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Write for booklet describing our
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you how you can prepare yourself
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SEND THEM TO
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And Have Them done in First Class
Style—"THE OLD MADE NEW."
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Feel Exhausted?
Do you lack energy? Is it an effort
to do things? Yes! Then your sys-
tem is run down—your blood is thin
and watery, your nerves weak, your
muscles lack force.

BEEF, IRON AND WINE
will build you up, enrich your blood
and restore your system.
Begin taking it today.

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FUN! MAGIC! MYSTERY!
This big bargain package
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Visiting Cards, 3 Amusing
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Call. Also Free Fountain Pen offer
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Mad Palpitation OF THE HEART

ALSO WEAK and DIZZY SPELLS.

When the heart begins to palpitate it
will beat fast for several seconds, then
slow, then start to flutter, and a feeling
of utter depression will come over your
whole system, accompanied by weak,
fainting and dizzy spells, and if you
should happen to wake up in the night
with your heart palpitating, and that
"all gone" sinking sensation, you feel as
if you were surely going to die.

When you feel this way, you may be
sure that both your heart and nerves are
out of order, and what you require is a
real good heart and nerve tonic; one that
will build up and strengthen both the
heart and nerve system.

For this purpose nothing can equal
Milburn's Heart and Nerve Pills.
Mrs. J. S. Nicholls, Listowel, Ont.,
writes: "I was weak and run down, my
heart would palpitate, and I would take
weak and dizzy spells. A friend advised
me to take your Heart and Nerve Pills,
so I started at once, and found that I
felt much stronger, and my heart was
ever so much better in a short time. I
cannot praise your medicine too highly
for it has done me a world of good. My
husband has also been bothered with
heart trouble, ever since childhood, and
finds great relief by using your valuable
pills."

Milburn's Heart and Nerve Pills are
50 cents per box, 3 boxes for \$1.25, at
all dealers or mailed direct by The T.
Milburn Co., Limited, Toronto, Ont.

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Rates for Classified Advertising.

1 insertion \$0.25
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ings preferred. Apply to P. O. Box
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WE WILL PAY YOU \$120.00 to dis-
tribute religious literature in your com-
munity. Sixty days' work. Experience
not required. Man or woman. Oppor-
tunity for promotion. Spare time may
be used. International Bible Press,
Toronto.

WANTED—For a river driver, a man
with a fair knowledge of bookkeeping.
Apply to Box 564, City.

WANTED—At once, medical doctor to
act as resident physician in General
Public Hospital. Unmarried man pre-
ferred. Salary will be arranged to the
satisfaction of a suitable applicant. A
grand opportunity for a country prac-
titioner to eventually open up in St.
John City. Apply to A. E. Macaulay,
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FOR SALE—Two cars dry split 12 and
16 inch mixed stove wood, \$2.50 per
load; also Fraser's slab mill wood, deal
ends and lath edgings, \$2.00 per load.
F. Fulton, 618 Brunswick street. Phone
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FOR SALE—One cash register, one
Toledo electric scale, one bar register,
one Bowser oil tank, one refrigerator,
one horse, one express wagon, one sled,
one set of harness. Goods may be seen
at my store. A great chance to secure
bargains. James McMaster, The Con-
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Bought in any condition, \$1.00
per set, or 7 cents per tooth.
Cash by return mail.

R. A. COPEMAN

2579a Esplanade Avenue,
Montreal, P. Q.

Don't be ashamed to do anything
that will improve your personal ap-
pearance.

Helping Hersey

BY BARONESS VON HUTTEN

Author of "Fam," "Kingsmead," "The Black Patch," etc

(Continued.)

Mrs. Frewen rose.
"All right, then. I give in. It is
warm here—I'll go for a turn in the
square. The air will cure me."

No one moved or spoke for a
second. Then Hersey said:
"I don't like you to go all alone,
darling."

