Publisher's Notice.

The publisher desires to urge upon the notice of all who wish to contribute matter of any kind to the ADVANCE'S columns—whether it be advertising, news or notices of meetings, etc.—that the paper goes to press on Wednesday afternoons and, to ensure publication, their favors should be in the office not later than Wednesday morning.

The printing of the paper is frequently delayed by persons who hold back accounts of meetings, announcements of entertainments, etc., which they might easily send in days before that on which we go to press, but they seem to consult only their own convenience and often place them in our hands on Wednesday after the paper is made ready for press, and seem to think it a hardship because they do not appear; and, in most cases of this kind, the contributions are really free list advertisements. We want to help every deserving organization in the community, freely, in every legitimate way, but must expect them not to delay the publication of the paper when they wish to make use of our columns. Send your matter for the ADVANCE along on Monday or Tuesday, but don't hold it back until Wednesday if you can possibly avoid doing so.

DENTAL NOTICE:—Dr. Vaughan's office will be closed on Wednesdays from 9 a.m. until 2 p.m., owing to his duties as dental surgeon to the Hotel Dieu requiring his presence at that institution.

LOBSTERS are hardly obtainable here for the reason that Boston people are willing to pay almost any money to get them. A Digby fisherman recently shipped a case to Boston containing 101 lobsters and a check was received by him, after all expenses had been paid, for $54. The check was cashed here yesterday.—St. John Sun.

FOUND:—A sleeve button at Masonic Hall poll on Saturday last may be had by owner, at the ADVANCE office.

SERENADES:—The residence of Premier Tweedie was visited on Monday evening by St. Michael's Band, and on Tuesday evening by the Citizens' Band, each serenading the popular Premier of the province, who on each occasion thanked the serenaders in felicitous terms. The members of the bands were invited within and hospitably entertained at suppers, and some time was spent in the enjoyment of orchestral music.

A GRIST MILL PLANT FOR SALE:—The subscribers offer for sale a full and complete outfit of Grist mill machinery and plant, consisting of bolt, smutter, French burr stones, etc., all in good order.

Apply to DAMERY & McDONALD.

THAT RABBIT SHOOTING MATCH:—Mr. John Connell was in town the other day making final arrangements for his rabbit-shooting match with Mr. Jas. Rundle, which takes place on Saturday. The match is to be called off if each contestant does not shoot more than 300 rabbits. Rabbits tied to bushes not to count, shooting dead rabbits prohibited. The necks of all rabbits to be examined by the judges for wire-marks.—Advocate.

LOVE MAKES the world go round, but a bad cough or cold knocks all the sentiment out of a person. Adamson's Botanic Cough Balsam will cure the cold, stop the cough, and restore the sentiment. 25c. all Druggists.

A STARTLING CASE is that of postmaster J. A. Johnson, of Dalhousie, who was arrested last week charged with robbing his own post office. He was liberated on bail of $2 000. He was subsequently rearrested, the charge, this time, being the sending of poisoned candy through the mails to George Chifferton of Wabigoon, Ont., said to be an accomplice in the post office robbery. The despatches say that local people do not believe Johnson is guilty.

SCOTT ACT FAILURE:—A meeting of temperance people was held in St. Andrew's church hall last Wednesday evening with the intention of organising a united churches league for work in the better enforcement of the Scott Act, which has proved so conspicuous a failure here and elsewhere. The chair was occupied by Mr. A. F. Bentley of St. John's church and a number of addresses were made, the meeting adjourning to meet again Wednesday (yesterday) evening.

WANTED—FAITHFUL PERSON TO TRAVEL for well established house, in a few counties, calling on retail merchants and agents. Local territory. Salary $1024 a year and expenses, payable $19.70 a week in cash and expenses advanced. Position permanent. Business successful and rushing. Standard House, 334 Dearborn St., Chicago.

Obituary.

Mr. Walter J. Elliot, one of Newcastle's most respected citizens, died suddenly on Tuesday morning of heart failure. Funeral at 3.30 this afternoon.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Mr. Winslow is now Working the Interview Machine.

Mr. W. C. Winslow has been to St. John and had himself interviewed by the Globe. He practically said nobody had any confidence in the Tweedie government, that its unpopularity was due primarily to the witholding of the pulp mill lands from the Trust Company and their being operated "by supporters of the government, etc." We happened to see the interview in print just as we were going to press, or might refer more fully to it, for there are some of Mr. Winslow's most characteristic inventions and imaginings in it, and it is evident that the matter of "patronage" still worries him badly.

