

Constipation
Back
Restored by
Marilla.



Steel
Out.

I have been troubled
constantly with
constipation, and
back pain, and
I was that tired
after half the day
that I could not
rest from any
Cures

of a friend,
Dr. J. B. Russell,
of New York, who
gave me three
bottles, and
now I am
as strong as ever
I was. I have
lost all my
back pain, and
my constipation
is cured. I feel
better than I
have for years.
I am a great
advocate of
this medicine.
I have tried
many others,
but this is the
only one that
has cured me.
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Wanted
a month with
\$100 a month
in New York
City. I have
been in the
city for many
years, and I
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Man About
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Timothy Seed,
Clover Seed,
Lawn Grass Seed,
Turnip Seed,
Carrot Seed,
Beet Seed.

A fine assortment of
Vegetable & Flower
Seeds.

PRICES RIGHT.
S. McDIARMID,
Wholesale Druggist,
471 & 49 KING ST.,
ST. JOHN, N. B.



SCOTT'S EMULSION

unfortunate

Cod-liver oil suggests
consumption, which is al-
most unfortunate.

Its best use is before you
begin to get thin, weak,
run down; then is the pruden-
time to begin to take
care, and the best way to
take care is to supply the
system with needed fat and
strength. Scott's Emulsion
of cod-liver oil, with hypo-
phosphites, will bring back
plumpness to those who
have lost it, and make
strength where raw cod-
liver oil would be a burden.

Printing

BECAUSE you are not located
in St. John is no reason why
you should not do your printing.
We are doing work for people all over
the Maritime Provinces. Everybody
is pleased with our work. We honest-
ly believe that no other printer
can do better for you than we can.
We want an order from you no
matter how small—just to get ac-
quainted and let you see what we
can do.

ADDRESS

PATERSON & CO.,
Masonic Temple,
ST. JOHN, N. B.

Baptist Young People
WATCH THIS SPACE

AND SEE WHAT THE

CANADIAN PACIFIC RY.

WILL OFFER FOR THE

B.Y.P.U. Convention

MILWAUKEE, WIS., JULY '96,
before making arrangements for your
Summer Vacation Tour.

J. HAMBLET WOOD,
Rubber and Metal Stamps
ST. JOHN, N. B.

OUR solid Rubber Type with New Patented
Moulds is particularly adapted for
Circulars and Booklets. We print
all kinds of booklets, etc. Sample im-
pressions of type and prices cheerfully furnished.
In writing please mention Messenger and Visitor.

Popular information about missions
will create popular interest in missions.
Popular interest is the parent of popular
giving.

The matter which this page contains is
carefully selected from various sources; and
we guarantee that, to any intelligent farmer
or housewife, the contents of this single page
from week to week, and the year, will be
worth several times the subscription price of
the paper.

THE HOME.

"AN EMERGENCY CORNER."

To the housekeeper of moderate means
and simple living there is sometimes a
feeling of actual panic at the arrival of
an unexpected guest to lunch. When
John is away all day, John's wife is not
particular about what she eats at noon,
but she feels ashamed to set her spouse
guest down to cold bread, cold meat, and
a cup of tea. In order to guard against
such an uncomfortable contingency one
housekeeper has a certain corner of the
butter's pantry which she calls her
"emergency corner." Here are tin cans
of pork and beans, boxes of sardines,
anchovy paste, pur mince, a tin of
box of grated cheese. The mistress's
great stand-by is a cheese soufflé. It is
economical and savory, and can be pre-
pared in a short time. First a white
sauce is made by cooking together a
tablespoonful of flour and one of butter
until they bubble, and adding to them a
half-cup of milk. This is stirred con-
stantly until thick, when two table-
spoonfuls of grated cheese and a little
salt and pepper are beaten in. The
saucepan is then taken from the fire, and
two well-beaten yolks of eggs are added.
Last of all the whites of two eggs, whip-
ped stiff, are stirred lightly into the mix-
ture, which is now turned into a buttered
pudding dish and set into a hot oven.
As soon as it is of a golden-brown color
it is done.

Cheese is the basis of many a palatable,
heavily prepared luncheon dainty. Sar-
dines rolled in cracker crumbs and set in
the oven until brown are excellent ap-
petizers. A little lemon juice should be
squeezed on them before sending to the
table. Toasted bread spread with
anchovy paste and set in the oven until
smoking hot is another excellent emer-
gency dish. The fish might be lengthen-
ed indefinitely, but it is well to fill
upon a few dishes for which all material
is always kept at hand.