Mrs. Frewen turned to Barnes.
"Perhaps you wouldn't mind com-
ing with me, Michael? Sir William
will excuse us, and—"

"Dear Lady," Sir William hasten-
ed to say, "but, of course, of course.
You are really looking very seedy."

"Thank you," murmured Hersey,
giving her hand to Barnes for a
second. "It is the only thing that
ever helps her—fresh air."

Barnes went out on to the landing
while Mrs. Frewen put on her hat,
and as she joined him he gave a
slight start. On passing the sitting
room door, Hersey's voice reached
him, plaintively sweet.

"Ever since I was a child," she was
saying. "He is such an old dear!"

Evidently she preferred not to tell
Humphreys of their engagement.
That suited him perfectly, but—Barnes
did not quite like being called "an
old dear."

"I am so sorry to—to have made
such a fuss about a little headache,"
Mrs. Frewen said, as they went into
the dull afternoon; "but—"

"You didn't make a fuss at all,"
he answered, anxious as he always
was to be just. "I hope the air will
do you good."

But the air was powerless to bring
the color back to her watery little face.
Barnes glanced at her once with real
concern.

"I must look awful," she said, try-
ing to smile. "You actually look
sorry for me!"

"Why shouldn't I be? You are
plainly not well."

"No, I am not well, but, as I say,
I must look really very seedy for you
to notice it."

Good Lord! was she going to try
to flirt with him? The impatient
sensation she so often gave him
came back with a jerk. She was
really a fool; she never could let
well enough alone.

With an effort, he answered her
words, disregarding his own feelings:
"I am not very observant, it is
true. But—I hope the air is helping
your head."

"Michael," she burst out suddenly,
"it wasn't my head at all. I—I am
worried—that is why I got so white.
I—I didn't wish Sir William Hum-
phreys to come to see us. I dislike
him."

"Do you? So do I. He is a detes-
table creature. I tried to tell Her-
sey, but she wouldn't listen to me.
That is why I didn't at once offer to
come out with you. I—I didn't want
to leave her alone with him."

They had come back to their own
door and Barnes was about to put
her key into the keyhole when she
arrested him by a sigh.

"You—you went to work the wrong
way—with her, I mean. She—she is
a little headstrong—like all young
girls. But try to make her promise
not to see him. I didn't like his in-
fluence on her when we were in Italy.
Not that it was anything of import-
ance, but—you know, Michael."

"I'll tell you why I dislike him,"
said Barnes, mentally trying to plat-
how inoffensively he could repeat his
conversation with Humphreys, "and
you tell her."

She gave a short laugh.
"How blind you are! Can't you
see that I am powerless?"

Something in her face made him
very sorry for her for a minute. Then
he remembered, and all his pity
swung back to Hersey's side.

"It was only—the young cad told
me that—that Hersey had tried to—
to 'bag' him at Bordighera."

She drew a deep breath.
"Is that all?"

"All?"
"I mean to say, of course, that's
what he thought. She—she liked him
she was very young and bored to
death. I was ill and couldn't go
out—"

"I thought she said it was she who
had been ill," he interrupted sharply.
He was sorry for her, but being
led to dried up the spring of his
kindness.

"Oh, yes, she had been," she as-
serted, in a vague voice. "It was
dull for her, and—she was too young
to know what he, a very rich young
man, not well bred, would think.
You mustn't mind what he said,
Michael."

"I mind! My dear Violet, you
don't think for a moment that I be-
lieved it? Absurd!"
"Of course, of course. I think that
if you tell her what he said, she con-
tinued, as they went up the stairs,
"she may promise not to see him."
"I'll tell her."

