

FOOD FOR A YEAR

Meat..... 300 lbs.
Milk..... 240 qts.
Butter..... 100 lbs.
Eggs..... 27 doz.
Vegetables..... 500 lbs.

This represents a fair ration for a man for a year.

But some people eat and eat and grow thinner. This means a defective digestion and unsuitable food. A large size bottle of

Scott's Emulsion

equals in nourishing properties ten pounds of meat. Your physician can tell you how it does it.

FOR SALE BY ALL DRUGGISTS

Send the name of paper and this ad. for our beautiful Savings Bank and Child's Sketch-Book. Each book contains a Good Luck Penny.

SCOTT & BOWNE
125 Wellington Street, West Toronto, Ont.

PARCEL POST AND FARM PRODUCTS

In Great Britain where an efficient parcel post system is in operation truck farmers make a regular business of supplying customers in town direct through the post. One truck farmer at Ilminster advertises delicious Devonshire clotted cream from Jersey cows in half pound and pound packages sent direct to customers by post. Another in Norfolk advertises well fattened heavy chickens in the same way while a third offers loin saddle and shoulder of mutton, sirloin ribs and rump steaks of beef all of which can be carried direct from the farm where produced to the home of the customer in London or any other large city.—Toronto Weekly Sun.

MUSTARD FOR LAYERS.

An experiment is reported from Wales which is said to prove that mustard serves as a stimulus to laying hens. The experiment was it is said made by the vice-president of the English Poultry Club and was carried on for one year. Buff Orping pullets were selected for the test. The birds had never laid eggs and were as nearly alike as possible. Food was served plain to six birds in one pen. The food of six birds in another pen had mustard added to it.

At the end of six months the birds fed with ordinary food had laid 369 eggs where as the birds fed with the mustard addition to their food had laid 532 eggs. At the end of the year the birds fed on ordinary food had laid 914 eggs as against 1,023 eggs laid by the mustard-fed birds.—Toronto Weekly Sun.

CANADIAN BANKS IN CUBA.

'Sunshine' organ of the Sun Life Insurance Company, says that two financial institutions that have operated with considerable success in Cuba are the Royal Bank of Canada and the Bank of Nova Scotia.

The Royal Bank of Canada opened its branch in Habana in 1898. In the year 1903 business had increased to such an extent as to warrant the erection of their present building at Obrapia 33, which at that time was the most modern office building in the city. The offices of this company have been located in their new building since its completion. In the year 1906 this bank obtained a contract for the payment of \$35,000,000 in army claims to the Army of Liberation. This important work was carried out in so highly satisfactory a manner that it has been a big factor in establishing the prestige and confidence which the Cuban people have in the bank. These payments have been made in the most remote district, the name of the bank is a household word from one end of the island to the other.

This company's operations in Cuba cannot be spoken of without a word of reference to Mr F J Sherman, who was for many years agent at Habana, being afterwards appointed supervisor for Cuba, and to him credit must be given for the great success of their Cuban business.

Mr Sherman is a Fredericton man, well known at home and abroad.

'Sunshine' further says: 'The Bank of Nova Scotia is located at the corner of Cuba and O'Reilly streets. The Habana branch of this institution was opened on January 1st 1906, and has continued since that time in increasing its business and influence. In a recent interview given a daily paper, the agent stated that the deposits during the past year had shown a marked increase, indicating the popularity of the bank as well as the prosperity of Cuba.

The Habana branch is at present in charge of Mr F W Ross; Mr A Forsythe is assistant agent. The bank also has a branch at Cienfuegos.'

Owing to ill-health Carrie Nation has retired from the hatbox crusade. Carrie has held a large share of the world's attention for many years but the drink evil seems likely to survive her.—Toronto Globe Sun

The Kaiser and many German publicists are worried over census disclosures regarding the preponderance of women. The balance would soon be better adjusted if they were made liable for military service.—Toronto Globe

Japan evidently covets the Philippines greatly. Another Japanese spy has been arrested by United States officers, this time while investigating the defences of Manila. If it ever comes to war between the United States and Japan, the Philippines will be the scene of the first campaign.—Toronto Globe

A DAILY THOUGHT

Be true to your word and your work, and your friend.

John Boyle O'Reilly.

Healthy Happy Children

As everyday food for growing children, good bread and butter is much more wholesome than meat. It is lighter in the stomach, more easy to digest and furnishes every element of health and strength necessary for the growing child, provided the flour is rich in that fine quality of high grade gluten which distinguishes Ogilvie's



Royal Household Flour.

It is this rich nourishing element which makes children grow fat and happy when given plenty of bread made from this finest of all flours. Children thrive on it. It puts flesh on their bones and brings the rosy flush of health to their cheeks.

This is not so with bread made from inferior flours. It falls very far short of being whole food and fails to build up strong, vigorous growth. For the children's sake buy the best flour—Ogilvie's Royal Household. It counts for health and happiness. Best and most nutritious for pastry as well as for bread.

'Ogilvie's Book for a Cook,' with 125 pages of recipes that have been tried and tested, will be sent free if you will send us your address and mention the name of your dealer.

The Ogilvie Flour Mills Co., Limited, Montreal.



