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Suffered From Nerves. Could Not Sleep.

To the thousands of people who are tossing on sleepless beds night after night, or who pace the floor with nerves unlinged, and to whose eyes sleep will not come, Milburn's Heart and Nerve Pills offer the blessing of sound, refreshing slumber.

They restore the equilibrium of the deranged nerve centres, thereby producing peaceful, undisturbed, refreshing sleep, and will cause you get up in the morning feeling that you have the strength and vitality to go through your day's work. Mrs. Hollas Knox, St. John, N.B., writes: "I suffered greatly with my nerves, I could not sleep at night, nor work, and the least little thing worked on my mind and bothered me. Last winter I thought I would go out of my mind, I would screech out, and my mother really thought I was going crazy with my nerves. It was so terrible I would hold my head and cry. I tried two doctors, but they did not do me any good. I thought I would tell you that to-day I am perfectly cured by using three boxes of Milburn's Heart and Nerve Pills, and I can recommend them to all sufferers from nervous troubles. You can tell everyone that they are the only thing that did me any good."

Milburn's Heart and Nerve Pills have been on the market for nearly a quarter of a century, and are universally known as the best remedy for all heart and nerve troubles.

Price 50¢ per box, 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Sometimes the man who poses as an intellectual giant is merely the possessor of a good memory.

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WE WILL PAY YOU \$120.00 to distribute religious literature in your community. Sixty days' work. Experience not required. Man or woman. Opportunity 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 preferred. Salary will be arranged to the satisfaction of a suitable applicant. A grand opportunity for a country practitioner to eventually open up in St. John City. Apply to A. E. Macaulay, M.D., Supt.

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FOR SALE—Plymouth Rock chickens, three days old; price to cents each. Apply to Mrs. Stavely, phone 3300-62.

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 308-32.

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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 Concrete Store.

FOR SALE—A quantity of old newspapers suitable for wrapping. Price, ten cents per bundle.

TO LET

TO LET—Two summer camps at Kingsclear, three miles from the city. Attractive location near river. Apply to Mrs. E. W. Darcus, phone 3300-62.

TENDERS

TENDERS will be received at the office of W. T. Day, Marysville, till 12 o'clock noon June 01, 1916, for repairs on a school house in Marysville. Plans and specifications to be seen at my office. The lowest or any tender not necessarily accepted. W. T. DAY.

OLD FALSE TEETH. 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.

Helping Hersey

BY BARONESS VON HUTTEN

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

(Continued.)

Presently she went on:

"Suppose I tell you about them. All I know, I mean. Gerald Frewen was my great nephew. Hersey does not know this, but he was. And when he married Violet, I called. None of the others did. Perhaps that is what made me. And—I liked her. I didn't see her again until after his death. She was very brave, very 'head high,' as the Germans say, and I liked her again. Then, poor dear, she speculated, and lost most of her money. I offered to help her, but she wouldn't let me. And whatever your optimists may say, that is a most unusual thing."

"I don't feel particularly optimistic this morning," put in Barnes, with a gloomy laugh.

"No, but you are. Well, she, Violet, has lived in poverty all this time denying herself everything to give a chance to that little beast. Hersey is hard hearted, selfish and has the temper of a fiend. This, I suppose," she added, with a dash of malice, "No," said Barnes slowly. "Two days ago I shouldn't have believed you."

"H'm! Well, you do now, which is the main point. Violet has done her level best to give the girl chances to marry. She was engaged to a very nice fellow, a Scotchman, two years ago, but he found her out somehow, and broke the engagement. Miss Hersey then promptly fell very ill and had to be taken to Bordighera. Then Billy Humphreys turned up. Violet couldn't bear him and quite rightly, too. But for some reason or other, he fascinated the mix and she set all manner of traps for him. Master Billy, however, though quite off his head about her, had no idea of marrying her, and cleared out. Whereupon she behaved in the most abominable way to her mother and ran away to Paris, with some impossible Belgians she had met in the hotel. Violet went and brought her home here. Then young Cox, whom I am told you cherish deeply, came along. And then, when she was bored to tears by him—

"I came along, I see."

"Yes, you see that much, but not everything. Here is the interesting part. Violet and I were discussing you in her sitting room the day after your first appearance. She told me that you were very much taken with the girl, and I advised her to marry her to you. She told me you had money, and so on, and that you were what we benighted islanders call a decent sort. The mix was in the next room, unbeknown to us, and heard all that we said. The next day she honored me with a call and pumped me. I let her pump," added the old lady, with a thoroughly unamiable chuckle. "I exaggerated your riches and told her that the girl who married you would have everything in the world she wanted."

"She didn't tell me what she meant to do, but I knew that she was after you. A few days later Violet told me of the engagement and I met you at tea. I confess that I felt a trifle ashamed of myself—

"I don't wonder," put in Barnes.

"Oh, only because I liked you. And when Violet told me what you unconsciously betrayed to her, of the going on the stage plan—she had no more intention of going on the stage than I have—I felt what some old lady in Joseph's time—or was it Benjamin's—felt when that excellent young man was sold, with her consent, into the hands of the Egyptians."

Barnes laughed in spite of himself. "You are too flattering to me and too hard on her. After all, she is very young," he said.

