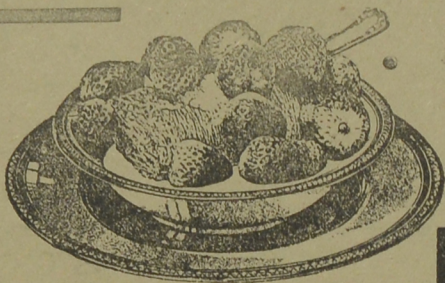


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The road to health and strength and palate-joy is through a return to simple foods like

SHREDDED WHEAT

With Strawberries or Other Fruits

Cut out meat and potatoes for a while and try this dish—a dainty, delicious, nourishing dish. Because of its porous shreds and its biscuit form Shredded Wheat combines most naturally and deliciously with all kinds of fresh fruits.

Heat one or more Biscuits in the oven to restore crispness; then cover with berries or other fresh fruit; serve with milk or cream and sweeten to suit the taste. Better than soggy white flour "short-cake"; contains no yeast, no baking powder, no fats, no chemicals of any kind—just the meat of the golden wheat, steam-cooked, shredded and baked.

The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ontario
Toronto Office, 49 Wellington Street East

NEWS OF FREDERICTON TWENTY-ONE YEARS AGO

From Weekly Herald June 24, 1893.

VISITORS—Mrs. Dr. A. J. Anderson of Astoria, Long Island, and her sister, Miss Wilkinson, who has been visiting here for the past month, returned home Thursday afternoon.

CEASED RUNNING—The river has become so low that the steamer Florenceville, plying between this city and Woodstock, has been laid off. It has been a very short season for her, but an exceedingly busy one, owing to the large amount of freight.

CITY SCHOOLS—The semi-annual public examination of the city schools will be held on Tuesday, the 27th inst. All are cordially invited to attend the exercises, which are of an especially interesting.

FIRE AT THE MILLS—The fire at Victoria Mills on Tuesday last started in a pile of wood and sawdust. The fire brigade with the employees of the mill, fought a hard fight all afternoon and had the flames about extinguished when the alarm for the fire at Gibson was made.

WEDDING BELLS—There was a very large gathering at the Cathedral on Wednesday, the 21st inst., at half past twelve, to witness the marriage of Miss Bessie Lee, youngest daughter of George C. Hunt, to Harrison Kinneer of St. John. The ceremony was performed by the Rev. F. Alexander, assisted by the sub-dean, Rev. F. Alexander. Miss Maggie Jaffrey of St. Mary's, and Mr. Lucas of Toronto,

supported the contracting parties.

FIRE AT GIBSON—On Tuesday afternoon the 25th inst., the greater portion of the Village of Gibson was swept by a storm of fire and completely annihilated. The fire originated in a barn belonging to Arthur Sewell just south of the old Woodford-Smith property. In a few minutes Mr. Sewell's large dwelling-house was in flames. The next to go was the Harry Curry house, occupied by Alex. Heron. The Malcolm Brown residence caught next and the fire became general on the river or west side of the street. The double tenement owned by James McMurray carried the flames across the street to the Widow Neill's dwelling and both sides of the main street parallel with the river was a mass of smoke and flame. The fire swept over the village in about two hours, destroying eighty-four dwellings with an equal number of barns, two new churches, five stores, C.P.R. round-house, station and tunnel, blacksmith shops, fences, sidewalks, in fact everything that could be burned. It was about a quarter to three o'clock when the alarm was sent in. Most of the men were away at work, some at the Phoenix Mills, at the Douglas Boom, at Marysville and Fredericton, so there was no assistance to fight the flames nor save valuable property. Help arrived from the city, a detachment of the fire brigade and the infantry school men under Lieut. MacDonnell, rendered efficient aid and through their efforts with those of the St.

ACCIDENTLY SHOT HIS SENATOR FRIEND

New York, June 25—Mayor Mitchell's pistol accidentally shot ex-Senator William H. Reynolds in the hand, in front of the Mitchell home at 258 Riverside Drive on Saturday afternoon. It was learned last night. An automatic pistol dropped from a holster carried by Mr. Mitchell when he was alighting from an automobile. It struck the sidewalk, breaking the safety clutch set against the trigger, and forced the hammer down, exploding a cartridge.

