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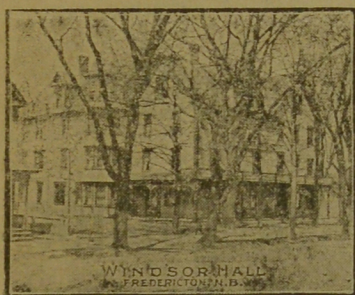
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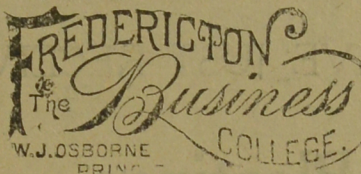
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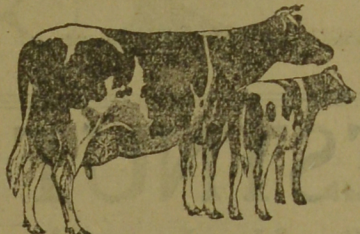
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Prices Reasonable

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Best for Babies, Invalids
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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

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York Street

BOWELS BAD, LIVER
TORPID? CASCARETS

If Constipated, Bilious, Headachy,
Stomach Sour, Get a 10 Cent Box
of Cascarets

You men and women who can't get feeling right—who have headache, coated tongue, foul taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have head-ache and feel worn out.

Are you keeping your bowels clean with Cascarets, or merely forcing a passageway every few days with salts, cathartic pills or castor oil? This is important.

Cascarets work while you sleep; cleanse and regulate the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry out of the system all the constipated waste matter and poison in the intestines and bowels.

A Cascaret tonight will straighten you out by morning—a ten-cent box from any drug store will keep your stomach sweet; liver and bowels regular and head clear for months. Don't forget the children. They love Cascarets because they taste good—do good—never gripe or sicken.

THE STORY OF
BUCKINGHAM PALACE

Buckingham Palace the London home of the King and Queen is to receive a new front, and be otherwise beautified. The work is to be entered upon in July next under the direction of Sir Ashton Webb, and will be completed in three months.

The story of Buckingham Palace which stands between St. James' and Hyde Park, is that of the gradual transition from a fine nobleman's suburban seat to an Imperial Palace. It is even possible to go farther back still and recreate the scene before ever the mansion was built in these fields. At one time there was a kind of Earl's-court called Mulberry Gardens where Samuel Pepys condescended to disport himself. He thought it a "very silly place worse than Spring Garden." He had some hard words to say of the company he found there but he admitted that "the wilderness here was somewhat pretty but rude." Arlington House the first building of any importance on this site, was pulled down in 1703 and John Sheffield, Duke of Buckingham built the house which gives its name to the present Palace. Some curious incidents took place in the older history of the house Catherine Darnley, the natural daughter of James II, who had married the Duke of Buckingham lived here as a widow. On each successive anniversary of the execution of her grandfather Charles I she was accustomed to receive her company in the grand drawing-room herself seated in a chair of state surrounded by her women, all as black and as dismal-looking as herself.

George III early in his reign bought the house for the sum of £21,000 and used it pretty frequently throughout his long reign. Queen Charlotte exchanged Somerset House for it and in 1816 the ill-fated Princess Charlotte went from it to be married. Nine years later the larger part of the present building was erected by John Nash. William IV did not like the place, and Buckingham House was not again occupied by the Sovereign until the accession of Queen Victoria. Enormous and not very happy alterations were made by the architect Blore in 1847. It is exclusively the work of Blore that is now to be improved. It is generally believed that Blore's cast iron of the Palace is entirely stucco. This is only so far the case that the Prince Consort finding that the Caen stone was perishing rapidly and the whole front stuccoed and painted as a necessary precaution. From those days to these the history of Buckingham Palace is largely the history of the British Empire, as a very large proportion of the responsible work of sovereignty has been carried on within its walls.

The expense of this new work will be defrayed by the money still remaining in the hands of the trustees of the Queen Victoria Memorial.

PRESIDENT TAFT'S ENGAGEMENTS

Washington, D. C., Jan. 16—President Taft has arranged to leave Washington tomorrow on a trip that will keep him away from the capital for several days. His first engagement is to speak at a dinner of the Clover Club in Philadelphia tomorrow night. Saturday night he is to attend a dinner in New York in honor of former President Andrew D. White of Cornell University. He will spend Sunday in New York and the next morning will proceed to New Haven to attend a meeting of the Yale Corporation, of which he is a member.

