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N. B.—Above goods are all new stock and bought from the factories, and we can give you low price by from the factories, and we can give you low price by or dozen.

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Flour is the only impoverished food used by man-Flour is the only impoverished food used by man-kind—impoverished by the withdrawal of the tegu-mentary portion of the wheat, leaving the internal or starchy portion. See the facts. In chemistry we find that in 100 parts of substance (see Analysis):— Wheat has an ash of 17.7 parts. Flour has an ash of 4.1 parts,—an impoverishment

of over three quarters.

of over three-quarters.

Wheat has 8.2 parts of Phosphoric Acid.
Flour, 2.1 parts of Phosphoric Acid,—an impoverishment of about three-quarters.
Wheat has 0.6 Lime and 0.6 Soda.
Flour 0.1 Lime and 0-1 Soda,—an impoverishment of about five-sixths Lime and Soda each.
Wheat has Suiphur 1.5; Flour has no Sulphur.
Wheat has Sulphure Acid 0.5; Flour has no Sulphure Acid.

wheat has Silica 0.3; Flour no Silica.

Wheat has Silica 0.3; Flour no Silica.

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the nerve centres, etc. For the BRAIN WORKER it is unsurpassed, containing all the phosphatic properties which the active brain demands, and without which it is incapable of endurance.

"Dogs fed by Magendie, (vide Kirk and Paget's Physiology) on flour died in forty days; other dogs fed on wheat meal bread flourished and throve." The three-fourth impoverishment of the mineral ingredients proved fatal to the first. Where Phosphorous, the physical element of all vitality, is wanting in food, the same will be wanting in the system, and the body will come short in vital energy, system, and the body will come short in vital energy, or the power of endurance. Thus the wasteful expense of living on the basis of superfine flour is

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"ASTRA'S" TALKS WITH GIRLS.

[Correspondents seeking information in this department should address their queries to "Astra," PROGRESS, St. John.]

My correspondents are all so kind, and say such nice things in their letters about Progress, and about my especial column that I am atraid I shall be getting spoiled and vain in spite of my naturally modest and humble disposition; and they take so much trouble, too, that I feel most grateful to them. Some weeks ago I asked my correspondents help in finding the author of the line, "Be not simply good, be good for something," and last week a clever boy from Yarmouth, signing himself "Jubel," kindly wrote to tell me that he had come across it, and it was from Thoreau, though he could not tell me which of his works I would find it in. Thank you, ever so much, "Jubel." I hope most sincerely that you may "enjoy many chats with Astra." Barkis is willin', Jubel; I don't think it is any wonder I like the boys so well, they will take so much more trouble for you than the girls, bless their dear hearts-the boys hearts I mean. Ask your class to hunt up the pathetic story of Rizpah, watching the bones of her sons; you will find it in II Samuel, 21st chapter, 10th to 13th verses. Also ask them why Moses was not suffered to reach the Land of Promise. I have seen many people puzzled by these two queries, though we ought all of us to know about them. I will try and have a look through Thoreau's works for our quotation, but it will be a good deal like searching for a needle in a haystack. Why did you ask me for that quotation? I know it as well as I know my own name, but I cannot remember the author. I spent a good part of yesterday hunting it up. I was sure it was by Adelaide Proctor, but still it eludes me. I will try once more, and if I fail, we will ask our correspondents to help us. I will look up some more scriptural questions next week for you. Thank you again.

Will H. S. C., St. John, kindly read the above, and find the answer to his query?

DOLLY VARDEN, St. Stephen .- No, Dolly, I most certainly do not approve of such games as you mention. They may be well enough for little children, though I almost doubt whether I should care for my small lads and lasses to get into the habit of promiscuous kissing, if I possessed such things. For grown up young people I distinctly disapprove of games of the kind, and I cannot understand any girl with a particle of dignity or modesty engaging in them. Neither can I understand people, who would roll their eyes and hold up their hands in virtuous horror at the daily bread, Paine's Celery Compound mere mention of dancing, countenancing comes in as the great reorganizer of the amusements of the kind, though I know system, and the great appetite producer. they do so. Never you mind, Dolly, keep | It tones up and strengthens the digestive your lips for your lover, and he will value organs, renews the nerve and brain power them all the more that they have not been kissed by Thomas, Richard and Henry, in the scuffle and excitement of a boisterous

SNOWDROP, Fairville.—And so you are "only a bashful little country girl," are you, Snowdrop? Well, my child, I wish there were more like you, that's all. When I look at the self-possessed and worldly wise damsels one meets every day, I long to see a bashful girl once more, and if I were only a man, when I found that girl wouldn't I flop right down on my knees like Mrs. Jerry Cruncher? and wouldn't I ask her to hide her sweet little blushing tace on my manly shirt bosom, and keep it there for lite-not all the time of course -but a good part of it? I should think so! And let me tell you, "Snowdrop," that is the kind of a girl a man likes, not the calm damsel, who can stare him out of countenance and make him feel bashful.

