

The forerunner of colds and grippe.

Heat and inhale Minard's and rub it on the throat and chest.

The great preventive.



SPECIAL TRAIN SERVICE

For the convenience of Christmas four narrow circles. at Saint John at 10.00 A. M.

If you are in the Poultry business go at it systematically. Keep tabs on your heas by trap nest

ing them. It's the only way to pick out the boarders.

> I make a complete set of four nests for only \$4.00. Satisfaction guaranteed. Send me a trial order.

FRED LYONS 260 Aberdeen Street FREDERICTON, N. B

Is on Sale at the following places of business in the city:

D. H. CROWLEY, 612 Queen Street. MISS QUINN, 147 Westmorland Street ALONZO STAPLES, 100 York Street. A. J. HANLON, 83 Regent Street.

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PHONE 147-32 332 SMYTHE ST FREDERICTON, N. B. PAPERHANGING, WHITEWASHING GRAINING, VARNISHING, and ENAMEL WORK.

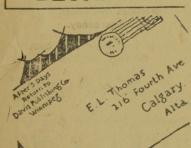
ESTIMATES FREE OUTDOOR PAINTING A SPECIALTY

CHANGES C. P. R. TRAIN SERVICE.

Fredericton at 4.00 P. M. local time teen minutes in ½ cup cold water. When the English captured New

Thursday, December 23rd On Friday, December 24th extra train will operate between Otis and Frederictoin, making all stops en route Train will leave Otis 7.30 A. M. due in Predericton at 11.30 A. M. On the return will leave Fredericton at 4.00 P. M. due in Otis at 8.00 P. M. (8.00 P. M.) Train No. 194 due Fredericton 1.01 P. M. will be cancelled on this date.

BLUNDERS





WHY IS THIS WRONG?

Thousands of letters are delayed in delivery from two to ten hours in big cities because business men do not place their return street ad-dress on letterheads and envelopes. Even though a company may be an important one, all postal employee do not have its address committee to memory. Consequently its mail will surely be delayed if persons who must reply to its letters are given no street address.



Of Interest to

NOVELTIES IN JEWELRY.

would never wear anything but dia monds and would wear no jewelry at all if she could not get those, is now selecting rhinestone pins, bracelets and even rings with great discrimination.

ling thinestones are all the rage ed), 1 tablespoon chopped parsle for bracelets. No one wears a vinegar, lettuce, Thousand single bracelet. They either come dressing. Thin Thousand XMAS HOLIDAYS C. N. R. in bands united by a silver treat dressing with vinegar to taste and ment or else one wears three or pour over the vegetables that have

Fredericton for Saint John at 6.45 combined with these rhinestone on lettuce. A. M. will leave Fredericton at 500 bracelets and rings. Black enamel A. M. on Wednesday, December 22nd is especially effective for the dinand Friday December 24th, arriving ner ring. Frequently rings and bracelets match just as the earrings

DO YOU KNOW-

or girl of fourteen should be con- cherries. sidered an adult? From six to ten years they require only half as much as an adult.

Overheated rooms and excessive clothing are among the most frequent causes of babies' colds?

The average baby has sufficient iron stored up in the liver to last from six to eight months? After that iron must be supplied by the the observance of Christmas this year.

If your child is a success ably assured? You can do much three hundredth anniversary of Santa in helping him attain this success. Claus' first immigration to America.

suffering with indigestion from too hatan and the Dutch founded thereon much food? He is not hungry.

Cabbage and Pimento Salad.

cabbage, 1 cup diced celery, 1 can saint of childhood, Santa Claus. lowing salad dressing: milk. Put on stove and when it day of observance. starts to cook add vinegar gradual- Three centuries ago the little Dutch

TOMATO-JELLY SALAD.

To one can stewed and stained On account of Christmas holiday tomatoes add one teaspoon each of they awoke in the morning, if they canadian Pacific announce the salt and powdered sugar and 22 they had been good, the fodder was travel Canadian Pacific announce the salt and powdered sugar and 23 following changes in train service. Salt and powdered sugar and 23 gone and in its place were toys and Train No. 193 will be held to leave fox gelatin, which has soaked fif-



Mothers especial-ly like it for children as it takes the place of inter-nal medicines.

Local Druggists Have Modern Remedy for Colds

A Vaporizing Salve which is Rubbed Over Throat and Chest for Colds.

method of treating sore throat, bronk chitis, deep chest colds, or croup, is applied over throat or chest, the ingredients are released as vapors by the body

heat.
These vapors, inhaled with each breath carry the medication directly to the affected air passages, loosening the phlegm and relieving the congestion.
At the same time Vicks acts as a counter-irritant, stimulating the skin, and thus helps the vapors inhaled to break up the inflammation.