Everyday Sale!

15 Pairs Children's Button Overshoes
Sizes 5, 6, 7 & 9 only. Former Price $1.25, now 50 cents.

15 Pairs Misses' Button Overshoes
Sizes 11, 12, 13 & 1. Former Price $1.25, now 50 cents.

12 Pairs Ladies' Button Overshoes
Sizes 2 & 3 only. Former Price $1.60, now 75 cents.

W. S. LOGGIE Company, Ltd.
KING BOOT AND SHOE AGENTS.

Personal.

James Robinson, Esq., M. P., accompanied by Mrs. and Miss Robinson left for Ottawa on Monday night's express where they are to participate in the opening functions of parliament to-day.

Premier Tweedie went to Fredericton yesterday to attend a meeting of the Executive government.

R. A. Lawlor, Esq., K. C., attended the supreme court session at Bathurst last week.

T. M. Burns, Esq., M. P. P., was in town on Saturday.

Mr. Percy Baker of Metapedia was in town a part of last and this week. He returned home on Tuesday afternoon's express. Mrs. Baker is still here, the guest of Mrs. D. G. Smith, Queen street.

Mr. Frank Curran, of Bathurst, is amongst Chatham's visitors this week.

Misses Laura and Lillie Snowball reached home from Europe on Monday morning, and are being warmly welcomed by their Miramichi friends.

His Honor, Lieut. Governor Snowball went to Fredericton on Tuesday, in connection with the meeting of the Executive now being held there.

Ernest Hutchison, Esq., and Miss Hutchison returned home on Monday night from a tour of Europe, Egypt, etc. They were up the Nile as far as the great Assouan Dam, which is one of the most stupendous engineering works of the world.

His Lordship Bishop Rogers, whose condition was improved yesterday morning was reported somewhat weaker yesterday afternoon.

It lubricates the Throat and is a Tonic to the Vocal Chords and Allays all Coughs and Irritation Promptly.

The Baird Company's Wine of Tar Honey and wild Cherry, is a most agreeable remedy, for affections of the Throat and Lungs, it is always safe and will not make you sick.

Chatham's Partizan Principal of Schools

Dr. Philip Cox of the Chatham schools addressed a meeting in Chatham during the election campaign and the government organs appear to be quite furious over it. The Gleaner is the third or fourth paper to insist that teachers should take no part in political campaigns. We are broader minded than that in this town, as Mr. Barry can testify.—Sun.

Most people, whatever their political associations or prejudices may be will, we think, take the view that it is undesirable for teachers of the public schools to make themselves prominent as political partizans In the case of Dr. Cox, principal of the Chatham Schools, he intruded himself into the late campaign in a way that was offensive even to his political friends, because he made assertions which were not true as an excuse for the violent language which he applied personally to the premier.

A statement of the facts as they were known to Dr. Cox before he deliberately misrepresented them for the purpose stated, will serve to throw some light upon his real character.

Dr. Cox knew, for instance, that Mr. J. D. B. F Mackenzie, of Chatham, had written to Mr. Burchill, who was in Fredericton as a member of the House of Assembly, to make inquiry as to whether the grant to the Miramichi Natural History Society was to be withdrawn. He knew that Mr. Burchill had, pursuant to the request thus made by Mr. Mackenzie, asked the question in the usual way. Yet, Dr. Cox intruded himself, uninvited by the candidates, at an opposition meeting in Chatham on 26th ult., and, in language which for violence and nastiness is, fortunately seldom heard on any platform in Northumberland, practically told the audience of ladies and gentlemen that the asking of the question by Mr. Burchill was at Mr. Tweedie's suggestion, to give the latter an opportunity of making a statement to the house prejudicial to him (Cox) and reflecting on the characters of the ladies and gentlemen composing the Miramichi Natural History Society.

If the Sun thinks it can serve any useful public purpose by upholding teachers of the Dr. Cox class in becoming political partizans under such circumstances as these, we think it will not find many people whose approval is worth having, agreeing with it.

