

DENTISTS

DR. J. B. CROCKER
DENTIST

Office Kitchen Building
Opposite Post Office
Telephone, Office, 419-11. House 87-41

Dr. GREENE - Dentist

Main Office and Residence, King Street. Branches at Stanley, Millville and Pokiook. At Stanley office four days, beginning the 11th of each month. At Millville 16th and 17th. At Pokiook 18th and 19th of every month.

Dr. Barbour
DENTIST

Inches Building
Cor. York and Queen Sts.

W. J. IRVINE

DENTAL SURGEON
Opp. Soldiers' Barracks
and next door to Bank of N. B.
building, Queen Street.
Office Hours—10 a. m. to 1 p. m.; 2 p. m. to 5 p. m.
PHONE 219-11

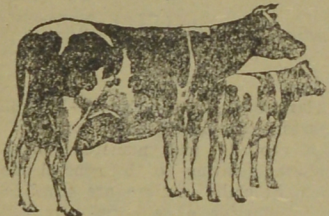
PUT HIM OUT!
THAT MIDDLE MAN
WHY?—YOU DON'T NEED HIM

Come and Buy Your CANDIES
direct from us, as we manufacture all kinds from Top to Bottom. COME AND SEE US
Free Sample Given to all.

THE
BOSTON CONFECTIONERY

Opposite the Barracks
Queen Street

HOLSTEIN MILK



Health Vitality Nutrition

Best for Babies, Invalids
and the Sick :: ::

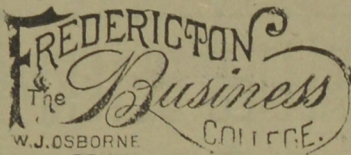
For Descriptive Booklet concerning this milk which is recommended by all leading physicians and hospitals apply to

WEST END DAIRY

EDUCATIONAL

THERE IS A GOOD POSITION
WAITING

For the young man or woman who will PROPERLY qualify for it through



Our catalogue tells you all about our courses and the cost.

Send for it now. Address.

W. J. OSBORNE, Principal.
Fredericton N. B.

UNDERTAKER

J. A. McAdam

UNDERTAKER

REGENT STREET

The best and most modern
Funeral Equipment in the city

Residence Telephone 70-41

JOHN G. ADAMS

Is Conducting

Undertaking
Business

AT

610 QUEEN STREET

Phone 26-11

RESIDENCE

Phone 448-11

I KNOW

COD LIVER OIL

Is the thing I need but I can't take it on account of its horrible taste. Ever say that? If you did you had in mind the old blue bottle of cod liver oil and its taste and smell really were something to be dreaded.

Nyal's Emulsion

of cod liver oil is a modern scientific remedy palatable and pleasant. You can take Nyal's Emulsion. Anybody can. And everybody should who feels the need of a body builder and strength-giver particularly those who have lung trouble or are in a run-down and weak condition.

Nyal's Emulsion contains pure cod liver oil combined with hypophosphites of lime and soda to strengthen the nervous system. If you want to nourish the body and fortify the nervous system take Nyal's Emulsion.

Big Bottles \$1.00

STAPLES PHARMACY

York Street

Could Not Sleep Well
For Four Years.

HEART AND NERVES WERE BAD.

To the thousands of people who toss on a sleepless pillow night after night, or who pace the bedroom floor with nerves untinged, heart action wrong, and to whose eye 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 and correct the wrong action of the heart.

Mrs. Wm. Douglas, Thessalon, Ont., writes:—"I am going to send you my testimonial for what your Milburn's Heart and Nerve Pills did for me. For four years I could not sleep well at night, as my heart and nerves were so bad. I tried all the doctors here, but none of them helped me. I read of your Heart and Nerve Pills, and tried only a few boxes, and I can certainly say they did me a great amount of good. I can now sleep as well as ever, and can advise anyone who suffers from heart trouble to try them."

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

KISSING PROHIBITED
IN SOUTHERN SCHOOLS

Montgomery, Ala., Feb. 3.—The Montgomery school board today put into effect a rule prohibiting kissing among the pupils of the public schools. The ruling is an outcome of the anti-tuberculosis campaign.

Electric Restorer for Men
Phosphonol restores every nerve in the body to its proper tension; restores vim and vitality. Premature decay and all sexual weakness averted at once. Phosphonol will make you a new man. Price \$1 a box, or two for \$5. Mailed to any address. The Scobell Drug Co., St. Catharines, Ont.

Sold in Fredericton by A. J. RYAN.

TO ESTABLISH
TEA STANDARDS

New York, Feb. 3.—The members of the tea board recently appointed by Secretary of the Treasury MacVeagh met in this city today to begin their task of selecting the standards of pure tea to govern the tea importations during the coming season. The members of the board are E. R. Rogers, Tacoma; C. E. Wyman, St. Paul; R. C. Morrison, Chicago; C. B. Blatti San Francisco; H. G. Woodworth, Boston; Herbert Perry, New York City, and George F. Mitchell, the treasury department's tea expert.

