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When the stomach gets out of order the whole system seems to become affected in one way or another. The breath becomes foul, the tongue furred, the appetite becomes disturbed, nausea and vomiting occur, there is a rising and souring of food caused by the acidity of the stomach, and the stomach and bowels become distended causing flatulency. Unless these symptoms are met with immediately, dyspepsia or some other serious trouble is liable to follow as a consequence.

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Helping Hersey

BY BARONESS VON HUTTEN

Author of "Pam," "Kingsmead," "The Black Patch," etc.

(Continued)

"Oh, yes, she got it. But—I want to talk to you for a few minutes, Michael. I am so sorry about this afternoon."

Resignedly he sat down and listened. He could have told her all that she had to say. Of late he had occasionally forgotten how much he disliked her—that was her power, her charm. Her pretty manners, her gentle voice, made for comfort, and the woman who makes a man comfortable is in a far way towards winning his liking. And that afternoon there had been something in her way of holding the girl in her arms that gave him a little pang of sympathy, as well as of pity.

But now here she was at it again, making her graceful little scene, telling her pretty little story, rearranging matters as she fain would have them, and as they were—not.

"She is very nervous," she said, once and he broke in almost rudely: "I have seen no signs of it."

"No, but she is. And this kind of weather—so damp, you know—always upsets her."

"It hasn't been damp for many days."

She started. "Well, I mean to say—you can't call it fine, now, can you?"

"I can't, because I am an American. If I were English, I no doubt should. It's the best we've had since I came over."

She gave a little artificial laugh. "How quaint and literal you are! Can't you understand that a young girl just engaged to be married can be a little nervous and—moody, with out its being a crime?"

"I have not accused Hersey of a crime—or even of a mood," he returned impatiently. "It's you who will talk about it."

She was about to answer when Hersey's voice reached them through the door.

"Mother? Mother, where are you? I'm not going to stay in bed another minute!"

"Hush, dear, I'm coming."

As she went into the dark bedroom, the girl went on, almost savagely: "I am quite old enough to decide for myself and I tell you I am going tonight."

She broke off short, as if she had been told that a third person could hear her.

Then she went on: "I don't care if he is. If I choose to go and see Lady Gussie, he can't mind."

Barnes caught no more and was about to knock at the door and speak to her when a pearl that he wore in his tie fell out on the hearth-stone with a clatter. He stooped, picked it up, saw what it was and then, folding it in a bit of paper that lay on the rug, put it into his pocket.

"Michael?"

"Yes, dear."

"Have you forgiven me?"

Her voice was the sweet voice he loved, and very close to the door.

"Dearest—yes, of course. Come and talk to me."

The door was opened a little.

"In a minute. I have been asleep. cried my face into a jelly. Now I am going out! Aren't you curious?"

"Going out?"

"Yes. Please be curious."

"Can't. I heard you tell your mother. Why go to Lady Gussie's tonight?"

"I know. I'll come out in a minute."

When she appeared, she wore a frock that he had never seen—a quite new one. He knew that her mother had bought it for her with money he had persuaded her to take for the purpose.

"Do you like my frock?" she asked obviously not in the least guessing whence it came.

"I like you to anything," he answered, and she added gaily: "Except in a temper."

Then she put her arms round his neck and for the first time kissed him of her own initiative.

"Then you really forgive me? I am so ashamed," she whispered.

Her heart seemed to melt and warm his whole being.

"My dear, my beloved, of course! I love you, Hersey."

A moment later Gwendolyn appeared to tell them that the taxi was at the door.

"I hate Lady Gussie tonight," Barnes declared, "but little spoiled girls must have their own way, I suppose. I'll drive you there, and come for you—at what time?"

"No, thanks. I am not a bit of going alone. And—I want you to stay with poor Mother. I—I was so beastly to her, Michael, and I don't want her to be alone all the evening."

But, darling, I'll come back, if you like; only let me take you to Lady Gussie's door."

She put one hand on each of his shoulders and looked seriously into his eyes.

"Dear Michael," she said, "please. I have cried so, I am tired out, and

I really prefer to go alone. It will rest me. And if I know that poor Mother is being amused, I shall be much happier. I was so horrid to her."

Barnes put her into the taxi and gave the man Lady Gussie's number. Then he went slowly back into the house and up the stairs.

He was both too old and too young to love caprice for its own sake, but he was too kind to indict himself on the girl when she so frankly admitted that she was longing for solitude. He went quietly into the empty sitting-room and sat down by the fire. Mrs. Frewer had not returned since she had gone into the bedroom in obedience to her daughter's call.

He was in no hurry to see her, and, lighting a cigar, he leaned comfortably back in his chair and smoked. Presently something disturbed him; a short sound that he could not place, before it died away into silence.

(To be continued.)

A slip of the tongue is often more serious than a slip of the foot.

Home is a bower of bliss to some men only when it's the left bower.

Any man whose will power is all in his wife's name is to be pitied.