The Sun should remember the genesis of Dr. Cox's troubles in this matter. It should bear in mind that he proved himself quite indifferent in regard to the law. He violated it quite openly to a greater extent than was disclosed under the charge on which he was convicted and fined. His wrong-doing having found him out, he endeavored to escape, as far as possible, from the consequences by resort to further questionable tactics. He permitted a false statement of the circumstances to be presented to the Natural History Society, whereby that organization was induced to pass a censure on the head of the Crown Land department, which we are sure it never would have done had the untruthful statement referred to not been made. He, no doubt, feared that the course the Society was induced to take in white-washing him after his conviction would cause its grant to be withdrawn and, hence his anxiety to have the matter settled by the question which he and others caused Mr. Burchill to ask in the House of Assembly and, in connection with which, he endeavored to place both the latter and Mr. Tweedie in a false position by his violent partizan speech in Masonic Hall last week—followed by the further humiliating street exhibition he made of himself from a packing case near the same place on the following Friday evening.

As Outsiders see it.

Under the heading of "the Northumberland Fraud" the Fredericton Gleaner of last Saturday says:—

It is well for the people of New Brunswick in considering the results of the election, to ponder over the shameful fraud that was perpetrated in the parishes of Alnwick and Hardwick, by means of which two of Mr. Tweedie's colleagues, Messrs. Burchill and O'Brien, were defeated, and Messrs. Morrison and Loggie, two of the Opposition candidates, were returned. These two parishes, as already stated in a previous article, gave Mr. Loggie 647 votes and Mr. Tweedie 208, while at the previous election they gave Mr. Morrison 239 votes and Mr. Tweedie 209 votes. Mr. Tweedie's vote, therefore, was only one less than that which he received in these two parishes in 1899, while the vote received by Mr. Loggie was 408 more than that given to Mr. Morrison in 1899. Where did these 408 additional votes come from? There were no such increases in the population of Alnwick and Hardwick between 1899 and 1903 as to account for the votes polled being doubled. The result can only be accounted for by ballot box stuffing or by personation by wholesale. We have no doubt that, at least, 400 fraudulent votes were polled for the opposition ticket in these two parishes.

This is the great triumph over which the opposition in Northumberland are boasting, but which ought to cause them to hang their heads in shame. The total vote of Northumberland, as announced by the sheriff on Declaration Day was as follows:—

Morrisey	2,313
Loggie	2,191
Tweedie	2 126
Morrison	2,092
Burchill	2.034
Watt	2 002
O'Brien	1,915
Fish	1,791

If these 400 fraudulent votes in Alnwick and Hardwick had not been cast and the vote had been the same in these two parishes on Saturday last as it was for Mr. Tweedie and Mr. Morrison in 1899 the figures for the whole county would have stood as follows:—

Tweedie	2,127
Burchill	2,033
Morrisey	1,926
O'Brien	1,921
Fish	1,814
Loggie	1,783
Morrison	1,713
Watt	1,626

These figures speak for themselves and require no further comment. With an honest election in these two parishes both Mr. Loggie and Mr. Morrison would have been snowed under and their eloquence would not have been heard in the new House of Assembly.

Nerve Wracked and Insomnious.

Everything goes wrong, head feels heavy and dull, mind is filled with strange forebodings, stomach is out of kilter. You need a good tonic like Ferrozone to bring back your lost appetite and digestion, and cleanse the blood of all impurities. Ferrozone is a wonderful invigorant and strengthener that will banish gloomy depression and quickly restore you to a healthy, vigorous condition of mind and body. Nothing is so good for sick, weary and debilitated as Ferrozone. Price 50c per box, at druggists or Polson & Co., Kingston. Sold by C. Hickey, Chatham N. B.

HAMILTONS' MANDRAKE PILLS CURE CONSTIPATION.

Auction Sale of Pure Bred Cattle.

FAT STOCK SHOW BUILDING, AMHERST, WEDNESDAY, FEB 5, 1904.

The auction sale of pure bred cattle at Guelph and Ottawa having proven of material advantage to both seller and buyer, as well as an education to the general public, Mr. F. W. Hodson, Dominion Live Stock Commissioner, advised the Executive of the Maritime Stock Breeders' Association to hold such a sale for the Maritime Provinces. At a meeting of the Executive on Feb. the 5th, 1903, the following resolution was carried:—

"That the Maritime Stock Breeders' Association hold an Auction Sale of Pure Bred cattle on the first Wednesday of February, 1904," and that a limited number of the following breeds be accepted:

Shorthorns, males and females.
Herefords, "
Galloways, "
Angus, "
Ayrshires, " "
Jerseys, " "
Guernseys, " "
Holsteins, " "

All animals to be registered in a recognized Canadian or American registry.