SCRUBBING
is well begun
and half done
when you start
it with --

Old Dutch
CleanserSOME POINTERS ON
HOME-MADE BREAD

Thirty years ago the girl who planned to go to college was often asked by some man of her acquaintance: "Can you make bread or darn stockings better if you go?"

Even now the ability to make good bread seems to be used as a test of a housekeeper's efficiency. Perhaps in thirty years or even in ten years the question may be:

"Do you know how to buy good bread?"

For after all, real efficiency in house keeping is coming to be measured rather by good administration than by simply the power to do. Whether the food is cooked in the house or OUT of it, the selection of food, the regulation of diet and the setting of a standard for the preparation of the food will always be a function of the home.

Whether the housekeeper buys or makes her bread must be determined by the relative value of her time, her labor and her money. The need of her little children for her care, her own need of leisure for rest or to look after her husband's need of her companionship may overbalance the small amount saved if she carried on this industry.

But whether she makes her own bread or not she ought to know HOW. If she knows how to judge her flour, knows when her yeast is fresh, knows the temperature at which the bread should be raised and baked, knows the quality of thoroughly good, wholesome, digestible, clean bread, she is in a position to select the right bread even though she is not baking it.

Even if bread is no longer the staff of life, in the sense that it was before swift method of transportation made possible the varied diet of today, it still keeps its place as the most important of any food, and the most universally used.

The history of the human race might almost be traced in the history of its bread making. Even before history began we know that meal was ground, mixed with water and baked in small cakes. There seems to be no nation that has not bread in some form, though often very different from what we know by its familiar name.

There are different ways to make bread. The temperature at which the bread is set, the temperature of rising and the temperature of baking are always important. The yeast must be fresh and good with a clean yeasty odor, though it may be either dried yeast, or home-made liquid yeast, or compressed yeast. If the latter is used it must be firm and of a grayish, cream color. The best bread flour is of a yellowish tint and slightly granular and retains the impression of the fingers.

The setting of the bread should be done with liquid that is just about the temperature of the body. A drop of liquid that feels neither hot nor cold when placed in the palm of the hand will test this. The rising of the bread should be at room temperature or slightly above and should be kept even. The baking temperature should be so adjusted that the ordinary loaf may be baked from fifty minutes to an hour without burning or even somewhat longer. The bread may either be put into a very hot oven, and the temperature then lowered or it may be put into a moderate oven and this same temperature continued.

It is most important that the bread should be thoroughly baked, both to avoid the pasty mess of the slack baked loaf that is decidedly indigestible and to kill any germs present. Yeast is killed at a somewhat lower temperature, but there are usually acid producing bacteria (not disease germs) present in the dough that are quite resistant to the heat. To insure the thorough baking the loaf should be small.

DOCTORS SAID IT
WAS HEART FAILURE

And Gave Me Up—But "Fruit-a-lives"
Cured Me

MOORFIELD, ONT., MARCH 25th, 1910

"I suffered from severe Indigestion and Dyspepsia for nearly two years.

I could not take food without fearful distress. Two doctors thought my disease was heart failure and incurable, and I expected to die in a short time. My son asked me to try "Fruit-a-lives".

From the outset, I was better and gradually this fruit medicine completely cured me.

I took perhaps a dozen boxes—now I am cured and have gained over 30 pounds in weight."

HENRY SPEERS (Justice of Peace)
"Fruit-a-lives" are sold by all dealers at 50c a box, 6 for \$2.50, trial size 25c— or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

DID THE BOY
STAND ON THE
BURNING DECK?

And now comes along an iconoclast who says that the boy didn't really stand on the burning deck at all, but floated on a shattered mast.

This is too much. We have gotten used to the idea that Washington didn't chop down the cherry tree, that the promoters of the Boston Tea Party were drunk and that Evangeline married another man and reared a large family, but an outraged public will refuse to submit to this crowning indignity, remarks The Kansas City Star. The public knows well enough that the boy did stand on the burning deck, whence all but him had fled, and that the "flame that lit the battle's wreck shone round him o'er the dead."

Just why the boy should have persisted in standing on the deck is hard for us moderns to understand. Of course, for his father had told him, but that scarcely seems reason enough to those of us who have learned that parents should obey their children. It was not a case of standing aside for the women and children for, you see, it was a battleship and there were no women and he was the only child in sight. It was just blind obedience and very old-fashioned, no doubt, and it didn't do anybody any good, but it was the sort of splendidly unavailing heroism that has thrilled the hearts

(Continued on page three.)