Mary's firemen, Babbitt's Mills, the Hallet and Logan dwellings, Methodist church were saved. The roaring of the flames, the dense smoke, the shouts of excited men and screams of frightened women and children made it a pandemonium. The very heavy wind and extreme dryness of everything made it impossible to do anything to stop the progress of the fire and all turned their attention to saving what household effect they could. With the exception of Babbitt Brothers, R. Macklin, James Garden, W. H. White and one or two others, the residents are mechanics and laborers and in nearly all cases lost all they had. There was no loss of life. Children strayed away. The loss in buildings and furniture, clothing and so forth total \$240,000 with insurance amounting to \$67,450. Among those who lost dwellings and furniture were A. H. Sewell, Hiram Brewer, Malcolm Brown, D. Flynn, Neill estate, C. Parlee, P. A. Logan, Geo. Bailey, B. H. Babbitt, Daniel Babbitt, C. Duffy, W. Wilson, G. Barker, T. H. Babbitt, E. Sewell, C. Moore, H. Currie, Mrs. Cowperthwaite, W. Rossborough, George Sherwood, S. H. Gill, C. Chase, Mrs. Z. Currie, E. Johnston, E. Allee, R. Macklin, M. Macklin, J. Garden, H. Garrety, R. Fradsham, S. Yerxa, C. Titus, J. Boyd, W. Bradley, W. H. White, J. Kyle, L. A. Belyea, G. S. Peters, H. Pickard, A. Gibson, Mrs. A. McLaughlin, C. Robinson, D. Evans, J. Taylor, Mrs. Bryan, J. Ruel, A. D. Yerxa, J. F. Miles, D. Combes, T. A. Logan, B. Jewett, B. Webb, Prof. Bailey. The citizens of Fredericton, represented by such men as Randolphs, Fishers, Winslows, Allens, F. B. Edgecombe, Thos. Temple, the city council, etc., made no uncertain sound at the mass meeting last night for the relief of the sufferers. Mayor Teckwith presided and J. W. McCready acted as secretary. A recommendation was passed that the city council, on behalf of the city, donate \$1,000 to the fund. Hon. A. F. Randolph headed the private list with \$500, G. E. Fenety gave \$100 and smaller sums aggregating \$1,000 were named by others. Committees were appointed to solicit funds in the different wards of the city.

FRECKLE-FACE

SUN AND WIND BRING OUT UGLY SPOTS. HOW TO REMOVE THEM.

Here's a chance, Miss Freckle-face, to try a remedy for freckles with the guarantee of a reliable dealer, that it will not cost you a penny, unless it removes the freckles; while the expense is trifling.

Simply get an ounce of othine—double strength—from any druggist and a few applications should show you how easy it is to rid yourself of the homely freckles and get a beautiful complexion. Rarely is more than an ounce needed for the worst case.

Be sure to ask the druggist for the double strength othine as this is the prescription sold under guarantee of money back if it fails to remove freckles.

GUARD B-BYS HEALTH IN THE SUMMER

The summer months are the most dangerous to little ones. The complaints of that season which are cholera infantum, diarrhoea and dysentery come on so quickly that often a little one is beyond aid before the mother realizes he is really ill. The mother must be on her guard to prevent these troubles or if they do come on suddenly to cure them. No medicine is of such aid to the mother during hot weather as is Babbitt's Cwn Ta'lets. They regulate the bowels and stomach and are absolutely safe. Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams Medicine Co., Brockville, Ont.

THIS DATE IN HISTORY

1721—Mail stages were established between Quebec and Montreal.

1774—Public reception in Boston in honor of Thomas Jefferson.

1801—Cairo, which has been captured by Napoleon in 1798, retaken by the British.

1844—Joseph Smith, founder of the Mormons, killed by a mob at Carthage, Ill.

1892—King Charles of Roumania visited Queen Victoria.

1894—M. Casimir Perier elected President of the French Republic.

The International Union of Steam and Operating Engineers will hold its annual convention in Peoria in September.

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Painter and Paper Hanger

674 King Street

River Steamer Victoria

Until further notice, the steamer Victoria will leave her wharf Fredericton for St. John every Monday, Wednesday and Friday morning at 7.30 o'clock returning on alternate days, leaving St. John at 8 a.m.

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