Each and all will be inspected by a competent person before it will be accepted and must be a good representative of its breed, be in good condition, healthy and free from defects.

This sale offers exceptional advantages to every breeder, not only to place his animals before those desirous of purchasing, but will also receive a large amount of free advertising of his herd, as a catalogue will be prepared and sent throughout the Maritime Provinces, State of Maine, Newfoundland and, possibly, the West India Islands.

It is the intention to make this at least an annual event. The quality of stock offered is of vital importance to win the confidence and patronage of purchasers, therefore the present is none too early to select and commence to fit animals for the sale. Anyone having animals of sufficient merit that they are desirous of offering will kindly correspond with the undersigned.

The animals will be on view the day before the sale and thus give would be purchasers ample opportunity to judge of and select the animals that they would wish to purchase. It will also do away with the necessity of spending time going from place to place to see different animals.

Arrangements have been made with the I. C. R. for very low rates, from different points, Halifax to Amherst and return $1 85, Truro $1 65, St. John $1 85, Sydney $4.00, Campbellton $3.15 and intermediate stations at proportionately low rates. It is expected that the other railways will give correspondingly low rates.

Address all communications to E. B. ELDERKIN, President Maritime Stock Breeders' Association, AMHERST, N. S

A Surprising Discovery.

You will be surprised in trying Catarrhozone to find how quickly it cures cold in the head The agreeable penetrating vapor traverses every air cell and passage of the nose, throat and lungs. In one breath it carries instant death to the millions of germs infesting the respiratory organs and breaks up a cold in ten minutes.

A trial will convince you that Catarrhozone is the most potent, satisfactory and pleasant cure for Colds, Catarrh, Deafness, Bronchitis, Asthma and Lung Trouble. Complete outfit, $1 00; small size 25c. Druggists or N. C. Polson Co., Kingston, Ont. Sold by C P. Hickey, Chatham N. B.

HAMILTON'S MANDRAKE PILLS CURE BILLIOUSNESS.

Grand Orange Lodge.

[Continued from second page]

Grand Lodge reassembled yesterday morning at 10 o'clock. Amongst the business done was the reception of the report of the committee appointed at Tuesday evening's sitting to draft standing committees. These were recommended and duly appointed as follows:—

Credentials: Col. A. J. Armstrong, Harry Cox, Albert Corbett, Geo. Duncan, S. C. Nickerson.

Correspondence: Rev. A. F. Brown, Rev. Isaac N. Thorne, Rev. A. T. Prosser and A. R. Mowatt.

Finance: Fred M. Sproul, J. M. Hetherington, J. M. Steeves, W. H. Sulis, Thos. Glendenning.

Suspension and Appeals: D. O, McIntosh, Robert Murphy, C. W. Stockton, John B. Bell, Henry Scott.

Petitions and Appeals: H. F. McLeod, John Kenny, S. C. Alward, Jas. A. Moore, Ira Copp.

Constitution and Laws: Philip Palmer, J. Devereaux, Wm. Simpson, R. H. Gaddis, E. N. Ruddock.

Hon. C. N. Skinner and P. E. Heine were the most generally-spoken-of candidates for the Grand Master's chair.

The delegates registered up to yesterday afternoon were:

