

"SAFETY FIRST" IN THE HOME

(Chicago News.)

An epidemic of carelessness among housewives recalled by accident reports has resulted in the compilation of a list of "First Aid Don'ts." The list follows:

Don't risk your life cleaning windows by leaning outside. If you don't fall out and break your neck you are more than likely to catch pneumonia.

Don't climb up on the piano or scale the backs of chairs to hang pictures. Man's ingenuity has invented step-ladders for the purpose.

Don't send your husband out of bed at 5 a.m. to close the window. Leave it open. The fresh air is what you want. And your husband's temper will be ruined for the rest of the day by your tyranny.

Don't hold clothes pins in your teeth. Don't chew tacks. The mouth was meant to contain food and not given women as a third hand or natural pocketbook.

Don't work in a stuffy kitchen. Keep it well ventilated. Keep the house at 65 degrees. Don't overheat the rooms and don't get into the habit of toasting yourself against the radiator.

Don't leave closet doors and bureau drawers open. You are certain to bump into them, or else your husband will, which is worse. Homes have been ruined by simple bits of carelessness of this variety.

Don't leave domestic implements—or any other article—on the stairs. Dust-pans left on the stairs often convert themselves into a toboggan. People can be killed by dustpans in this way.

Don't carry great bundles. Don't be careless about the rugs. Keep them straightened out, so people will not be continually tripping on them.

Don't dash out into the vestibule or porch in your night clothes to receive milk bottles or grocery orders. Don't grope in dark closets.

SHOULD HAVE THE V. C.

North Shore Leader: "It is unnecessary for Messrs. Carter and Veniot to 'don the khaki.' They have done good service on the firing line of public affairs by keeping an eye on the grafters at Fredericton. They should be awarded the V. C."

Little aches result from the pains a man takes in enjoying his vacation.

There are a lot of funny things in this world besides men and women.

Many a man asks questions merely for an excuse to answer them himself.

Usually when a woman disapproves of her daughter's husband the honors are even.

REV. W. H. BARRACLOUGH'S SERMON TO U. N. B. STUDENTS

St. John Preacher Delivered Able and Scholarly Discourse at the Methodist Church—Made Fitting Allusion to the Great War and the Problems That Will Have to be Solved at Its Conclusion.

The Baccalaureate Sermon in connection with the convocation exercises of the University of New Brunswick was preached yesterday morning at the Methodist church by Rev. W. H. Barraclough, B.A., pastor of Centenary Methodist Church, St. John. A large congregation heard an eloquent discourse, which was addressed to the Class of 1916. The members of the faculty of the University and the undergraduates attended the service in academic costume.

The Sermon.

The sermon was as follows: Test: "Our Fathers trusted in Thee, they trusted and Thou didst deliver them."—Psalm 22:4.

Let me congratulate you, young ladies and gentlemen of the Class of 1916, on having completed your long course of training with honor to yourselves and the worthy institution from which you are about to graduate.

You are standing on the threshold of a new day, with vision undimmed by failure or lowered ideals—it is a golden day. There will be others, but none brighter than the one on which you could say, "I am ready to begin." Someone has thus beautifully expressed it.

"Life has two sovereign moments, One when we settle down To some life-worthy purpose, One when we grasp the crown."

What a world of opportunity you are entering! A changed world, it is true. Sadly changed since first you entered the halls of your Alma Mater. A calamity has fallen upon the world. A calamity of whose far-reaching influence we have but little idea. This much we know, the empire is at war.

Every part of the empire. It is a righteous war and the supreme task of the hour is the winning of this war. This task is so tremendous that for the time being and until it is completed, it must take precedence over every other task; it must enlist the interest and effort of every one of us. "In the battle of human freedom there can be no neutrals."

Problems After War.

But when this war is over we must return to the old tasks, we must apply ourselves with renewed energy to the solving of the old problems—the proper treatment and training of the immigrants, who, in ever increasing numbers will seek our shores; the permanent prohibition of the liquor traffic; the purifying of the springs of our social and political life; as well as the problems of trade and transportation and the conservation of our natural resources.

And here will be found your opportunity, the opportunity to give of your best for the development of the nation, even as your brothers overseas gave their lives for the saving of the nation.

For the New Generation.

Our fathers are passing. In a brief time the leaders of this present day will be no more. Those who have borne the burden of government, of finance, of education, of social welfare will have gone to their reward, and the responsibility will soon be yours. You have nothing to fear, however, if you apply the same devotion to your task, and manifest the same spirit which has marked the men of every century who have held high the banner of faith, of righteousness and of high ideals.

I would like to give you this morning what I believe to have been the secret of the strength and success of the men and women who, in days gone by, have done the work of the world. They believed in God; they trusted Him and tried to please Him. That was an inspiring scripture which we read a few moments ago—the eleventh chapter of Hebrews—dealing with the values and victories of faith. It was a simple, practical series of illustrations, confirming the truth of the text, "Our fathers trusted in Thee; they trusted and Thou didst deliver them."

