. Mrs. Mary Fair, Escott, Ont., says: "I have used Baby's Own Tablets with the very best results, and would not be without them in the house." Sold by all medicine dealers or sent by mail at 25 cents a box by writing The Dr. Williams' Medicine Co., Brockville, Ont.

FELT BETTER ALL DAY.

A story is told of an old gentleman who, on one occasion, shared his seat in a train with a little boy friend. They chatted pleasantly, and the old gentleman listened intently as the boy told him of his progress in school.

During a pause in the conversation his little friend said, quite abruptly, "Doesn't it make a fellow feel good to do a little bit of kindness?"

The old gentleman, looking into his face, asked, "What have you been doing, Fred?"

"Why," he replied, "I only helped a poor old woman across Broadway this morning. She was so grateful for my help that I declare I have felt better all day, for it."

Nervous, irritable people are very trying to live with, we speak feelingly: to all such we recommend "The D & L" Emulsion. It is prescribed by the leading physicians and used in the principal hospitals.

THE HACKING COUGH.

One of the meanest things to get rid of is a hacking cough. There is apparently no cause for it. No soreness, no irritation at first; but the involuntary effort of the muscles of the throat to get rid of something is almost constant. Of course with many cough is a habit, but it is a bad habit, and should be stopped. When you realize this and try to stop it, you find you can't, for by that time there is an actual irritation, which will never get better without treatment.

It is a curious thing that nearly all treatment for cough actually makes the cough worse. Then, too, most medicine for cough have a bad effect on the stomach. This is especially true of so-called cough remedies that contain a narcotic. The true treatment for cough is one that heals the irritated surfaces. This is what Adamson's Botanic Cough Balsam does. It protects the throat also while the healing process is going on. When this remedy was first compounded, our old men were young boys, and all this time it has been doing a steady work of healing throats. The most obstinate hacking cough will quickly show the effects of the Balsam. People who have been trying for years to break up the mean little cough, will find a sure friend in this old-time soothing compound made from the barks and gums of trees. All druggists sell Adamson's Botanic Balsam. 25 cents.

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A WARNING NOTE FROM THE BACK.
People often say, "How are we to know when the kidneys are out of order?" The location of the kidneys, close to the small of the back, renders the detection of kidney trouble a simple matter. The note of warning comes from the back, in the shape of backache. Don't neglect to cure it immediately. Serious kidney trouble will follow if you do. A few doses of **DOAN'S KIDNEY PILLS**, taken in time, often save years of suffering. Mr. Horatio Tull, Geary, N.B., writes:—"I suffered for about two years with kidney disease. Had pains in my back, hips and legs; could not sleep well, and had no appetite. I took one box of Doan's Kidney Pills, and they cured me. The pains have all left, and I now sleep well." Price 50 cents per box, or 8 for \$1.25. All dealers, or **THE DOAN KIDNEY PILL CO., Toronto, Ont.**