The best way to cure yourself of excessive shyness is to think about yourself as little as possible, and you will soon find it wearing off.

girls who had not a vestige of a beau till they were 20, and then from that out till they reached the awful age of 30, had so many that they could not manage them. Don't you know, too, that "those who wait the longest get the best served." You will be all the better worth winning for not having wasted your affection on half a dozen beaux, but saved it all up for one-Happy boy, when he comes along!

Certainly, bow first. The lady always recognizes the gentleman, and if you had not done so, he would have taken it as an intimation that you did not wish to continue the acquaintance.

For an engagement ring, I should choose a plain, wide band of gold, with my initials in raised, old English letters of nearly the same width as the ring. You might not care tor it, but I have always fancied it; it is less common and more original than the everlasting solitaire, or set ring. Pearls are tears you know, but opals are the real emblems of mistortune. You did not ask me too many questions at all, and I shall always be glad to hear from

Polly, St. John.—Don't you believe anything of the sort, Polly. I flatter myself I know something about young men and their tastes. I ought to, at any rate, and though they may seem to admire the rude, but lively, girl, if you will observe closely, when they want to choose a wife, it is the quiet girl they select, the girl who will be all their own, the queen of their heart, and home, not the one who flirts with all men now, and might do so after marriage. But perhaps the girl you mention may speak her mind too plainly, and snub the boys; never do that, Polly. There is nothing a man hates so much as to be snubbed, and made to feel small. And quite natural, too. Don't be too prudish and stiff, be frank and bright, though not rude, and the boys will think you charming, and be only too glad to see you home from parties, and everywhere

KITTEN, Fredericton.—Use precipitated chalk for your teeth; it is not a tooth powder, but it is excellent for preserving and cleansing the teeth. As for your nails never let them get long enough to break, keep them cut quite closely; use a sharp knife, and cut them round, not square. I think a round, closely cut nail much prettier and more shell like than a long one.

If the gentleman is an old friend, you may accept a little present from him with perfect propriety. Books. music, flowers, or confectionery, are always proper gifts Take good care of your beard and keep it clear of

Buckingham's Dye for the Whiskers .- Advt.

to offer a lady friend. Try not to think you are awkward, forget yourself as much as possible, and above all things hold your shoulders well back, and your head up, that will soon give you a graceful carriage. was not shocked at your questions at all. am here to answer questions, and I and it great fun sometimes, I assure you.

DAN, Fredericton.-You say you are a girl, Dan, and then you sign a boy's name. Well, I will take your word for it, but you certainly write a little like a boy. Practice is the only thing that will make you a good writer, but there is a good deal of originality in your writing now. You might, without the slightest impropriety, dance five or six times of an evening with a very old friend, provided you did not dance them all in succession, or render yourself conspicuous in any way; you could \ dance twice with a stranger, or even three times, without doing anything out of the way. Out-door exercise will give you color, so will rubbing your cheeks gently for ten minutes before going to bed and a little exercise with dumb bells is best of all. Yes, your last question is a poser, but have never read that a constant thoughtfulness and consideration for a man's comfort will make him your slave! I listened with deep respect, the other day, to the opinion of a very clever young man, who said he firmly believed that any girl could win any man she chose. I suppose it must be by being always kind and gentle to them, and never letting them suspect that you are doing the courting. You see, I don't know very much about this subject, for I think the boys must have divined that "Astra" liked them, and the dear souls have always "returned the compliment first."

ASTRA. Eat, Drink And Be Merry.