In the light of the inspired Word and human experience, we will study

- 1 The God of our Fathers.
- 2 The faith of our Fathers.
- 3 The triumph of that faith.

and close with certain pointed, practical questions.

The God of our Fathers.

It is difficult to comprehend the nature and character of God. Invariably we clothe him with human form in the vain endeavor to understand His being, and we are beset with difficulties. "God is a Spirit." Who hath seen spirit? How shall we visualize Him? There is nothing with which we may compare Him. There is no form which our imagination can devise that can adequately express His being and character, His majesty and glory. "It is enough," however, as someone has said, "that we know of God that He is great, that He is right, that He is pitiful."

Our fathers thought of God as the creator—the Divine Father of us all. "All things were made by Him, and without Him was not anything made that was made."

They thought of Him as all-powerful—"Able to do whatsoever He will ed." They thought of Him as all-knowing—"Too wise to err." They thought of Him as just and merciful—"Too good to be unkind." They thought of Him as one "hating iniquity, transgression and sin." The Supreme Ruler of the Universe—the Divine Maker of Laws, which he had the right to enforce and which should be obeyed. They thought of God as one to be feared, loved and served. And the Old Testament and the New and the history of the Christian church are full of the experiences of men and women who feared God, loved God and served God and always to their own advantage and profit.

In that chapter in Hebrews He is presented to us as "the Unchanging One." The history contained in the chapter covers centuries and successive generations of men, but He is always the God of the promises, faithful in fulfilling them, and He is the same today. He lives and rules in the world which He has made. If you doubt it, it is because you view His handiwork at too close range. You need perspective. It takes centuries to fully appreciate the working out of the Divine plan and will. This

dence in these days of shadow and perplexity.

The Faith of Our Fathers.

The one principle of right relationship with this God on the part of man has been that of trust in Him. "Where faith has been active there has always been deliverance and the fulfillment of purpose. Where faith has failed, disaster has inevitably followed and purpose has been frustrated." Human experience furnishes abundant illustration of this truth. "It is God's delight to save, redeem, construct."

The faith of our fathers was an obedient faith. "Abraham believed God and it was counted." It was a sacrificial faith also; willing to make surrender of time and means, and all they hold dear. The men of faith have served, though they suffered. And because of these, it was a conquering faith, which removed mountains, surmounted difficulties and accomplished marvels in the world.

Triumph of Faith.

What did this view of God, this faith in God, produce? A succession of moral and spiritual giants, whose examples are an inspiration to us today. And we need not go back to old Testament worthies. We have still the memory of men and women, whose strong, sturdy, uncompromising Christianity laid the foundations of personal character, which broadened out into national ideas.

Is there anything basal in the faith of our fathers, in the principles for which they strove and the lives they lived? We have changed very materially in our views and manner of living; and are changing very rapidly. We affect a certain superiority. We smile when we refer to changed conditions. We tolerate what we despise. We have given up more than we dream. Have we ever thought there was any connection between these old-fashioned ideas of morals, those strict views of Sabbath keeping, those high ideals of honor and integrity and common honesty, which characterized the generations gone and anything that is worth admiring in ourselves? Do we understand ourselves and the certain effect of lowered ideals? Lost faith means lost power to resist, to endure, to serve.

Value of Foundation.

I stood in an old building recently and marvelled that it had been built quite one hundred years. The beams were still strong and the frames tight and even the shingles which clothed the outer walls were smooth and firm as if placed there but yesterday. While nearby were buildings already falling into decay, which had been built but a few brief years. "Those beams were hewn out by hand," said a friend at my side, "and those shingles were made from selected material and by hand. Look there's not a flaw or a knot to be seen. They do not build buildings like that nowadays." I call to mind men whom I have known, strong, true, honorable, uncompromising. Men whose characters built this nation. And must I say "They do not build characters like that today?"

The empire never needed men of the type of those who laid the foundations of the commonwealth more than it needs them now. Men who placed the interests of the people and the welfare of the state before power or party or personal advantage. The world may not be very good in itself, but it demands goodness in its leaders."

Here is a challenge to your ambition, to your intellect, to your faith and to your manhood and womanhood. Here is the summons to grand and unselfish endeavor.

Magnificent Example.

In closing, let me commend to you the example of the young Canadian doctor and member of parliament—the Hon. H. S. Bland, who, when the war began, found himself in Belgium. Here he remained and one day he was discovered administering to the wounded British marines outside Antwerp. It was suggested that he should withdraw from the danger zone, but he went out into the post of duty and of danger, saying, "I am here to serve." Let that be the keynote of your advancing years, young ladies and gentlemen, in whatever realm you may enter. It is the motto of the Christ. To adopt it will mean the supreme sacrifice. But it will lift you above the shallowness, the pettiness, the selfishness of the world about you and enable you to stamp some small part of this sin-cursed earth with the image of God.