NEW YEAR'S CAROL,

Ah! dearest Jesus, Holy Child,
Make Thee a bed soft, undefil'd,
Within my heart that it may be
A quiet chamber kept for Thee.
My heart for very joy doth leap,
My lips no more can silence keep,
I too must sing, with joyful tongue
That sweetest ancient cradle song,
Glory to God in highest heaven.
Who unto man His Son hath given.
While angels sing, with pious mirth
A glad New Year to all the earth.
Martin Luther.

Traces of mud may be removed from black dresses by rubbing the stains with raw potato.

A SOUTH AMERICA CITY.

Three hundred miles from Rio lies the second city in Brazil, Sao Paulo, a city of marvellously rapid growth, where the people are remarkably energetic (thanks probably to the two thousand feet of elevation, the latitude being the same as the enervating Rio) and the inhabitants so progressive that the young women shop unattended by a duenna, something which would be impossible in Rio. Land values in this city, too are almost as high as in New York. English is taught in the public schools and is a required language before a degree is conferred. The city contains about 1,900,000 Italians most of them from northern Italy and the Governments from the other States are initiating the methods of Sao Paulo to attract them. The policy it may be mentioned is extremely liberal. The red soil of this region is good coffee land and near Itaberao Preto are situated the best and the largest coffee plantations not only in Brazil but in the world. The coffee king Col Francisco Schmidt who came to the country as a poor immigrant boy fifty years ago, and had coffee trees for others marketed 23,000,000 pounds of coffee in one year.—Toronto Weekly Sun.

CLEANING WINDOWS

In freezing weather when it is impossible to clean windows with water, make a thick solution of scouring soap and water and rub over the panes evenly. When dry rub them off with a dry cloth. This makes them shine.

NASAL CATARRH

For curing nasal catarrh one of the simplest and most effective remedies is a solution of borax, one teaspoonful to half a pint of water. Have the solution warm, but not scalding hot; pour a little in the palm of the hand and sniff it up each nostril several times a day. This should be continued a long time. One of the greatest difficulties to be met with is to make the sufferer persist in using a remedy long enough for it to become effective. A few days is not long enough.

Joao Candido, the first-class seaman who directed the latest revolt of the Brazilian Navy and compelled the Government and Parliament to grant an amnesty to himself and his fellow mutineers, is a negro. His lieutenant, Manoel Gregoriodo, is also of the black race.

If you made a two shilling mistake yesterday, do not spend five shilling's worth of time and strength in bemoaning it today. The thing is done, it has passed beyond your reach, go on. There is no more costly and unsuccessful way of putting new cloth into old garments than by wasting the fresh hours of the present in regret for the rents of the past.

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1910-1911

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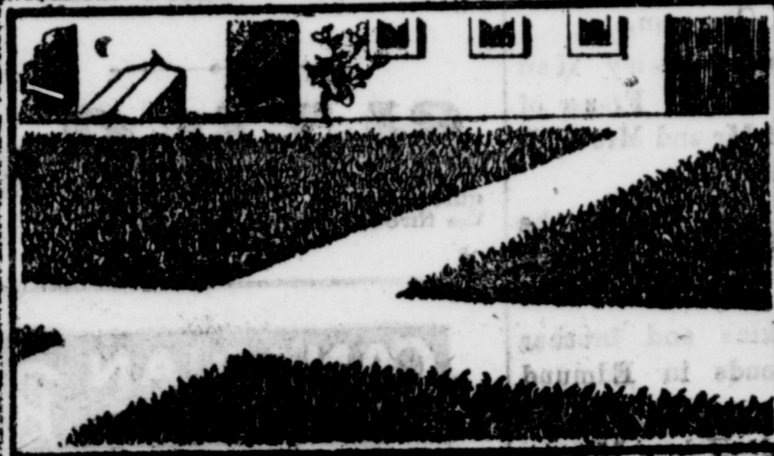
—OF—

New Brunswick
East Florenceville

The boy or girl who early acquires the saving habit is laying the foundation of a future success.

Open a Savings account for your boy or girl with us now. Interest is added by us twice a year.

\$1.00 will start an account.



Concrete Sidewalks are Safe, Sightly and Everlasting

LUMBER used in damp places and on wet ground—as, for instance, in walks—has a very short life. It requires almost constant repairing and, in a few years, needs replacing.

Concrete, on the other hand, improves with age, and the very dampness which destroys lumber calls out the best qualities of the cement by making it harder and harder—until neither time nor traffic can affect it.

The best of wooden walks keep getting out of repair, and are a continual menace to life and limb. They are also a frequent source of expensive doctor bills and lost time. Then again, they are likely to eat up the original cost

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It tells in plain, simple language, how you can save money on farm construction by using cement for Barns, Dairies, Foundations, Fence Posts, Troughs, Feeding Floors, Hitching Posts, Stalls, Silos, Stairs, and so forth.

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Without a proper license

If you issue Marriage Licenses, tell the young folks about it in our Classified Ads.

They all know a license is necessary, but they don't all know where to get one.

This paper is popular with the young people.

THE ONE STRANGE LAND.

None is more darkly, utterly unknown Than the long trodden field beneath our feet.—Charlotte Perkins Gilman.

Shiloh's C
quickly stops coughing
the throat and lungs