Wine is the housewife who keeps an
emergency corner well stocked. She has
then a heart for any late in the way
of an uninvited guest, as she is never
then caught unprovided. She can en-
joy her friend's society with the calm
conviction that the husband will enjoy
her lunch—Harper's Bazar.

TO A LADY.

Will our lady readers forgive us for
putting before them Mr. Arnold's advice
to a "female relative." "If I were you,"
says this master, "I should take to some
regular reading, if it were only for an
hour a day. It is the best thing in the
world to have something of this sort as a
point in the day, and for too few people
know and use this secret. You would
have your district still, and all your
business as usual, but you would have
this hour in the day in the midst of it
all, and it would soon become of the
greatest value to you. Desultory reading
is a mere snoddy; regular reading,
well chosen, is restorative and edifying."
As Mr. John Morley well says, "The
counsel could be devised either for women
or men," but we specially commend
it to our female readers. It is much
to be feared that many use reading only
as a "snoddy," and while such use
have their place in the economy of life,
they are not the only, and certainly not
the best use of books. Novel-reading is
far too much of this order, and so it is
bad for many men and women. They
read only for the sake of the story, and
they shy off when they take up one
of Meredith's books, or any work that
requires attention. Whereas, if they
would take Matthew Arnold's counsel
they would soon find that books had a
new meaning as it were to them. Be-
coming refused to be the after-dinner
post, and our best novelists are hardly
after-dinner reading. The hour, or half-
hour, as Mr. Morley suggests, for busy
women, must be devoted to serious read-
ing. Whatever choice is made, whether
History, Poetry, Economics, Science,
Literature, all this will depend on our
tastes and needs, the half-hour or hour
must be read. Pennyroyal read in this
way will be found to have new in-
terest, and to be both "restoring and
edifying." And what woman could not
spare this half-hour, or hour, for serious
study and meditation? It will discipline
the mind, inform the intellect, and
strengthen the higher nature. It will
also help to create noble tastes, and it
will soon make the reading of worthless
books practically impossible. Will any
of our readers, young or old, try Arnold's
recipe? It is simple, within the reach
of all, and it will be a real blessing and
inspiration to many.—A. C. World.

To remove lime from an iron pot wash
in strong vinegar.

A cup of cocoa makes a very refresh-
ing drink after one has been shopping
all the afternoon.

Bread and cake bowls or any dishes in
which flour and eggs have been used are
more easily cleaned if placed in cold
water after using.

If cake is to be baked in sheets and
not to be loosed, sprinkle powdered sugar
over it before putting it into the oven.
This will give a smooth sugary crust.

A writer in the "Lancet" points out
that the best coffee is made in the
simplest apparatus—a plain earthenware
jug. This, with boiling water and a
reasonable amount of berries, freshly
ground, is all that is required.

DISTRESS
AFTER EATING,
HEARTBURN,
INSTANTLY
RELIEVED
By K. D. C.
The Greatest Cure
For ANY FORM OF
INDIGESTION
FREE SAMPLE OF K. D. C. AND PILLS
Mailed to you on receipt of
K. D. C. CO. Ltd., 127 State St., Boston.

Herbert Spencer

Says, "That which our com-
mon school courses leave al-
most entirely out, is that
which most nearly concerns
the business of life."
Go to a "real business"
school. Catalogue sent free.
Ask?
SNELL'S BUSINESS COLLEGE.
TRURO, N.S.

To Keep Meat Fresh.—Farmers or
others living at a distance from butchers
can keep fresh meat very nicely for a
week or two by putting it into sour milk,
or butter milk, and placing it in a cool
cellar. Rinse well when used.

Demon Granulo.—Put into the freezer
a quart of sugar syrup (twenty-eight de-
grees) with a good wineglassful of strain-
ed lemon juice. Freeze it in such a way
that it forms an ice cold liquid full of
little pieces of ice.

Spanish Toast.—Take stale bread, cut
in thick pieces, and dip in egg with milk
prepared like custard, but without
sweetening or flavoring. When the slices
are all well saturated, fry in a very little
butter, enough to prevent adhering to the
pan. Serve immediately with a sauce.