William Hodge is to appear in a play by Booth Tarkington, of which he and Mr. Tarkington will be managers, the long-time association with Hodge & Co., having been severed.

MIDWINTER MARCH OF
THE 104th REGIMENT

(By Charles F. Dalton, London)

The 104th New Brunswick Regiment of Foot was raised in 1806, did good service in the American War of 1812-1814, and was disbanded in 1817. It is on record that this regiment performed a splendid forced march on show-shoes through the backwoods from St. John, N. B., to Quebec, in the winter of 1812-13. Among the non-commissioned officers of the 104th Foot was a certain Jeremiah Hopkins, a sergeant, whose venerable wife had seen the rough side of war, having fought side by side with her first soldier husband during the American Rebellion and proved herself a heroine on more than one notable occasion. At the siege of Pensacola she again distinguished herself and was taken prisoner with her second soldier husband. Her military adventures, and her trying experiences when wrecked with her before-named husband in the Bay of Fundy, are well described in her memorial to the Secretary for War, dated from Fredericton, N. B., April 12th, 1816, which document runs as follows:

"To the Right Hon. the Secretary for War:

"The memorial of Elizabeth Hopkins, wife of Jeremiah Hopkins, Sergeant of the 104th (New Brunswick) Regiment of Foot.

"Most humbly knoweth that she was born of British parents at Philadelphia in the year 1744; has her husband, six sons, and a son-in-law, viz., Jeremiah Hopkins, (husband), Samuel Woodward, Timothy Woodward, Robert Woodward, Nathaniel Woodward, Archibald Woodward, Nicholas Hopkins, sons), James McDonough (son-in-law) serving His Majesty in the 104th, and during the course of her life, from her zeal and attachment to her King and Country, she has encountered more hardships than commonly fall to the lot of her sex. That in the year 1776 being with her first husband, John Jaser, Sergeant of Marines, on board the brig Seanley tender to the Rosebuck, she was wounded in her left leg, in an engagement with three French vessels when she was actually working at the guns.

"That the Marines, having been landed at Cape May, in America, her husband was taken prisoner by a Captain Plunkett, of the rebel army near Mud Fort Nied, and sentenced to suffer death, that by her means he was enabled to escape, [with twenty-two American deserters, to whom she served arms and ammunition, and on their way to join the army, their party was attacked by the enemy's light horse; she was fired at and wounded in her left arm; but, undismayed, took a loaded firelock, shot the rebel, and brought his horse to Philadelphia, (the headquarters of the army), which she was permitted to sell to one of the General's Sir William Howe's Aides-de-Camp; that after many fatigues and campaigns her first husband died, and she married Samuel Woodward, a soldier in Colonel Chambers' corps, was with the troops under General Campbell,

eaken at Pensacola, having, during the siege served at the guns, and torn her very clothes for wadding.

"That having been exchanged at the Peace of 1783, from attachment to the Royal Cause she embarked on board a transport, with part of Delancey's and Chamber's troops was shipwrecked on Seal Island, in the Bay of Fundy, when nearly 300 men and numbers of women and children were lost; that she suffered unparalleled distress, being pregnant, and with a child in her arms, remained three days in the wreck; was taken off with her husband and child by fishermen of Marble Head; and shortly after being landed delivered the three sons, two of whom are in the 104th the other dead. Lastly that she had the honor of being the mother of twenty-two children, viz., eighteen sons and four daughters, seven of the former being alive and three of the latter. That your memorialist humbly prays that you may consider her as a fit object for some allowance from the Compassionate Fund, towards her maintenance in her old age, having lost all her property, as a reward for her long and faithful services to her King, and as in duty bound shall ever pray."

Lord Palmerston, the Secretary for War, granted a pension to this venerable amazon.

(Note—In that matter of the march of 104th, in the winter of 1812-13 the writer evidently is in error as the March began at Fredericton.)

IN MEMORIAM

The following verses were composed by Mrs. Arthur Kitchen, residing at Milville, in loving memory of Charles Whitlock, who died on Jan. 3rd, 1913, of a lingering illness from consumption, being the fifth death in eight years. Much sorrow is felt for the bereaved mother.