Neil J. Morrison, St. John
Henry Kilpatrick, "
C. W. Stockton, "
Chas. C. Beers, "
A. R. Mowat, McAdam
Harry Cox, Woodstock
Dan'l A. McIntosh, "
W. G. Wadman, Moncton
S. G Nickerson, "
Benj. Tucker, "
J M. Steeves, Hillsboro
I N. Thorne, Elgin
Jas. A. Moore, Waterford, K. C.
Thos. Coggin, Sussex
Wm, J. Loughery, Waterford, K. C.
Fred M. Sproul, Hampton
J. W. Clarke, Moncton
D. H. Charters, "
H. C. Lockhart, "
C. E Belyea, St. John West
John Kenny, jr. " "
A. Duncan Thomas, Fredericton
A. J. Armstrong, St. John
Wm. Simpson, "
W. H. Sulis, "
J. W. S. Batkirk, Chatham
John Menzies, Newcastle
J. E M. Holder, St. John
J. Devereaux, Campbellton
Geo. Duncan, "
John B. Bell, Chatham
E. O'Donnell, Newcastle
Henry Wyse, "
John Miller, Bathurst
Martin Coleman, Elgin
Thos. Clendenning, Moncton
A. J. Prosser, Wilson's Beach
Ira H. Copp, Waterside
R. G Fulton, St. Martins
Millige Tingley, Harvey
Jas. Peacock, Sandy Point, St. John
Albert M. Corbett, Petersville
Robt. Ferguson, Moncton
R. H. Gaddes, "
Wm. Corbett, Newcastle
Jas. E. Watt, St. John
Philip Palmer, Hampton
J. T. Hetherington, Co'ty's
John A Kane, St. John
J. J. McLaren, Newcastle
E. N. Ruddock, Chatham.
Geo. H. Bovaird, Hampton
Harry F. McLeod, Fredericton
Rev. A. F. Brown, Newcastle
P. E. Heine, Moncton
Henry Scott, Stonehaven
S. C. Alward, Moncton
C. B. Keith, Berry's Mills
Robt. Elliot, Fredericton
Howard Segee, "
Wm. J. Hallett, St. John
Henry Veness, Fredericton
T. B. Thistle, Hartland
John N. Steeves, Moncton
H. O. Leamen, "
Henry N. Doucette, "
Douglas McArthur, St. John
John Kerr, "
Wm. B. Wallace, "
Richard G. Magee, "
Geo. A. Hetherington, "
John W. Rusk, "
Robt. Murphy, Bass River, Kent
C. N. Skinner, St. John
H. A. McKeown, "
Robt. H. Rubins, "
O. H. McKenzie, Dalhousie

The Small Advertiser.

By J. Troy
IN "THE CANADIAN GROCER."

There seems to be an idea prevalent that advertising is for large dealers only. This belief has kept many a small merchant from improving his opportunities in this direction.

Nearly, if not all, the large retail merchants of the present day have became so by extensive advertising.

The advertising which they have done may not be the sole cause of their success, but it has been the greatest contributing cause. Nearly all large enterprises, which are now meeting with well-deserved success, have begun on a small scale. Their advertising was done in a small way, but it has been kept up day after day and year after year.

Good business methods, untiring industry and good advertising are the factors which bring success in business.

Do not be afraid of being overshadowed by the big advertiser. The big advertiser of the present perhaps may have been a small advertiser only a few years ago. Many times the well-worded reader of only a few lines, or the small display advertisement will reach the eyes of more readers than the pretentious display of a larger store. It tells the people you have goods to sell and what you will sell them for. This is all the big store can say.

Nine times out of ten it is the price that sells the goods, so don't be afraid to tell your story to the public. If you tell it in the right way and practice no deception it will be only a question of a very little time until you will begin to receive adequate returns on your investment in advertising space. The dealer, be he the corner grocer or the largest dealer in general merchandise in the city, who will sell staple or special articles, quality considered, for the least money, and lets the people know it, will receive the patronage.

If the small dealer buys his goods right he can sell them at right prices. Subscribe for a reliable trade paper, scrutinize the market reports carefully, therein you will find all the necessary information to enable you to buy your goods right.

Every city has plenty of examples showing how small dealers in all kinds of merchandise have made their business a success by wise and judicious advertising. Take what space you can afford, change the matter very frequently, and you will soon need more room for your store and more space in the papers. The advice is tendered the wholesaler, manufacturer and jobber as well as the small retailer. They can attract attention by a liberal use of advertising space in an honest trade newspaper, just the same as the small retailer can by taking space in the daily or weekly newspapers.

Judicious advertising will develop any mercantile business that has a right to exist.

Does Your Baby Cry at Night?

If so, it is well to know the great value of Polson's Nerviline, a household remedy for stomach pains, cramps, toothache, sick headache, and the manifold ills peculiar to children. A few drops of Nerviline in sweetened water makes a pleasant drink and never fails to quickly relieve. Nerviline is as good as the doctor in emergencies and costs only 25c. a bottle. Get Nerviline from your druggist to day. Sold by C P. Hickey, Chatham, N. B.

DR. HAMILTON'S MANDRAKE PILLS FOR HEADACHE.

Bread!

No food subject can be of such general interest to that of "Bread" which was dealt with in a paper recently read before the National Science Association of Toronto University by George G. Nasmith, B. A., Chemist of the Provincial Board of Health, of Ontario. It explodes some theories of both medical men and others not supposed to be so well-informed, and will well repay perusal. We do not give the whole paper, but condense it considerably as follows:

The cereals and the products derived from them form the basis of all human nutrition; in all climates and in every class of society bread of some kind is the one kind in general use, and forms the nucleus around which almost every diet is constucted.