Lemon Cookies.—One pound of flour,
or enough to stiff dough one-quarter
pound of butter; one pound of powder-
ed sugar; juice of two lemons, grated
peel of one; three eggs, whipped very
light. Stir butter, sugar, lemon juice
and peel to a light cream. Beat at least
five minutes before adding the yolk of
the eggs. Whip them in thoroughly,
put in the whites, lastly the flour. Roll
out about an eighth of an inch in thick-
ness, and cut into round cakes. Bake
quickly.

Lemon Sponge.—Two ounces singlass,
one pint and three-quarters of water;
three-quarters pound powdered sugar, the
juice of five lemons, the rind of one, the
whites of three eggs. Dissolve the
singlass in the water, strain it into a
saucepan, and add the sugar, lemon-rind
and juice. Roll the whole from ten to
fifteen minutes, strain it again, and let it
stand till it is cool and begins to stiffen.
Beat the whites of the eggs, put them to
it, which the mixture till it is quite
white; put it into a mould which has
been previously wetted, and let it remain
until perfectly set; then turn it out, and
garnish it according to taste.

Best Method of Cleaning Black Dress
Goods.—Every one has or wants a black
gown nowadays, and such goods as serge,
velvet, etc., are easily cleaned. First remove the grease
spots with naphtha, and remember that
this fluid is very explosive when exposed
to either light or fire. Make a lather of
warm soap, using a good, not strong,
scoop, and a sessel of water. Rub the
two quarts of water. Into this dip the
goods up and down and wash between
the hands; then wring gently and pat
partly dry; hang in the shade, and when
nearly dry iron on the wrong side with a
moderately warm iron. Always rinse
once in lukewarm water, and iron until
the material is perfectly dry. Never rub
a fabric that is being renovated on the
wheelbarrow, or wring it tight, and in
using naphtha remember that it removes
the hands, and that after using it is
well to put vasoline upon them and to
wear old gloves. Wash always in the
same manner as cashmere, adding a little
ammonia to the rinsing water. If the
black goods are of a rusty color restore
them by sponging with ammonia and
alcohol. Always use a piece of the same
material or one near to it to sponge with.

THE FARM

ELECTRICAL STIMULUS TO VEGETA-
TION.

WILL FARMS EVER BE SUPPLIED REGULARLY
WITH CURRENT FOR THIS PURPOSE?

During the last three or four years a
number of experiments have been made
in various parts of the world with elec-
tricity as a stimulant to vegetable growth
in seedling the atmosphere above and
around the plants. The results have been
sometimes the rays of electric light
are made to fall on them at night, thus
serving as a substitute for sunshine. At
the present time too little is known to
warrant the adoption of the application
for purely business purposes by florists,
market gardeners and farmers. But we
are constantly getting hints that, with
certain kinds of flowers and vegetables,
development can be hastened by the
judicious use of electricity; and as those
producers who get into market two or
three weeks ahead of other people always
obtain higher prices, it may prove ad-
vantageous to a few, if not to the many,
to study the art of handling this agent. Of
course, the supply would be less expen-
sive if the customers were numerous
than if they were scarce, and the time
may possibly come when a whole com-
munity will be provided with electricity
for agricultural or horticultural purposes,
as some parts of the country are with
water, a network of wires corresponding
to the system of irrigation canals.

Then, too, electricity is such a safe and
convenient motive power that one can-
not restrict the allowance of grain on
that account. With the appearance of
green food come insects, and the fly
securer a large amount and of a variety
of food, which is more valuable to them
than grain. To provide eggs at the
cheapest cost the farmer should take ad-
vantage of his opportunities. If green
food is plentiful he need not give the
hens any assistance. It is also due more
to the seeking of the food—the exercise
—that the hens are prolific in spring than
in winter. More warmth, more exercise,
contentment, greater variety of food and
less grain are the causes of the increased
supply of eggs, which may not bring as
high prices as in winter, but upon which
the profit is fully as large, because the
cost is much less.—Mirror and Farmer.

A YOUNG LAD'S RESCUE.

Confined to His Room for More Than a
Year.

An Intense Sufferer Through Pains in the
Muscles of His Legs and Arms—Reduced
Almost to a Living Skeleton.

From the Wolfville, N. S., Assailant.