GinPills FOR THE KIDNEYS How They Cure

PLESSISVILLE, QUE.
"I suffered from Kidney Trouble for several years, and tried numerous remedies and doctors' prescriptions without permanent relief, my case being chronic. After seeing about Gin Pills, and as it is a well known fact that Juniper, without alcohol, is excellent for the Kidneys, I decided to try Gin Pills. One single pill gave me great relief. I have now taken four boxes of Gin Pills and find myself completely cured. No more bad humor—increased in weight—clear eyes—fresh color—more strength and vigor. This is what Gin Pills have done for me."

H. POWIS HERBERT.
Your druggists sell Gin Pills 50c. a box or six boxes \$2.50. Write for free sample to
National Drug & Chemical Co.
of Canada, Limited, Toronto.

Mid-Summer Opening

On Wednesday, May 17th, we shall have our initiatory showing of SUMMER HATS. Then we will present to you the most advanced ideas in Warm Weather Millinery.

Dame Fashion says "White shall be the vogue for summer." We therefore offer for your approval a very large and comprehensive display of smart White Hats.

MISS MORGAN 476 Queen St.

IMPERIAL COLD CURE

Will check a cold in a few hours. Does not cause ringing in the head. Price 25 cents. Sent by mail to any address on receipt of price.

C. Fred. Chestnut The Quality Drug Store
572 QUEEN STREET.

Wholesale Dry Goods and Woolens

HANDKERCHIEFS

Here is an opportunity to SAVE MONEY on an always most saleable line.

We offer, for Prompt Delivery, a Large Range of Hemstitched Linen Handkerchiefs—for Ladies and Gentlemen—AT PRACTICALLY OLD PRICES.

— ALSO —

A large assortment of Excelsa Handkerchiefs—for Men—in White and Fancy Borders. Khaki Handkerchiefs, in Silkene. Extensive Lines of Hemstitched and Plain Hemmed Handkerchiefs in Lawn, for both Ladies and Gentlemen.

CAN WE SERVE YOU?

VASSIE & COMPANY, LTD.
WHOLESALE DRY GOODS and WOOLLENS
ST. JOHN, N. B.

-SEEDS-

JUST RECEIVED

No. 1 Timothy
Alsike Clover

No. 2 Timothy
Mammoth Clover

Red Clover

I am offering these goods at close prices.

Sold Wholesale by

G. W. HODGE
Fredericton, N. B.

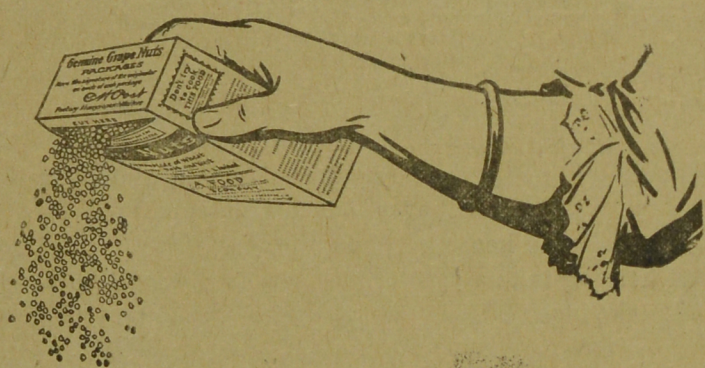


After all—since a Suit is made to wear—the best of all Suits is that which wears the longest.

MACKINNON'S
CLOTHING

not only wears long past the time the average Suit is cast aside, but yet keeps its appearance, and is good looking all the time you wear it.

J. A. MacKINNON YORK STREET
TAILOR and CLOTHIER



Crisp Granules

In making the food, Grape-Nuts, whole wheat and malted barley are ground into flour, blended, formed into a dough and baked about 20 hours. This long baking converts a large part of the starch into dextrose or grape-sugar, making Grape-Nuts easily digestible—generally in about one hour.

Grape-Nuts comes from the ovens almost rock-hard and is reduced to crisp, sweet, nut-like granules requiring thorough mastication. An admirable quality—both for good digestion and sound teeth.

Grape-Nuts

(Made in Canada)

contains all the nutriment of the grains, including the valuable mineral salts—phosphate of potash, etc.—often lacking in the ordinary diet, but so essential for well-balanced nerves and sturdy bodies.

Grape-Nuts is ready to eat direct from the package with cream or good milk—a delicious, well-balanced food for health, strength and efficiency.

"There's a Reason"

Grocers everywhere sell Grape-Nuts.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.