Can it be dear Charles has left us?
Charlie that we did so love;
Changed the earthly joys forever
For the heavenly joys above.

And no more we'll hear his laughter
Never more to hear his voice;
Gladly would we keep him with us
If we could but had our choice.

Many years has he been suffering,
Patiently did he endure,
And his hope was all in Jesus
For He was his cure.

Dearest Charles, you have left us,
Left this world of pain and strife;
Oh! how bright your soul is shining
In that world of love with Him.

And how sadly we do miss thee
In the dusky eventide,
For your chair is sitting vacant
By the lonely window side.

And we look in vain to see thee
As we oft had done before
And our hearts fill with deep anguish
For we ne'er can see thee more.

Throat Was So Sore
Could Hardly Speak.

Mr. Gordon Murphy, Elliott's Mills, P.E.I., writes:—"Too much praise cannot be given your valuable remedy, Dr. Wood's Norway Pine Syrup. I suffered terribly from a severe cold during the early part of last winter and found it almost impossible to get anything to relieve me. Hoarseness seemed to be continually troubling me, and my throat was so sore I could hardly speak for quite a long time. At last I was advised to try your remedy, and in a short time I got relief, and have never been troubled with a sore throat or hoarseness since. I hope others will be fortunate enough to give your remedy a trial and be convinced that it is all I say it to be."

Dr. Wood's Norway Pine Syrup is without an equal for Coughs, Colds, Sore Throat, Hoarseness, Bronchitis and all Affections of the Throat and Lungs.

Price, 25 and 50 cents a bottle, put up in a yellow wrapper, three pine trees the trade mark.

Be sure and get "Dr. Wood's."

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

But in heaven, dearest Charlie
Far from this cold world of pain
There we hope once more to greet thee
See thy shining face again.

And our hearts go forth to mother,
She who was so kind and good;
Oh! how tenderly she nursed you
Nursed you as no other could.

This has brought to her great sorrow
Akin with deepest pain;
Many are her earthly troubles;
Earthly loss is heavenly gain.

You have gone to meet the loved ones
Who have gone not long before
How we think we see them standing
Close beside the golden shore.

One by one they have departed
Darling father you did love,
Loving sisters, Edith, Anna, Evelyn,
Have gone above.

And your game at last to meet them
Smiling faces, bright and free
For we know their all awaiting
Happily to greet you there.

Though we'd gladly keep you with us
Not our will, but God's be done
And we hope to meet thee, Charlie
When our work on earth is done.

But we never will forget thee
Never will thy memory fade,
Flowers of love will bloom forever
On the grave where thou art laid.

SPRINGFIELD

Springfield, Jan. 10—Mr. Edmondson met with a heavy loss when his house caught fire at about nine o'clock Jan. 6th and nearly everything in it was destroyed. Mr. Robert Aiken's crew was occupying the house and had to take refuge at Mr. Walter Graham's for a time.

Our long looked for snow storm has arrived and the steamers are getting the good of it.

Mr. Ernest Gray of Scotch Lake was sawing at this place recently.

Mr. Duncan McCorquindale made a trip to this place Tuesday.

Interesting Words

A prominent New York food expert recently said:

Statistics show that of 20 million school children in this country, 15 millions are more or less defective in eyes, teeth, glands, bony structure or otherwise.

This is largely due to their being fed upon substances in which the twelve minerals in the human body, and necessary to renew that body, are deficient in food. Chief among these twelve minerals are Phosphorus, Iron, Magnesium, Calcium and Fluorine.

Common flour, rice, corn meal and some breakfast cereals have been robbed of 75% of their mineral elements, largely by being prepared to look "white and nice."

Grape-Nuts

FOOD

Made of whole wheat and barley, contains all the valuable mineral elements necessary to the building of sound bodies and keen brains. This is particularly rich in organic Phosphates, the essential mineral element necessary to brain building and brain development.

A regular morning dish of Grape-Nuts and cream is the daily, healthy habit of thousands of families, who for years have found by actual test that this food has properly won the title of "King of Breakfast Foods."

Made by Canadian Postum Cereal Co., Ltd., Pure Food Factories, Windsor, Ont.