But an heirless never has cause to doubt her husband's love for her—money.

One should learn to talk well—also when it is well not to talk.

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- 32 Corner Needham and Regent
- 34 Corner Queen and Carleton
- 35 Corner Brunswick and Carleton
- 36 Corner Charlotte and Carleton
- 37 Corner George and Regent
- 38 Corner King and Regent
- 44 Corner Queen and St. John
- 45 Corner Brunswick and St. John
- 46 Corner Charlotte and St. John
- 51 Corner King and Church
- 52 Corner George and Church
- 53 Corner Union and Church
- 54 Gas House
- 55 Intercolonial Railway Station
- 56 Lansdowne and Waterloo Row.

FOR RETURNED SOLDIERS.

NOTICE is hereby given that a branch of the Provincial Returned Soldiers' Aid Committee has been organized for the Counties of York, Sunbury and Queens, and the City of Fredericton, as a district, with Dr. T. C. Allen Chairman and Judge Wilson Secretary.

All employers of labor in said district willing to give preference to returned 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.

HABITS are hard to break. But the next time you need soap, remember to ask for Gold, the big, good laundry soap. It will pay you. You will get a larger cake. You will get better soap.



-:Woman's Column:-

DON'T BE SLANGY.

Slangy Speech in Girls is Conducive to Slangy Manners.

Among girls the slang habit is one as easily avoided as acquired. To accustom one's self to the use of coarse language is to make difficult a change to refined speech; and as there come times when refined speech is absolutely requisite to a refined nature, the danger of being unable to employ it at will is certainly to be dreaded.

Upon the whole, there is perhaps too much talking. A ceaseless flow of words betokens an unmeditative character, and those who never take occasion to meditate are bad thinkers.

Thought is essentially the foundation of character, for is it not written that "as a man thinketh so is he?"

If we converse in English or French or German, we think in English or French or German. If we converse in slang we think in slang, therefore our thoughts are boorish in proportion as our language is rude.

Girls who fall into slangy expressions are quickest to fall into slangy manners, for there is a slang manner as well as a slang language. Though difficult to describe, the slang manner is readily recognizable. It attaches to those girls who obviously lack what is called good breeding.

A girl in the poorest garments, the most unmistakable poverty, may—and often does—manifest a well bred character.

It is such girls who, after achieving better fortune, rise easily to the best social status and carry themselves as if to the manner born.

Slang, then, is dangerous not so much because of its tendency to vitiate one's education, but because of its reflex influence upon the character of the individual. It cheapens a girl to be too slangy, but it cannot be denied to anyone the right to an occasional expression which has no claims upon legitimate etymology.

Everyone, and especially every girl, should refrain from a habit which conduces to slouchiness.

FOR PICNIC OR INFORMAL SUPPER

Relish for Baked Beans.
Equal portions of tomato catsup and freshly grated horseradish, one table-

spoonful each of finely minced green peppers and pimento or sweet red pepper.

Ham Shortcake.

Roll thin and cut into rounds a rich baking powder crust, spread half of them with minced ham moistened with melted butter and season with minced parsley, onion and paprika. Cover these rounds with the plain ones and bake in a hot oven. For making the biscuits: Sift two cups of flour with one-half teaspoon salt and four teaspoonfuls of baking powder, chop in one tablespoonful of lard, add milk to make a soft dough, mix lightly and roll as directed. These may be mixed, put in pans and placed in the freezer several hours before baking.

Chicken and Nut Sandwiches.

Add to minced chicken the same amount of minced nuts, moisten with cream, season well with salt and paprika and spread between slices of entire wheat bread spread with creamed butter. Salted almonds or pecans filberts or walnuts may be used.

Peanut Cookies.

Cream four tablespoonfuls of butter, add one-half cup of sugar, two beaten eggs, two tablespoonfuls milk, one-half teaspoon of salt and one teaspoonful of lemon juice. Beat well and add one cup of flour sifted with one-half teaspoonfuls of baking powder and two cups of chopped peanuts. Drop from a teaspoon on to a tin sheet lined with buttered paper, place a whole peanut in centre of each and bake in a slow oven.

HELP FOR MRS. NEWLYWED.

"I wish you would tell me how to clean the gilt frame of this picture. It is all fly-specked and grimy," complained Mrs. Newlywed.

"Sponge it with oil of turpentine or spirits of wine, leave it to dry, but not wipe it," answered Mrs. Neighbor.

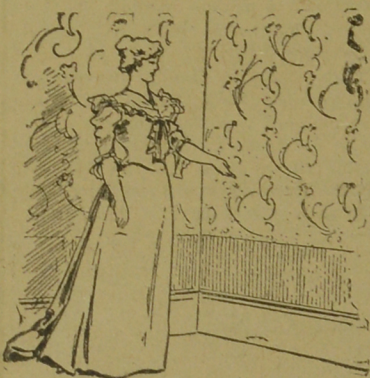


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