

## DENTISTS

**DR. J. B. CROCKER**  
DENTIST  
Office Kitchen Building  
Opposite Post Office  
Telephone Office 419-11. House 57-43

**English Dentistry**  
**Dr. GERRARD**  
Qualified by Collegiate Examination  
Office and Residence  
**KING ST. - Opp. Boyles'**  
Phone 574 - Fredericton

**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 137-11

**Dr. Barbour**  
DENTIST  
Inches Building  
or York and Queen St.

FIRE, LIFE ACCIDENT, AUTO  
AND GENERAL ANIMAL  
INSURANCE

**M. BREWER**  
LOWEST POSSIBLE RATES  
CLAIMS PROMPTLY PAID  
OFFICE NEXT ABOVE GIBSON  
GROCERY, QUEEN STREET.  
PHONE 334-31

## UNDERTAKER

**J. A. McAdam**  
UNDERTAKER  
REGENT STREET  
The best and most modern  
Funeral Equipment in the city  
Residence Telephone 70-41  
Business Telephone 112-41

**JOHN G. ADAMS**  
Is Conducting  
Undertaking  
Business  
AT  
610 QUEEN STREET  
Phone 26-11  
RESIDENCE  
Phone 448-11

## GOOD BUSINESS

Steady Advertising and Enterprising  
Sales Methods Prove  
Effective

One of the most remarkable concerns in Canada to-day is the Berliner Gramophone Company, Limited, of Montreal.

This Company far from feeling the ill-effects from the war is actually doing an increased business.

Since the middle of September, it has courageously increased its advertising throughout the Dominion and is now reaping the fortune which favors the brave.

Despite its name the Company is entirely a Canadian concern with a large factory in Montreal where it manufactures all the famous Victor "His Master's Voice" records for the Dominion.

An official of the Company recently interviewed made the statement that at present there was an enormous boom in patriotic records, and that the sale of "It's a Long Way to Tipperary" had alone in six weeks exceeded the sale of any other record ever published by them previously.

"At the present time" he went on to say "an even greater boom than Tipperary was under way for the song 'Your King and Country Want You', published by special request of the Minister of Trade and Commerce, now Acting Premier, Sir George E. Foster."

## POINTED PARAGRAPHS.

Better a weak stomach than a sour mind.

Where there's a will there's a chance for a lawsuit.

You cannot tell how a man is healed by the size of his shoes.

In after years a girl with auburn tresses becomes a red-headed woman.

Why is it that a deaf man can always hear an invitation to take a drink?

The faint heart that failed to win may not have done so badly, after all.

It's well to know how to do some things, and better to know how not to do others.

A man may be justified in thinking his wife is silly—considering the kind of man she married.

OVER 65 YEARS' EXPERIENCE

**PATENTS**

TRADE MARKS  
DESIGNS  
COPYRIGHTS &c.

Anyone sending a sketch and description will quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. HARRISON & SONS, 57 N. 2nd St., New York, N. Y. Oldest agency for securing patents. Patents taken through Munn & Co. receive special notice without charge, in the Scientific American.

**MUNN & Co.** 363 Broadway, New York  
Branch Office, 100 St. St., Washington, D. C.

**J. Bacon Dickson, LL. B.**  
Attorney-at-law, Notary, etc  
48 Queen St. Opp. Officers' Quarters,  
Fredericton, N. B.

## EDUCATIONAL

**The Winter Term**  
OPENS AT

**FREDERICTON**  
The Business  
COLLEGE  
W. J. OSBORNE  
PRINCIPAL

Monday, January 4th.

Full particulars furnished on application. Address

**W. J. Osborne, Principal**  
Fredericton, N. B.

DIETING AND EXERCISE  
CONDUCTIVE TO HEALTH

Old Athlete Tells Middle-aged Men  
How to Keep in Condition

Mike Donovan, who has been for thirty years boxing instructor of the New York Athletic Club is now 47 years old, and probably ninety-nine men out of a hundred between the ages of twenty and thirty would find him an extremely awkward custodian at any form of physical encounter. He is willing to tell that he knows for he believes that the term "self defence" means more than the ability of a man to repel an attack. When Donovan uses the term he means the ability of a man to fight off old age or rather the common symptoms of it. He himself is grey haired to-day, but he is an athlete who can be from 3 o'clock in the afternoon until late at night and hardly quicken his breathing. No one living of his years is in better condition for hard and continuous physical exertion. At a time of life when many men are tending to the grave he is a trained athlete.