The various cereals are of much the same composition, but wheat flour makes a much better quality of bread than flour from any other cereal, because it possesses a substance, gluten, upon which its bread making qualities depend, and one obtainable from no other cereal. Oats, maize or rye, for example, do not possess gluten, and, therefore, do not make good bread.

If wheat flour is made into dough and this kneaded in a stream of water, the starch granules are gradually washed away and a grey rubbery mass is left, the gum obtained by chewing the wheat. It is this elastic substance that entangles the gas bubbles, given off by the yeast organism in bread making, so that the whole mass becomes light and spongy.

White flour is obtained by grinding the endosperm of the wheat grain, that is, all of the wheat grain left when the branny coats are milled out, and thrown away.

Whole wheat flour is white flour plus the inner branny coats, especially the aleuron layer Graham flour consists of the entire grain ground up.

Wheat bread is more nearly a perfect ration, and will maintain life longer than any other single food; because its tissue-forming constituents, the proteids (gluten), and its energy-yielding portion, carbohydrates (starch), are nearly in the proportions demanded by the system. The human body demands from the food daily about 100 grams of protien, 50 grams of fat, and 450 grams carbohydrate. In 100 grams of bread there are 7.8 grams of assimilable protein, 1.3 grams fat, and 53.1 grams carbohydrate, so that to get the necessary amount of protein from bread a man would have to eat about 1,300 grams of bread—about 3 pounds—a day. This would give 35 grams too little fat, and 240 grams too much carbohydrate, but since fat and carbooydrate are both energy formers, and to a certain extent interchangeable, the variation from a standard diet is not great. We have instinctively recognized these facts by eating our bread with butter—a fat—or taking it with milk, which contains a large amount of proteid and fat, or eating it with cheese, which is proteid and fat.

BROWN BREAD.

Brown breads are inferior to white bread because they contain much less available nutriment, weight for weight, than it does. Text books and medical men religiously reiterate the statement, disproved years ago, that the best part of the wheat grain is milled out and thrown away in the bran. There is absolutely no foundation for the wild claims made by the whole wheat crank; in fact, all the evidence is in favor of the white article.

It is true that whole wheat contains more protein than white flour, but then, "we live not by what we eat, but by what we digest." We can eat hay, but not digest it. The fact is that the protein in the bran and so-called aleurow layer is enclosed within cellulose walls; human beings cannot digest cellulose, and, therefore, the enclosed food is not available to us. I have digested thin sections of wheat grain with artificial gastric juice for two days, and have invariably found the cell contents to be unaltered when examined under the microscope. Similarly investigators have allowed thin sections to pass through the alimentary tract with precisely the same results. It has also been found from numerous experiments on human beings, that there is not as much food absorbed from whole wheat or graham flour bread as from white. For instance, a number of people were fed on bread and milk, and by accurate physiological chemical methods, it was found that on the average 85 per cent. of the protein, and 97 percent. of the carbohydrate of the best white flour is digestable. In whole wheat 80.5 per cent of the protein, and 94 per cent. of the carbohydrate is digested, while in graham bread only 77.6 per cent. of the protein, and 88 1-2 per cent. of the carbohydrate is digested.

In one case, for example, a student aged 23 was fed on bread made from patent flour and milk, for a space of two days, gaining two pounds in weight during that time. He consumed 1.9 pounds of bread and 3.4 pounds of milk per day, digesting 85 6 per cent. of the protein and 96.7 per cent. of the carbohydrate of the bread. Numerous experiments always yield exactly the same results.

Obviously, then, anyone who says that white bread is poor food is simply ignorant of the subject in question; experimental evidence proves that white bread yields eight per cent. more nourishment to the body than graham bread, which is made from the whole wheat; not only so but the branny particles, by irritating the intestinal walls, and thus promoting peristalsis, hastens other foods too rapidly through the intestine, so that complete absorption cannot take place, and considerable loss occurs. Of course, in certain affections of the alimentary tract this increased peristalsis is of benefit, and many people take brown bread for this reason. As with every other food, eat what agrees with you; it is literally a fact that "what is one's meat may be another's poison."

The working man demands and always has demanded, white bread, not as the great physiologist Bunge imagined from a perverted instinct, but because he has found by experience that he "can work better on it" Public opinion always has endorsed the white loaf, evidently for good reasons; less than 15 per cent. of the bread made in Toronto to-day is brown bread, Sedentary people are often benefited by using brown bread, but the active person will be yielded more energy from the white.