Mr. T. W. Beckwith is the proprietor
of the Royal Hotel, Wolfville, the most
important business place in the town, and is a
man well known and esteemed through-
out that section. He has a bright hand-
some looking son, 13 years of age, named
Freddie, who is a lad of more than aver-
age intelligence. It is pretty well known
in Wolfville that Freddie suffered from a
very severe illness, though perhaps the
means to which he owes his recovery is
not so generally known and a statement

WHAT TWENTY-FIVE HENS DID.

Knowing that you are interested in
presenting facts in regard to poultry
keeping, below I give you details of what
a small flock of twenty-five hens did from
November 1894, up to date, Nov. 1905.
The flock were White Leghorns and Ply-
mouth Rocks, and were kept in limited
quarters. They averaged, by my egg
record book in which I kept a strict ac-
count of all eggs laid, and keep track of
everything concerning my fowls, about
one hundred and forty eggs for the year.
The Leghorns laid the most eggs, but
during the moulting season I find the
Plymouth Rocks laying some, while the
Leghorns had stopped, though they
are fed the same, but not together. From
these hens I raised 113 chicks, and only
kept the very best of the pullets of both
breeds for layers and breeders.

I sold eggs and chickens to the amount
of \$99.99; total cost of feed (not includ-
ing table scraps), \$35.50; clear profit
\$64.49, almost \$2.58 per head. Do you
consider that a good showing? I have
had Plymouth Rocks to average 151
eggs, besides raising some chicks. I
wish you would kindly inform me what
is best to do for a cock whose comb
grows imperfect, I may say, but since
confined the back of the comb has turned
down a little. It is a splendid bird of the
Black Minorca breed, and I want like
a remedy for the comb if possible. Do
you think that it will come straight
again? I am keeping just fifty-two hens
this year, and hope, if I am spared, to
give you a better record next time. I
read that good article on the "Feeding
of Dry Food," "Moist Food to Different
Flocks." As an experiment, from my
little experience, I find the best results
when the hens are fed with a proper pro-
portion of moist food, best of all, I find
(James Syk, Quebec, Canada in Indi-
an Farmer.

CLOSE ROOF PRUNING IN THREE PLANT- ING.

Last spring I tried roof pruning with
peach trees in a limited way, the soil
being a very sandy loam, and the result
was so satisfactory that in planting my
new orchard I shall reduce all the peach
tree roots to inch size. It is not neces-
sary to say that possibly under other
conditions than such as exist at the fourth
this system might not do so well; its ad-
vantages are so great when it will do
it to the worth the while of those who
have fruit trees to plant to try it in a
small, experimental way. In pruning,
the cut should be made with a sharp
knife, the cut sloping from the underside
of the root toward its point. The cut end
should be sealed with a good disinfectant,
and from this callous roots
branch. It is claimed that these new
roots tend to grow at nearly right angles
to the cut surface, or downward, while
the roots extend to grow more nearly
in a horizontal line, while dormant
reach them. Besides the deeper roots
given, it is further stated by those who
have tried this plan that the trees
make a more vigorous and uniform
growth, and that they are much more
sure to grow. When the roots are close
pruned, the stems should also be cut
down to about a foot in length. When
the ground is prepared, the planting is
done by simply thrusting in a spade,
leaving it forward, dropping the tree or
vine behind it, removing the spade,
and treading down the soil firmly.—Judd
Pierce, in American Agriculturist.

SHEDDING WITH GRASS ALONE.

We read and hear much about the ad-
vantages of seeding with grass alone.
But there is so much greater economy
in seeding with a grain crop that it will
doubtless continue to be generally prac-
tised. It takes a year of growth from
seed to the first crop of any kind fit for
cutting. So if sown alone, there is al-
ways the loss of a year's use of the land,
which is more than most farmers can af-
ford. Besides, on much long cultivated
land, the seed of weeds is so abundant
that they will crowd out the young clover
or grass that will grain. We have
always thought that grain sheltered the
clover and grass in early spring, helping
them to establish their roots. We have
seen the beneficial effects of a winter
grain crop on fall sown timothy. Where
the grain mowed the grass was killed out
by freezing and thawing, while where
the grain protected it, the surface soil
either froze not thawed so quickly, and
the timothy shaded by the winter grain
was unharmed. Besides, much low land
is far too wet in early spring for either
clover or grass. The growth beside it
of grain helps to keep the soil drier, and
of course, warmer than it would be with-
out it.—American Cultivator.