**Original Ideas on Condition**  
Donovan has been too busy to be much of a reader, and it may be taken for granted that the ideas he has upon the subject of physical fitness are those conveyed to him by some theorist. They are the fruit of a lifetime spent in keeping fit and in keeping other people fit. He believes that physical fitness for the man of the man and the man who is still further advanced in life is easily enough attainable. All that is required is some will power, and, of course, some intelligence. It is a matter of diet and exercise. He needs to eat less, and exercise more and practice deep breathing, and do without tobacco and alcohol.

**Down on Alcohol**  
Donovan believes that the average business man whose work is done behind a desk or counter eats about three times as much as he should. Moreover, he probably drinks too much. Donovan's idea of too much drinking is any drinking. He says that alcohol should be regarded as poison, and everyone knows that even a very little poison is a bad thing. He says that three quarts of water ought to be imbibed in the course of the day. Then at meal times there will not be the demand for liquids. He is also opposed to the drinking of tea and coffee, and after water he places warm milk. Those who insist upon drinking tea or coffee ought to drink plenty of milk with it, and the drinking ought not to be done at meal time.

**For a Light Breakfast**  
We find his authority flatly opposed to the medical men who say that breakfast ought to be the best meal. He is against a heavy breakfast, and for that matter, too, a heavy lunch. Even at night he does not favor anything in the nature of a meal that will leave the consumer satiated. We ought to leave the table feeling that we could eat more. Mike is something of a vegetarian, but a discriminating one, for he does not endorse all vegetables. He divides them into two classes. In the first he places spinach, string beans, cauliflower and cabbage and insists that cabbage ought to be well cooked. These vegetables ought to be eaten freely. On the black list as far as he is concerned, go tomatoes, cucumbers, lettuce and radishes.

**Get Plenty of Sleep**  
As far as meat is concerned, Donovan says that beef and mutton are in a class by themselves. He is a strong advocate of the Fletcher system, and cautions against any boiling of meats. To the man who smokes he says that the best thing to smoke is a pipe, the next best a cigar. The cigarette is condemned wholeheartedly because of the general practice of inhaling it. He differs with such authorities as Edison in the matter of sleeping hours. The old saying of "seven hours for a man, eight for a woman and nine for a fool" finds no champion in him. Everyone ought to sleep at least eight hours. His own preference is for nine. As for the choice of exercise, while Donovan is naturally partial to boxing, he believes that walking is the best for general purposes, since everyone can walk a little if he tries.

**Moving Picture Kodak**  
A Polish scientist is the inventor of a motion picture camera which can be carried in the hand and which is operated by compressed air as long as a button is pressed.

**To Keep Shoes From Slipping**  
Pumps often give trouble by slipping. To remedy the fault, stitch a piece of ribbon elastic tightly across inside the top of the heel. This will prevent the continual wear of the heel of the stocking.

A flatterer is one who plays the role of echo to one's own thoughts

## NOTICE

NOTICE is hereby given that Written Tenders will be received by the undersigned at Boiestown, N.B., for the purchase of following property, up to Saturday, the 23rd January A.D., 1915.

## SCHEDULE "A"

The stock in the store of the late W. R. McCloskey at Boiestown and merchants therein and store fixtures. The Book Accounts and debts, household furniture, live stock, waggons, sleds, harness and sleighs belonging to the estate of said W. R. McCloskey, including general personal property appertaining to foregoing.

## SCHEDULE "B."

Timber Limits leased from August 1913 for twenty years and bonus charges paid to August, 1923, as follows: On Betts Mill Brook, Branch S. W. Miramichi Block 7 miles 5; Block 8 miles 3; Block 13 miles 2; on Muzerall Brook, Branch Cain's River Block 14 miles 6; Block 15 miles 3; Block 21 miles 6; Block 29 miles 3; on Lower Cain's River Block 64 miles 2; Block 82 miles 3; Block 73 miles 3; Block 72 miles 3; on Big Hole Brook, Branch S. W. Miramichi Block 302 miles 2.

Inventories of above property are on file with undersigned Administrators for examination of intending purchasers. Tenders for either or both schedules are asked. Terms cash.

CATHERINE J. McCLOSKEY,  
HEDLEIGH F. McCLOSKEY,  
Administrators  
McLELLAN & HUGHES,  
Solicitors.