Home Dyeing
Has no terrors for me—It's simply my delight
Even Professional Dyers can't equal my Perfect Results
That's because I use
DYOLA
ONE DYE FOR ALL KINDS OF GOODS
It's the CLEANEST, SIMPLEST, and BEST HOME DYE, one can buy—Why you don't even have to know what KIND of Cloth your Goods are made of—So Mistakes are Impossible.
Send for Free Color Card, Story Booklet, and Booklet giving results of Dyeing over other colors.
The JOHNSON-RICHARDSON CO., Limited,
Montreal, Canada.

(Continued on page three.)

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The JOHNSON-RICHARDSON CO., Limited,
Montreal, Canada.

NOTICE OF LEGISLATION

The City of Fredericton will present at the approaching Session of the Legislative Assembly of New Brunswick the following bills for enactment:

(1) A Bill authorizing the City to grant certain concessions to the Palmer-McLellan Company, Limited, and to fix the valuation of the property of Frasers Limited in this City for taxation purposes.

(2) A Bill to authorize the issue of Debentures for the erection of a Fire Station, a Police Station, for the purchase of Queen's Park and for the further construction of Permanent Street Pavements, not exceeding in the whole the sum of Forty-five Thousand Dollars (\$45,000).

(3) A Bill to provide for lighting by electricity the Fredericton and St. Mary's Highway Bridge.

By order of the City Council,
J. W. McCREADY,
City Clerk.

City Hall, January 13th, 1913.

SECURE SEATS NOW

—FOR—

HOSPITAL AID DRAMA

under direction of Mr. W. A. Walsh

"TRUE HEARTS"

OPERA HOUSE

Mon. and Tues. Eve., Feb 3 and 4.

Sale of Seats opens at Wilkes Store

Wanted

WANTED—A nurse girl for small family. Apply to MRS. WITTER FENETY, King Street.

To Let

TO LET—Self-contained house, two stories, 523 Brunswick Street. Possession given May 1. Apply to MRS. C. N. CLARK, Phone 70-31 531 Brunswick St. 30th-1 wk.

TO LET—From May 1, one self-contained house, modern improvements, on George street, between York and Westmorland at present occupied by Mr. Thomas Fowler. Apply to

BYRON BREWER,
Charlotte street.

TO LET—House on Charlotte street occupied at present by E. A. O'Brien. Modern improvements. Possession May 1st. Apply to d2i. McMANUS & CO.

Notice of Legislature

The City of Fredericton will present a bill at the next session of the Legislature to authorize the establishment and maintenance of a Salvage Corps and Fire Police in the said city.

By order of the City Council,
J. W. McCREADY,
City Clerk.
City Hall, Jan. 25, 1913

TUESDAY.

Ninth annual St. Valentine's golf tournament opens at Pinehurst, N.C. Opening of annual bench show of Fanciers' Association of Indiana, at Indianapolis.

FOR THE HOLIDAYS

-: BOOKS :-

ALL THE BEST AUTHORS :: CLOTH BINDING

Cheap Editions of Popular Authors, former price \$1.25. Now 50c.

Receiving Daily All the Newest and Latest Publications.

McMurray Book & Stationery Co. Ltd.

Wood's Phospholine,
The Great English Remedy,
Tones and invigorates the whole nervous system, cures nervous debility, mental and brain worry, despondency, sexual weakness, emaciation, spermatorrhoea, and effects of abuse or excess. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain plug on receipt of price. Your guarantee mailed free. The Wood Medicine Co., (formerly Windsor) Toronto, Ont.

THIS DATE IN HISTORY

JANUARY 4.

1783—Final cessation of hostilities between the United States and Great Britain.

1787—Dr. William White, first Episcopal Bishop of Pennsylvania consecrated by the Archbishop of Canterbury.

1824—President Monroe approved a resolution of Congress offering the Marquis de Lafayette a ship to bring him to the United States.

1831—Evan Aymar entered upon his term of office as Governor of Canada.

1855—Charter granted for Northwestern University at Evanston, Ill.

1861—Provisional congress met in Montgomery and organized the government of the United States of America.

1870—British Government took over the ownership and management of the telegraphs.

1874—Ashantee War ended with the taking of Comessia by a British under Sir Grant D'Almeida.

1895—Centenary of the Supreme Court of the United States celebrated

DO IT NOW

You are not rushed now as you will be in a month or two. Take the opportunity to install a 3 H. P. "FAMOUS" GASOLINE ENGINE and it will save many hours of valuable time later on.

It can be adapted to run your Churn, Cream Separator, Fanning Mill, Grain Grinder, Grind Stone, Hay Cutter, Root Cutter, Saw Machine, Pump, Washing Machine, Etc.

The expense will be small when the saving of time is considered.

J. CLARK & SON

FREDERICTON & ST. JOHN