Hersey was sitting by the fire when
they entered, her cheeks very red, her
hands fluttering helplessly over her
lap. Humphreys greeted them with
effusion. He hoped Mrs. Frewen's
head was better, he was so glad to
have found them in; he was glad to
have seen them again after such a
long time. He might be in Bordigh-
era again before long—he was going

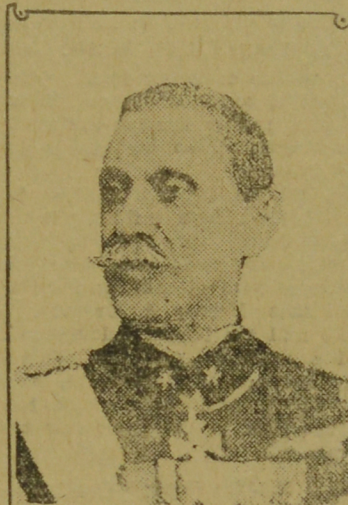
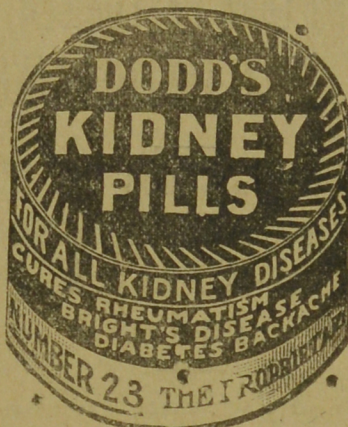
abroad in a day or two—

"Are you?" Hersey asked, in ob-
vious surprise. "Why, you said you
were going to hear 'Butterfly' next
week."

"Yes, yes, I forgot for a moment—
Fact is, I am going off for a lark
with two other fellows—Monte and
Nice. This rotten climate is too
much for me."

Suddenly remembering an urgent
engagement, he took his leave and
a short silence fell.

(To be Continued.)



MAJOR-GENERAL SIR JOHN D. ALLEN
Chairman of the Returned Soldiers' Aid Committee

Wood's Phospholine.
The Great English Remedy.
Tones and invigorates the whole
nervous system, makes new blood
in old veins. Cures Nervous
Debility, Mental and Brain Worry, Despon-
dency, Loss of Energy, Palpitation of the
Heart, Failing Memory. Price \$1 per box, six
for \$5. One will please, six will cure. Sold by all
druggists or mailed in plain pkg. on receipt of
price. New pamphlet mailed free. THE WOOD
MEDICINE CO., TORONTO, ONT. (Formerly Winslow.)

FOR RETURNED SOLDIERS.

NOTICE is hereby given that a
branch of the Provincial Returned Sol-
diers' Aid Committee has been organ-
ized for the Counties of York, Sun-
bury and Queens, and the City of Fred-
erickton, as a district, with Dr. T. C.
Allen Chairman and Judge Wilson Sec-
retary.

All employers of labor in said dis-
trict willing to give preference to re-
turned disabled soldiers as employees
and all returned discharged soldiers
wanting employment residing therein
are requested to notify the secretary

JUDGE WILSON,

DR. T. C. ALLEN, Secretary.
Chairman.
January 22nd, 1916.

Another Chance
to Try
Gold Soap

The Gold Soap man is
on his way to your house
with a special coupon. This
coupon, when presented to your grocer with the
price of a single cake of Gold Soap is good for an
extra cake. It enables you to get two cakes for the
price of one and give Gold, the big, good laundry
soap a thorough trial.

Gold Soap is made in Canada in the Procter & Gamble Factories
at Hamilton.

Gold Soap

Woman's Column:-

CARE OF REFRIGERATOR.

Hot or even warm food should never
be put into the refrigerator. It will
raise the temperature and with it the
ice bill.

Every time the ice chamber is to be
filled the remaining piece of ice should
be removed and the compartment wiped
out, then the ice replaced. The
new ice should be in one piece and
should be washed clean before putting
into the refrigerator. Where ice is
put in from the outside it is particu-
larly important to have clean ice.

The use of cracked or chipped dishes
for food is greatly to be deplored. The
rough surface left by the cracks or
chips is an excellent place for bacteri-
al growth.