GREEN FOOD IN SPRING.

When green food comes it should save
other material for poultry, but farmers
do not restrict the allowance of grain on
that account. With the appearance of
green food come insects, and the fly
securer a large amount and of a variety
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IT'S
LECTRIC
NERGY
VERLASTINGLY
RADICATES
Inflammation
without
Irritation

Every Mother should have it in
the house. It is always ready for use. It
is the best; it is the oldest; it is the only
other; it is superior to all others; it is used
and recommended by physicians everywhere;
it has stood the test of time, and its ex-
cellence while generation after generation
has passed on the knowledge of its worth to their
children as a valuable inheritance. Could a
remedy have existed for eighty years except
that it possesses great merit for family use?

**JOHNSON'S
ANODYNE
LINIMENT**

It was originated in 1810 by the late Dr. A.
Johnson, an old fashioned, noble hearted
Family Physician to cure all ailments that are
attended with inflammation, such as rheu-
matism, sprains, bruises, burns, scalds,
colds, coughs, croup, catarrhs, chaps, chil-
blains, colic, cholera-morbus, all forms of sore
throat, earache, headache, the gripe, lame
back, neuralgia, muscular soreness, neuralgia,
pains anywhere, aches, stings, sprains, stiff
joints, toothache, tonsillitis, whooping cough.

People of refined musical taste
buy their Pianos and organs
from the W. H. JOHNSON
COMP'Y, Ltd., 157 Granville
St. Cor. Buckingham, Halifax

**Champion
Liniment** CURES Coughs
and Colds.

35 Cents a Bottle. See your Druggist.

Fine Drivers

cannot be made out of horses that are
out of condition. Merely doing
plenty of oats is not enough. A horse
gets run down the same as a man
and needs a general toning up.

**Dick's
Blood Purifier**

is a scientific preparation in the form of a powder. It purifies the blood, strength-
ens the digestion, turns out a smooth skin, gives out and puts the
animal "in condition." He then has "good life" and feels like holding his
head and lifting his feet.

MILCH COWS are greatly benefited by it. The whole system is toned
up. The digestive organs being strengthened, more nutriment is drawn from the
feed and the flow of milk increased.

Dick's Blood Purifier will pay for itself ten times over.

For sale by druggists, at general stores or sent post paid on receipt of 50 cts.
Dick & Co., P. O. Box 426, Montreal.

**Sea
Foam**
It Floats.

5 CTS.
(TOILET SIZE)
A CAKE.

A Pure White Soap.
Made from vegetable oils
it possesses all the qualities
of the finest white Castile
Soap.

The Best Soap for
Toilet & Bath Purposes,
it leaves the skin soft smooth
and healthy.

ST. JOHN SOAP MFG. CO.,
ST. JOHN, N. B.

of the case may be the means of helping
some other sufferer. On the 26th of
December, 1893, Freddie was taken ill
and was confined to his room and his bed
until March, 1894. Two different phy-
sicians were called in during his long
illness. One said he had a gripe and
looked very dark as despite the medical
care he did not get any better. At last
his father decided to try Dr. Williams'
Pink Pills. Soon after beginning their
use Freddie began to feel better. His
appetite began to return and the pains
were less severe. As he continued the
use of the Pink Pills he regained health
and strength rapidly, and in about a
month was apparently as well as ever,
the only remaining symptom of his trying
illness being a slight pain in the leg,
which did not disappear for several
months. It is over one and a half years
ago since Freddie took his last pill, and in
that time he has had no recurrence of
the attack. There is no doubt that Dr.
Williams' Pink Pills cured him, and
both the boy and his parents speak high-
ly in their praise.

Dr. Williams' Pink Pills are the medi-
cal marvel of the age. In hundreds of
cases they have cured far other
medicines had failed. They are a posi-
tive cure for all troubles arising from a
vitiated condition of the blood or a shat-
tered nervous system. Sold by all deal-
ers or by mail from Dr. Williams' Medi-
cine Company, Brockville, Ont., at 50
cents a box, or six boxes for \$2.50.
There are numerous imitations and sub-
stitutions against which the public is
cautioned.