The man and woman who can eat and drink with comfort, profit and pleasure, and not only appear merry to outsiders, but have that mirth in the heart every day, possess a blessing that wealth cannot purchase. We know of the wealthy and those revelling in the lap of luxury who merely live and breathe; they are dyspeptic, emaciated and colorless, and do not possess the necessary vitality for proper digestion. They have a repugnance—a hatred for food, and the most tempting delicacies cannot influence or whet the appetite. We often find the condition of these dyspeptics aggravated with some form of nervousness, headache and mental depression. These are serious and alarming symptoms and require immediate attention For all such sufferers whether wealthy or struggling for and produces a healthy vim, snap and energy never before possessed. Scores of testimonials attest the value of this great Compound in all the above mentioned troubles, and give proof that those who were once unable to enjoy life now eat. drink and are full of true pleasure and

#### Thought it Impossible.

During the "icy spell" a few days ago, the principal amusement with the small boys around town was sliding down hill. Some of them had sleds, and others who probably did not like the idea of hauling those vehicles about when the fun was over, contented themselves with sliding down on a barrel stave, or when this was not to be had joined in the sport without anything between them and the ground, except their trousers. On Church street this was the popular amusement among the newsboys day after day. One afternoon a gentleman who was passing stopped and Let me whisper a word in your ear. I gentleman who was passing stopped and don't think it strange at all. I have known looked on, and at length was moved to

"Why, boys, you'll wear your clothes out in no time, if you don't stop this

"Oh, no, we won't," said the boys all together. "We buy our clothes at Fraser's Royal clothing store, and they won't wear

At Heaven's Gate. St. Peter: Your residence and business, Applicant: I condensed and wrote for a

Detroit drug journal. St. Peter: Step on the elevator, please. Applicant hastily gets on and then asks, eagerly, "How soon does it go up?" St. Peter (severely): It doesn't go up, it goes down.

Society as He Found It.

Slides down .- Musical Journal.

Mrs. Intrade: Where is your father? Adult Son. He is at the store, editing his edition of "Society as I Have Found

Mrs. Intrade: What? A book? Son: Yes, a ledger, full of unpaid and uncollectable bills .-- N. Y. Weekly.



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The one making the best average in answering the following questions in Canadian History will be given one of The Queen's handsome ponies, (Sir John) value \$125.00. The one making the rewarded with a first-class Safety Bicycle or Tricycle, value \$75.00. The one making the third best average, will be rewarded with their choice of either a fine breech-loading English Shot Gun, or Elegant Silk Dress Pattern, value \$40.00. The one making the fourth best average, will be rewarded with a first-class Kodak, Photographic Cantera, value \$20.00. Each of the next five making the best averages, will be rewarded with a Coin's Iver watch of elegant design, and first-class time-keeper, value \$10.000. Each of the next fifty making the best averages, will be rewarded with either a girls or boys, A 1. Pocket Knife, containing four blades of the best Sheffield steel, value \$1.50 each. If more than one correct answer is received, the one bearing the earliest postmark will be awarded the leading prize, the others following in order of merit. The beautiful month of September. A deep, wide,

rapid flowing river, whose bank on the North is high, steep, and rocky. Perched upon a point of this high bank, is a city surrounded by walls, and defended by a brave army under a brave general.

Fleets of versitips have for months held the river below and vainly sought to force the surrender of the city. The dark night soldiers from the ships scramble up the steep bank, and with their General, gain the plain above. The morning light reveals to the garrison of the city, its enemy ready for attack. A fierce battle ensues. The generals of both armies die from wounds received, The city is captured. 1. Give the names of the river, city and generals. 2. What nations were represented by the two armies? 3. Which army formed the garrison of the city? 4. By what name is the fierce battle known? 5. In what year did these things happen? 6. What was the result of the capture

The Queen. The Young People's Department of The Queen, is devoted solely to entertaining and instructing the youth of Canada. The popularity of "Uncle Joe," who has charge of this Department is demonstrated by the fact that he receives daily, from sixty to one hundred letters and puzzles for publication from young people residing in all parts of the globe.

The history of our Country should interest every loyal Canadian. If you are a little rusty on this subject, take down your old school history, study up and join The Queen's "National History School."

The distribution of rewards will be in the hands of disinterested persons, and decisions will be based on the correctness of the answers. Competitors can use their own language in wording

Answers may be sent in any time before April 10th, but as postmarks may count in awarding the leading prizes, it is better to send as early as possible. No correction can be made after your Every one answering the entire six question correctly, will receive a present.

If you have never seen a copy of The Queen, send four 3c, stamps for a late number containing full particulars of all The Queen's Competitions, and letters from persons who have received over \$10,000 in prizes during the past year. We intend distributing prizes to the value of \$25,000 Our National History Competition is entirely separate and distinct from any other Contest offered by The Queen, and all communications concerning it, must be addressed

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