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Cecil Spring Rice An Appreciation

From the New York Outlook.

I had a rifle range at Sagamore Hill where I often took friends to shoot.

The best man with pistol and rifle who ever shot there was Stewart Edward White. Among the many other good men was a staunch friend, Baron Speck von Sternberg, afterwards German Ambassador at Washington during my Presidency. He was a capital shot, rider, and walker. . . . Among the other men who shot and rode and walked with me was Cecil Spring-Rice.

He was my groomsmen, my best man, when I was married—at St. George's, Hanover Square, which made me feel as if I were living in one of Thackeray's novels.

So wrote Theodore Roosevelt in his autobiography. The sudden death at the age of fifty-eight, at Ottawa, of Sir Cecil Arthur Spring-Rice comes as a shock to a host of friends in many parts of the world. He had made himself the understanding friend of every people with whom he had been associated.

WEAK, NERVOUS PEOPLE

Such Sufferers Can be Restored by
Building Up the
Blood

Nervous people who have not yet developed a disease that can be recognized and treated by the medical profession have the greatest trouble in finding relief. Irritation, headaches, sleepless nights, nervous dyspepsia, all these discomforts make life miserable, but are endured rather than run a doctor's bill without definite hope of an improved condition.

Every sufferer should know the danger of such a condition to the nervous system. Nervous debility and even paralysis may result if the tone of the nerves is not restored.

The one big fact that brings hope and relief is that the nerves can be restored by building up the blood. It cannot be too often repeated that only through the blood can nourishment or medicine reach the nerves. Dr. Williams' Pink Pills make the blood rich and red and quickly restore vitality and energy to a weak, nervous system. A nervous person who gives these pills a trial is almost certain to see good results, and what is more, the benefit will be lasting because the trouble is attacked at its root; building up the blood restores the nerve force. That is why people who occasionally take Dr. Williams' Pink Pills always feel bright, active and strong. Mrs. Wm. McIntyre, Gananoque, Ont., says: "For a number of years I was always tired and listless, the least noise would so startle me that I would tremble and shake; my heart would flutter, and I would feel as though I were choking. I was almost wholly unfitted for housework, and always so nervous that life was almost a burden. I tried several medicines, but they did not help me in the least. One day I received a pamphlet describing Dr. Williams' Pink Pills, and decided to give them a trial. I am glad now that I did for after using eight boxes they have so strengthened and built up my run-down, nervous system that I can work with pleasure and feel refreshed after a night's sleep. I sincerely hope some similar sufferer may benefit by my experience.

If you are weak, nervous or feeling 'out of sorts,' give Dr. Williams' Pink Pills a trial, and you will be surprised to see how quickly the nervousness will pass away and your former energy return. You can get these pills through your medicine dealer, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

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We repeat what we said at the time of his appointment as Ambassador. Sir Cecil was a man of very wide and very deep cultivation, but of simple democracy, not merely socially, but intellectually; he had a peculiar understanding of the great world forces that tell of division and union, not only as between civilized nations, but as between civilized and less civilized nations of mankind; yet with this knowledge went an intimate understanding of the play of social and industrial forces within the great civilized industrial nations themselves. Particularly did Sir Cecil have a sympathetic insight into American character.

Such were the qualities which Viscount Bryce's successor as British Ambassador to the United States brought to his task here. Lord Bryce won just fame as publicist, educator, historian and philosopher. His successor as Ambassador did not have such distinction, he was simply an administrator. Yet on such as he the British Empire chiefly rests. Its main work must of necessity be quietly done in order to be efficiently and effectively done.

Especially has this been evident during the crisis of the past few years. Here was Germany with her agents—Bernstorff, Dernberg, Papen, Boy-Ed, and the rest—full of lurid y conspicuous and unceasing energy. To oppose their activity Great Britain's representative seemed markedly inconspicuous; but he was none the less effective. We heard no more about the British Ambassador than if we were living in peace times. Though he had a charming personality and winning speech, he rarely spoke in public.

In truth, Great Britain did not have to be sensational. Germany did. Germany's thought was alien to ours. The British Ambassador, however, knew that he represented what both Great Britain and the United States stand for. He was useful because he was not sensational, as the German Ambassador was.