A great deal is made of the loss to the system of the calcium, iron and phosphorus salts, which are undoubtedly present in the bran. But no one has as yet proved that we require abnormal quantities of these salts, and since they are present in oatmeal, breakfast foods and, in fact, almost every vegetable and animal food we eat, the so-called loss is immaterial.

The science of nutrition bids fair to become something more than a name; within the past fifteen years a great deal of work along the line of metabolism and food investigation has been done, but we know very little about them yet. Domestic science is a direct result of laborious laboratory investigations, let us hope that it has come to stay, and that dyspensia and such kindred ailments, directly due to lack of knowledge of the principle of cooking and nutrition, will, fifty years from hence, be things unknown.

The Baird Company's

Wine of Tar, Honey and Wild Cherry.

This is an ideal preparation for Coughs, Colds, Throat and Lung Troubles, Irritation and Hoarseness, Bronchial and Asthmatic Coughs, and for Public Speakers and Singers. "It clears the throat."

Large six ounce bottle 35 cts.

At all Dealers and Wholesale Druggists.

THE BAIRD COMPANY, Limited, Woodstock, N. B.

MARRIED.

At the residence of the officiating clergyman, Newcastle, March 3rd by Rev. T. G. Johnstone, Mr. Robert Porter, to Miss Margaret Ellen Porter, both of Blackville.

TO CONSUMPTIVES.

The undersigned having been restored to health by simple means, after suffering for several years with a severe lung affection, and that dread disease CONSUMPTION, is anxious to make known to his fellow sufferers the means of cure. To those who desire it, he will cheerfully send (free of charge) a copy of the perscription used, which they will find a sure cure for CONSUMPTION, ASTHMA, CATARRH, BRONCHITIS and all throat and lung MALADIES. He hopes all sufferers will try his remedy it is invaluable. Those desiring the perscription, which will cost them nothing, and may prove a blessing, will please address,

REV. EDWARD A. WILSON, Brooklyn, New York.

SHOULD HAVE CHANGED

our ad. sooner, but couldn't get time to think about it.

Students in attendance always have first claim on us. Prospective students next. And we have been rushed with work.

But our students are beginning to graduate now, and we will get a chance to give our attention to prospective students.

Catalogue to any address.

THE ST. JOHN Business COLLEGE — S. Kerr & Son, ODDFELLOWS' HALL.

TO LET.

The Westerly half of the new Double House on South side of Howard Street. This house is connected with Water, Electric Light and Sewerage.

J. B. SNOWBALL Company, Limited.

TO LET.

The South half of the Double House on King Street, between Duke and Wellington Streets. This house is connected with Water Sewerage and Electric Light.

J. B. SNOWBALL Company, Limited.

INTERCOLONIAL RAILWAY.

TENDER FOR EXTENSION TO FREIGHT CAR REPAIR SHOP AT MONCTON, N. B.

Sealed Tenders, addressed to the undersigned, and marked on the outside "Tender for Freight Car Shop, Moncton," will be received until

WEDNESDAY, THE 18TH DAY OF MARCH, 1903, for the above work.

Plans and specifications may be seen at the office of the Chief Engineer, Moncton, N. B., where forms of tender may be obtained.

All the conditions of the Specification must be complied with.

D. POTTINGER, General Manager.

Railway Office, Moncton, N. B., 25th February, 1903.

The J. B. Snowball Co. Ltd.

GROCERY DEPARTMENT.

Heinz's Mixed Pickles,
" Sour Gerkins,
" Sweet Gerkins,
" Queen Olives,
" Manzanilla Olives.

Heaton's Mixed Pickles,
" Chow Chow,
Cross & Blackwell's Mixed Pickles,
" " Chow Chow,
" " Gerkins,

Cross & Blackwell's Malt Vinegar.

RAISINS.

Fine Off Stock Raisins,
Valincia Layer Raisins,
London Layer Raisins,
Black Basket Raisins,
Royal Cluster Raisins,
Dehesea Cluster Raisins,
Griffin & Skiller Famous Seeded Raisins.
Extra Choice Cleaned Currants.

PEELS

Citron, Lemon, and Orange Peel.

SPICES

Our stock of Ground Spices is large. Buy from us and get the best imported English Spices.