Uncooked meat should be kept in
a covered enamel dish. Food should
never be covered with paper of any
kind with the possible exception of
oiled paper, used only once.

Milk bottles should be washed be-
fore being put in the refrigerator.

Eggs should be kept in a rack or
dish with one layer, so they may be
used in the order in which they were
bought. The contents of the refriger-
ator should be examined daily and no
stale food left there. If anything is
spilled it should be cleaned up at once.

The shelves and floor of the refriger-
ator should be cleaned thoroughly at
least once a week. In this weekly
cleaning all food must be removed.
The racks should be removed and all
washed in hot soapy water or soda
solution, scalded and then dried, and
if possible sunned. The inside of the re-
frigerator should be thoroughly wash-
ed and dried.

The drain pipe should be cleaned
with hot soda or soapy water and with
a long-handled brush. After it is thor-
oughly cleaned, boiling water should
be poured through it. If the waste
water drains into a pan this too must
be thoroughly washed in hot soda or
soapy water and then scalded.

APRICOT WHIP.

Steam a quarter of a pound of soft-
ened dried apricots and chop them
fine. Beat the whites of four eggs
very stiff and add a quarter of a cup-
ful of sugar, beating all the time, and
gradually the chopped apricots. Pour

into a buttered pudding dish and bake
slowly until light and firm. Serve ei-
ther cold or hot with whipped cream. If
served cold, it must be cooled very
gradually so that it will not fall and it
must be slowly and carefully baked.

COLLARS REMAIN LOW.

In any well-thought-out scheme of
dress the collar is of paramount im-
portance. Last year it rose to unpre-
cedented eminence, threatening even
to hide the face of the wearer from the
gaze of an admiring world. But there
are limits even to women's submissiveness
to the tyranny of fashion, and
this year a compromise has been ar-
rived at.

While it points an upward way at
the back, and at either side, the collar
remains open in front, the intervening
space across the neck being frequently
bridged by a couple of narrow bands of
silk or velvet fastened by fancy studs.
A novelty in neckwear is the stole-end
collar. Made of tulle or ribbons, or
chiffon or lace, it fastens close and
high round the throat and is provided
with long fluttering ends reaching to
the waist or below it.

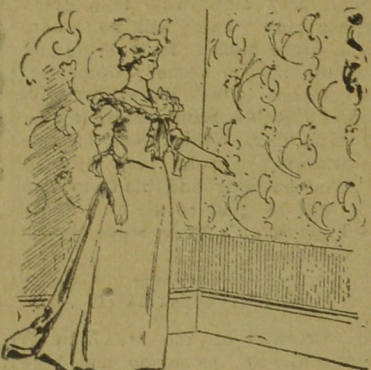
CARE OF TABLE LINEN.

When not in use a tablecloth should
be kept in folded creases and when
brought out to be spread should be
laid on the table and unfolded its en-
tire length, the width being doubled
with the centre crease along the centre
of the table. Then the half breadth
that is folded should be turned back
and the cloth will hang even. Careless
servants often gather up a cloth "any-
how" without taking the trouble to
fold it up again in its own creases, and
thus fresh ones are made. A table-
cloth will keep fresh looking as long
again if it is always folded up in its
own folds and put away until the next
meal.

The French have a way of making
even an inferior quality of table linen
look well without the aid of starch.
When the napkins are washed and
ready to be ironed, they are dipped in-
to boiling water and partially wrung
out between cloths. They are then
rapidly ironed with as hot a flatiron
as possible without burning them.

Exclusive Wall Decorations

Beautify your home with our Wall Paper.
DON'T choose your paper from a small
sample book. Come in and let US show
you just how the goods will look on the
wall. Then there will be no danger of
your being disappointed after the paper is
hung. See our novelties in Foliage effects,
Fabrics, Cretonnes, Chintz, and Dainty Stripes with Exquisite
Cut Out Borders.



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