"Bosh! She is twenty-five, though she doesn't know it. The trouble is not that she has schemed for a rich husband and then told him a lie. The trouble is that she can't tell the truth to save her life and that she will plot and scheme and lie till she is nailed down in her coffin. Well—you adored her. And you pitied her for having 'such a mother!' Oh, I know. So did young McFarlane, for a time. So did Billy Humphreys, just at first. I suppose she told you she 'didn't quite understand' her mother. Bless your heart, she has known all about it for years! She 'wanted to get away' and so on? 'Toute la lyre.' Barnes did not answer.

"I understand. Well, when Violet suggested your marrying the mix, you snubbed her horribly. She told me all about it. And then I pumped her. All hands to the pumps, you see. And I found out, without her knowing, that she had seen whether your thoughts—your perfectly idiotic thoughts—were tending and that 'to help Hersey' she encouraged you to think all sorts of things about herself. Didn't she?"

"She—she told me certain things." "Yes. Suppose you tell me them?" "I can't. I have no right to." "Did she name any names to you?" "Yes," he admitted reluctantly. "Well, she lied to you. I gathered

that she had said something of the kind. The stories were absolutely false—started by a girl who wanted to marry the Frenchman, who, mark you, asked Violet to marry him. Poor Violet, she is such an ass."

"Poor Barnes, unused to 'English as she is spoke' by the better classes in her native land, nearly fell out of the carriage, and the old lady laughed.

"Horrid old woman, ain't it?" she asked, with a chuckle. "Well, let's call her a goose, then. You'll admit she's a goose?"

"I don't know what she is," he answered, with a troubled face. "I'll call as if I had never known her."

"Perhaps you haven't. You might find it worth while trying. As you think over the last month you must remember many things both in her and in Hersey that puzzled you. Don't you?"

(To be continued.)

Wood's Phosphatine, The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins, Cures Nervous Debility, Mental and Brain Worry, Despondency, 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 WOODS MEDICINE CO., TORONTO, ONT. (Formerly Winter.)

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MONEY TO LOAN—On City of Fredericton Mortgages, in sums to suit applicants. Apply to J. B. Dickson.

Notice to Contractors.

FOR SALE—One steam shovel, steam pumps and engines, a derrick and a lot of other equipment for railway construction, including picks, shovels, wheelbarrows, etc. All in serviceable condition and will be sold at a bargain. Apply to Telephone 39.

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.

Gold Soap. The Big, Good Laundry Soap. It is not a matter of imagination, habit or prejudice. The people who use Gold Soap do so because they can see that Gold Soap is a bigger cake and that it does better work. Gold Soap is made in Canada in the Crocker & Gamble Factories at Hamilton.

Woman's Column

ALWAYS LOOK FOR THE BRIGHT THINGS IN LIFE

Train Your Mind to Shut Out Clouds, if You Wish to Successfully Fight the Battles of Life.

Sunshine and rain alternate one with the other during the spring months. Life itself is not unlike spring weather with its alternate joys and sorrows, one following close on the tracks of the other.

And just as in spring a shower may occur, even on the brightest day, so in life a sorrow may come even in the time of greatest happiness.

We do not allow a short shower to ruin an entire day for us. If the sun shines brightly most of the day, a momentary cloudburst does not affect our enjoyment of the bright weather.

We should learn in the same way to look only for the sunshine in life, and to disregard the clouds as much as possible. To those of us who are inclined to make much of every little trouble, this philosophy of looking on the sunny side of life will come hard at first. As a matter of fact, the majority of us are too much given to exaggerating petty troubles. Instead of talking and thinking principally of the happy occurrences in our lives, we let the small mishaps blind our eyes to the big bits of fortune which come our way.

So, why should we allow the sunshine of the present to be overclouded by petty showers, which do not amount to anything? Only once in a while does a big storm occur which brings real disaster in its train. So, why spend the time in worry about the present and anxiety for the future?

There are so many of us who allow a little disturbance to worry us for a

whole week and often longer. It is not as if worry would help to smooth out any trouble. Sorrows, anxiety, fear for the future, are all mistakes and should be shut out of the mind as quickly as possible. They accomplish no good and only serve to undermine the vitality of the person who entertains them in his mind.

Sunshine should be far more a part of our daily lives than storms. If the latter occur, if grief and loss come to us, we can bear them much better by shutting them out of our minds as much as possible. Every trouble has its bright side, just as surely as every cloud has a silver lining.

By training our minds to look for the bright side instead of the very apparent dark one, we are making ourselves more ready and better fitted to fight life's battles.

HELP FOR MRS. NEWLYWED.

"May I ask you for a recipe for a good lemon pie? Your other recipes that I have tried have always turned out very good, and I would like to make a lemon pie that would turn out the same way," pleaded Mrs. Newlywed.

"I am sure you will like this pie," replied Mrs. Neighbor. "Bake the crust first. Take the yolks of two eggs beaten, juice and grated rind of two lemons, if small (or one large one), three-quarters cup of sugar and one pint of hot water. Cook in spider and thicken with three tablespoons of corn-starch dissolved in a little water. Pour into crust and frost with the beaten whites sweetened with granulated sugar and brown in oven."

Unless a man is quite worthless, the chances are that he will never become an expert whittler.

MOTHER SEIGEL'S SYRUP AND BANISH STOMACH TROUBLES. AFTER MEALS TAKE MOTHER SEIGEL'S SYRUP. Are you full of energy, vital force, and general good health? Do you know that good digestion is the foundation of good health? Pains and oppression in stomach and chest after eating, with constipation, headache, dizziness, are sure signs of indigestion. Mother Selig's Syrup, the great herbal remedy and tonic, will cure you.

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