NEW DRIED FRUITS

Prunes, Peaches, Appricots, Evaporated Apples, Sugar Dates.

NEW NUTS

Almonds, Walnuts, Filberts, Peanuts.

Our Stock of Canned Goods is large and very complete, being bought at the right time.

GOODWILLIE'S HOME-MADE PRESERVES AND JAMS
In Pint Glass Jars.

Strawberries,
Raspberries,
Peaches,
Pears,
Green Gage Plums,
Black Currants,
Red Currants,
Red Cherries.

Upton's Jams
In 1 pound Glass Jars.

Strawberries,
Raspberries,
Black Currants,
Red Currants,
Peaches,
Gooseberries,
Plums,
Pineapple

THE J. B. SNOWBALL CO'Y LTD.
CHATHAM, N. B.

Sudden disease, like a thief in the night, is apt to strike confusion into a household. Croup chooses the hours of darkness for its deadly visitations. Cholera morbus, cholera infantum, cramps and colic come frequently in the night. Are you prepared for midnight emergencies? A bottle of JOHNSON'S ANODYNE LINIMENT gives security, eases pain and saves life. The real danger from a large number of ailments is inflammation. JOHNSON'S ANODYNE LINIMENT is the remedy for inflammation and, *whether used internally or externally*, it subdues it, gives relief from pain and cures the disease.

Johnson's ANODYNE LINIMENT
A FOE TO INFLAMMATION

is just the same as it was ninety years ago. At all seasons of the year it is in daily demand for curing colic, cramps, diarrhœa, cholera morbus, bites, bruises, burns, stings, chafings. In fall and winter it cures colds, coughs, croup, catarrh, bronchitis, la grippe, lameness, muscle soreness and pain and inflammation in any part of the body. Get it from your dealer. Two size bottles, 25 cents and 50 cents. The larger size is more economical.

I. S. JOHNSON & CO., 22 Custom House Street, BOSTON, MASS.
Write for free copy "Treatment for Diseases and Care of Sick Room."

Assessors' Notice.

The Assessors of Rates for the Parish of Chatham having received warrants for the assessment on the said parish for the following:

On the parish for County	Contingencies,	3720.21
" " "	School Fund,	3371.39
" " "	Almshouse,	1104.61
" " "	Scott Act purposes,	20.55
" " "	Support of pauper lunities	66 86
On the parish for Board of Health purposes		177.37
		$8472 99

hereby request all persons liable to be taxed in said parish to bring to the Assessors, within thirty days from date, a true Statement of their property and income liable to be assessed.

The assessors also give notice that their valuation list when completed will be at the office of D. P. MacLachlan

D. P. MACLACHLAN,
SAMUEL WADDLETON,
WM. DAMERY,
} Assessors.

DON'T WAIT

till the days get shorter and the weather colder,

BUT SIT FOR YOUR

PHOTOS

Now.

Enlarging, Framing, Etc, as usual.

J. Y. Mersereau.

NOTICE.

Public Notice is hereby given that application will be made at the next session of the legislature of New Brunswick for the passing of an act to authorise the Trustees of School District No 1, Nelson, Northumberland County, to issue Debentures to pay the cost of erecting and fitting new school building in said District,

Nelson N B. 24th Jany, 1903.

HICKEY'S

BEEF Flesh Producer.

WINE Stimulant.

AND

IRON Tonic.

Will build up the System and give you renewed health strength and vigor.

AT

HICKEY'S DRUG STORE

I took Cold,
I took Sick,
I TOOK

SCOTT'S EMULSION

RESULT:
I take My Meals.
I take My Rest.
AND I AM VIGOROUS ENOUGH TO TAKE ANYTHING I CAN LAY MY HAND ON;
getting fat too, FOR Scott's Emulsion of Pure Cod Liver Oil and Hypophosphites of Lime and Soda NOT ONLY CURED MY incipient Consumption, BUT BUILT ME UP, AND IS NOW PUTTING
FLESH ON MY BONES
AT THE RATE OF A POUND A DAY. I TAKE IT JUST AS EASILY AS I DO MILK."
Scott's Emulsion is put up only in salmon color wrappers. Sold by all Druggists at 50c. and $1.00.
SCOTT & BOWNE, Belleville.

To Cure a Cold in One Day

Cures Grip in Two Days.

Take Laxative Bromo Quinine Tablets. This signature, E. W. Grove on every box. 25c.

Seven Million boxes sold in past 12 months.