## Sheriff's Sale

NOTICE IS HEREBY GIVEN that there will for the purpose of satisfying an execution issued out of the York County Court on a judgment signed therein, in a certain cause, wherein Dennis J. Shea is plaintiff and R. Annie Dunbar is defendant, be sold at public auction in front of the Court House in the City of Fredericton, on Tuesday, the Twenty-ninth day of January next, at the hour of fifteen minutes past twelve in the afternoon, all the right, title and interest of the said R. Annie Dunbar in and to,

ALL that certain lot, piece or parcel of land, situate, lying and being in the City of Fredericton, and bounded as follows: "Beginning on the 'northeastern side of Queen street in the said City of Fredericton at most 'western angle of the Market House lot; thence northwesterly along 'Queen street sixty-eight feet to 'lands belonging to Robert Sutherland; thence northeasterly along 'the same at right angles and parallel to Regent street one hundred and thirty feet to the southwestern 'side of Campbell street; thence 'along the same southeasterly sixty-eight feet to the Market House lot 'aforesaid and thence along the same 'southwesterly one hundred and thirty-two feet to the place of beginning," containing thirty-two poles more or less and distinguished as lot No. 3 granted to Thomas Pickard on March 3rd, 1828 as No. 2216 and being the same lands and premises conveyed by Henry Montgomery-Campbell and Laura his wife to Benjamin H. Torrens, by deed dated the thirtieth day of April, A.D., 1894 and duly recorded in the York County Records under official number 43289 and distinguished as part of lot No. 3, granted to Thomas Pickard on the 3rd of March 1828, by No. 2216.

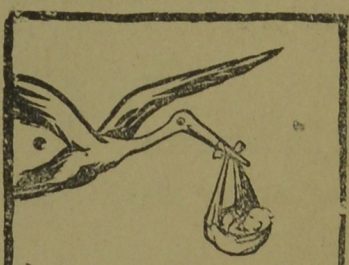
Save and except that portion of the above described premises conveyed by Benjamin H. Torrens' executors and Eliza Gunter to John H. Lee by deed bearing date the 21st day of November, A.D., 1910, and duly recorded in the York County Records in Book No. 144, pages 511-3, under Official Number 59891 and also save and except that other portion of the above described premises conveyed by H. Ralph Gunter to William C. Burst by deed bearing date the 1st day of October, A.D., 1913, and recorded in York County Records in Book X-6, pages 294-5 under official number 63458.

Together with the buildings and improvements thereon.

Dated this twenty-sixth day of November, A.D., 1914.

Sgd.) W. T. HOWE,  
High Sheriff of York.

months



## It Goes to The Home

Our paper goes to the home and is read and welcomed there. If you wish to reach the household, the real arbiters of domestic destinies, you can do so through our paper and our Classified Want Ads. form an interesting and well-read portion of it.

We Wish You All

:- THE :-

Season's Greetings

A. Murray & Co.

Pungs Sleighs

A variety of styles and finishes

See the new

Foredoor Auto Sleigh

Sleigh Robes, Fur Coats, Fur Lined Coats, Cloth Coats with Fur Collars, Ladies Neck Furs, etc.

Prices Right  
Terms Reasonable

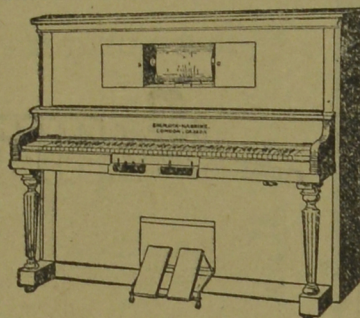
J. Clark & Son Ltd.

Special Turkey Dinners

— AT —

WASHINGTON'S CAFE YORK STREET

All This Week



Every member of your family can be a master musician. That statement sounds a little exaggerated, doesn't it? Nevertheless it can be done. How? Simply put a Sherlock-Manning 20th Century Player Piano in your home  
E. O. MacDONALD  
Agent

A Merry Christmas to all the family big and little, and may the New Year bring happiness and prosperity to you, and to me a continuance of your friendship.

Yours Truly,  
DENNIS J. SHEA,  
Plumber.

IT TOUCHES THE SPOT

People are talking about our Famous

CRISPETTES

They are most delicious and go to the right spot. We make this confection in large quantities with our Crispette machine at our factory, 439 Charlotte Street, where visitors are invited to watch the process. Crispettes are made from the finest pop corn and are in great demand Grocers and confectioners in the city and country supplied at short notice. Give us a trial order. They are quick sellers.

**The Enterprise Bottling Co.**  
Office 414 King St. - Factory 439 Charlotte St.  
A.H. Woods, Mgr.