Colds are usually relieved over night.





Pour into small cups and chill. Run a knife around the inside of molds Rhinestone-trimmed evening frock so that when taken out shapes and slippers have brought about a may have a rough surface suggest decided change in jewelry. The mg a fresh tomato. Place on letwoman who once boasted that she tuce leaves and garnish tops of each with mayonnaise dressing.

TWO-MINUTE SALAD.

One and one-half cups pickled beets (diced), 1 small onion (chop Wide bands of glittering, spark ped fine), 11/2 cups cucumber (dicbeen lightly mixed together. Add shoppers, train No. 242 leaving Onyx or enamel is often skilfully salt and pepper to taste and serve

AUTUMN SALAD.

One cup tart apples (diced), 1-2 and necklaces of a few seasons cup seeded raisins, 1 cup choice celery (cut fine), 1-2 cup broken nut meats, 3 maraschino cherries, lettuce, mayonnaise. Mix together all the ingredients, except cherries with mayonnaise, pile on lettuce When it comes to eating, a boy leaves and garnish with slices of

SANTA CLAUS **IS NOW 300** YEARS OF AGE

(Montreal Herald.)

A peculiar significance attaches to This Christmas will, be something more than religious holiday, the occasion of gift giving, the day of Santa school his success in life is reason Claus' annual visitation. This is the

In 1626 Peter Minuet purchased A baby often cries because he is the island the Indians called Manathe colony of New Nehtrlands and the town of New Amsterdam With them to the New World the Dutch colonists brought their sturdy qualities of character, the customs of their homeland, Take 11/2 cups coarsely enopped and most blessed of all, that patron

pimento and 1 medium size onion. In the beginning December 6 was Mix together and cover with fol- St. Nicholas (Santa Claus') Day and 2 table- was so observed in New Amsterdam. spoons sugar, 1 scant tablespoon It was not until 150 years later that mustard, 1 full tablespoon mel sa the day of Santa Claus' visit was butter. Mix dry ingredients and shifted to New Year's Eve and then, melted butter a beaten egg and finally, to December 25, the present

children on the island that is now the heart of New York City put out their shoes, with hay, straw and a carrot for Santa Claus' white horse, for at that time Kris Kringle had not yet acquired his "eight tiny reindeer."

- Amsterdam in 1664 and renamed the town New York, they abolished the public observance of Santa Claus Day but the children of Dutch-descent continued to believe in their patron saint and converted the English- descended children to their belief.

SANTA CLAUS.

believe in Santa Claus Just because-

To us grown-up folks he brings

Thoughts of half-forgotten things; Dreams of Christmas long ago When Vicks VapoRub, the "externai" When we watched across the snow For his sleigh, and heard the beat Of the reindeers' prancing feet.

> Every little child is born With a right to Christmas morn; And lest one forgotten be Santa Claus draws near, and he Whispers to us: "Do your part For each little hoping heart."

> Toy in giving, hope, and love From our Father's home above Santa Claus to us does bring While his sleigh-bells gaily ring believe in Santa Claus Just because-

MARIGARET H. TOMKINS in Detroit News.

"My mother wears a number shoe," said the first little girl

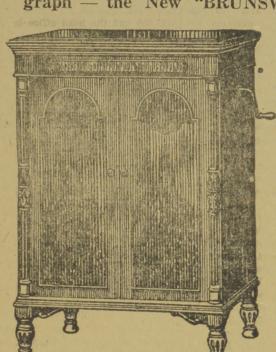
"Pooh!" rejoined the other little girl in a tone redolent of contempt "That's nothing. My mother wears

FOUR MORE SHOPPING

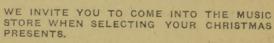
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A Complete Stock of Brunswick and Columbia Records, Banjos. Guitars, Trap Drum outfits, Violins, Bows and Cases, Mandolins. Ukuleles, Harmonicas. Music Books and Sheet Music.



E. O. MacDONALD The Music Store

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BIBLES IN CLOTH AND LEATHER BINDINGS.

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IN LOOSE LEAF COVERS, BOUND IN CLOTH AND LEATHER.

Our assortment this year is much larger than we have ever shown. The boxes are most attractive and artistic, and include some striking novelties from Paris with tissue lined envelopes. One of these would make a very acceptable gift. The prices range from

50 cents to \$6.00.

is the largest and most varied we have ever shown and is well worth looking over.

and FANCY CORD in many styles.

mountings. Also the Dinkie Pen for Ladies' use, and Fountain Pens and Pencils boxed in sets. These are very popular just now.

IN LEATHER CASES.

LEATHER BOUND SHOPPING LISTS at 50 and 75 Cents.

When you are doing your Christmas shopping you are invited to come in and look around. You will be sure to find some things that you are looking for.