Yet a year before America entered the war the British Ambassador had a difficult task. He had to reconcile us to the hardships of the British blockade. A ready and acute writer—though the forceful quality of his writing is known only to a too restricted body of men—he was the author of remarkable state papers supporting the British contention that the blockade runners were necessary to combat German warfare. In the many troublesome cases that have arisen between this country and England and no one, we think, can have worked more faithfully or shown greater discretion. The patience and courtesy with which he handled the grave problems provoked by the war will cause his memory to be preserved as an inspiration not only by all those privileged to work with him but by all for whom he worked.

HABIT OF SAVING

Establishing Your Character You Will Earn Respect

One of the best habits that a young man can form is that of saving a certain part of his earnings regularly. It is going to take a strong character to form the habit of saving money from a small income, yet it can be done. There are so many allurements and attractions for a young man nowadays that it will take all of his strength of purpose to live to the motto, "I am going to save now, so that in the years to come I shall have something to show for my industry. And men can save money on a small salary if they will. It is admitted, of course, that there are times when a man with family, children and sickness must go in debt, must for the time live beyond his means. But the fact that he has formed the habit of thrift will tide him over many a hard place and give others confidence in his ability to get out of debt if once he has been compelled to go into it. Among the many good things that may be said of a young man there is none better than to say of him: "He is a man of sobriety, industry and thrift." These things make more readily for success than one may imagine. But greater than the money that a young man can save is the character that he is establishing. Disциплина, stinginess, greed are to be shunned, but prudence and carefulness in expenditure are graces which cultivated make of a man a power in the community and give to him a character which commands respect to all.

Best Size of Broilers

It is claimed that the most delicious, juicy broiler that an epicure can fancy is a turkey poult of about six pounds, or when about two-thirds grown, and of medium size. Many a young male two-thirds grown would be too large to broil. If rather large, however, the breast may be lashed, and thus more easily cooked through, but it must not be dried.

When Motor Misses

If motor persists in missing when only a light load is being carried, before referring to adjustment of the carburetor try making spark gap a little wider, presuming, of course, that the magneto is being used. On the other hand, if the motor misses when there is a heavy load on board, it may possibly be obviated by closing the spark gap slightly.

Why Fowls Need So Much Air

Fowls are obliged to throw off much of the waste of the body through the lungs, they do not sweat in the same way as other animals, but instead breathe several times faster than breathing animals when heated. To keep in good health a hen requires nearly seven times the amount of fresh air in proportion to its size as does a horse.

WHERE JUNE 21 IS NOON OF THE YEAR

Sounds Strange, But Is True. A Poole Novel Facts About Night and Day

We are not to refer to a day or a night and a night to indicate a specific period of time without realizing that these terms have a different meaning in different parts of the world. Not everywhere and always does the natural day include 24 hours if measured from sunrise to sunrise.

The fact is that a day is not a fixed number of hours, but the length of day during which the light of the sun illumines any part of the earth. In some parts of Norway the day lasts from May 21 to July 22 without interruption. In Spitzbergen the longest day is three and one-half months and the shortest two and a half of actual light. At Petrograd the longest day is 19 hours and the shortest 5. At Hamburg the longest is 17 and the shortest 7, and in London the longest is 16½ and the shortest 8.

The beginning of the day is not a question of universal agreement. It has been arbitrarily decided by different peoples from time to time. The ancient Jews fixed the beginning of the day at sunrise; with the Umbrians it began at noon, and the Egyptians and Romans fixed the time at midnight, a custom adopted by Canada, the United States, and most of the European countries.

It is a matter of common knowledge that the longest day of the year is June 21 and the shortest December 21 (sometimes the 22nd). This latter is the time when the sun is farthest south on its annual slant over the tropic of Capricorn, making the maximum declination to the axis of the earth. All over the world this date marks a turning point in duration of the day although in every case it is not the shortest day. In places south of the equator they are enjoying the longest day. At the South Pole on this date it is high noon at the six-month day, and at the North Pole it is midnight of the "year night."

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