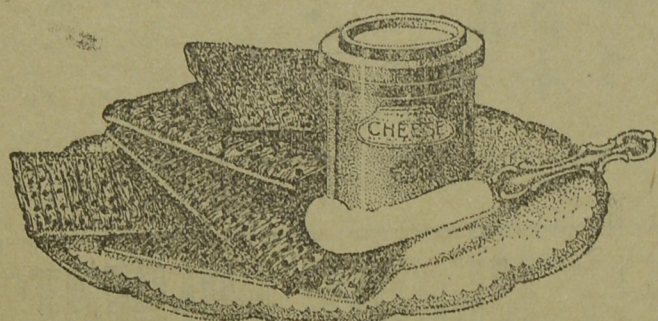


Try Triscuit To-day



Food science has taught us that there is much body-building nutriment in the whole wheat grain which we do not get in white flour. The only question is how to make the whole wheat grain digestible. That problem has been solved in the making of

TRISCUIT

The Shredded Whole Wheat Wafer

It is the whole wheat, steam-cooked, shredded, compressed into a wafer and baked—the maximum of nutriment in smallest bulk. Many people prefer it to ordinary bread toast. Heated in the oven to restore its crispness, it is delicious for luncheon, or for any meal, with butter, potted cheese or marmalades.

"THE TOAST OF THE TOWN"

Made of the Choicest Selected Canadian Wheat
A Canadian Food for Canadians

Made by
THE CANADIAN SHREDDED WHEAT COMPANY, LIMITED
Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East

IN MISERY AT MEAL TIME

Indigestion Can be Cured by the Use
of Dr. Williams' Pink Pills

If your digestion is weak you cannot derive proper nourishment from your food. The pain and distress you suffer is a protest from your stomach that it is unable to do its work. It is then that you lose all appetite, have dull headaches, acute pains in the chest and abdomen, heartburn and other distressing symptoms.

You cannot cure indigestion by the use of laxatives and pre-digested foods only made the stomach more sluggish. Indigestion can only be cured by giving tone to and strengthening the nerves that control the stomach. Dr. Williams' Pink Pills have cured indigestion times without number, because they purify and enrich the blood. In this way they improve the appetite, dispel the torments of indigestion and enable you to derive benefit from the food you take. The following is proof of these statements. Mrs. George Brien, Great Shemogue, N.B., says:—"A few years ago I was taken down with a fever which left me suffering from nervous stomach trouble. I apparently got over it, but the trouble could not have been wholly eradicated, as during the summer of 1912 I was taken down with it again. I took many medicines and was attended by two different doctors, but instead of getting well seemed to be growing worse. I could not wait without suffering the most intense pains; even a drink of milk seemed to upset me. I slept poorly and at last dreaded to see night come. In this condition I saw in a newspaper the story of a woman who had similarly suffered and was cured through the use of Dr. Williams' Pink Pills. I decided to try the Pills and found by the time I had taken three boxes that they were helping me. I continued using the Pills until I had taken eight boxes when the trouble had disappeared and I have to thank Dr. Williams' Pink Pills for restoring my health after I had practically given up hope of ever being well again."

Dr. Williams' Pink Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

LESSONS FROM FIRES

The National Fire Prevention Association in a report on fire losses, draws attention to the following points:—

Shingled roofs are a constant menace and should be abolished.

Unprotected steel construction has proved itself many times to be far inferior to average timber construction. Unless well protected in suitable manner to withstand the attack of fire, this type of construction invites disaster.

In every building two or more stairways, remotely located with respect to each other and enclosed in fireproof shafts, are essential for the escape of the occupants, as well as for the work of the fire department.

Elevators should be enclosed in brick or reinforced concrete shaft, walls to pierce all floors and extend at least three feet above roof. Approved automatic fire doors to be installed on one side of wall at all doorways to building.

Properly installed hand-hose connections on sprinkler equipments in specially hazardous locations have proved very desirable, and frequently prevent an undue water loss by extinguishing the fire before the automatic sprinklers operate.

Ventilating fans should be stopped at once upon an alarm of fire.

A HORSE'S WORK MADE WATER BOIL

Count Rumford's Experiment Helped to Disprove the Prevailing Theory of Heat

Up to about 100 years ago heat was supposed to exist in various substances in varying quantities—the expression that this or that substance "draws the heat" is still occasionally heard.

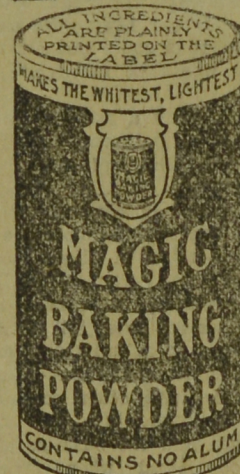
Correct knowledge of heat dates back to about 1798 when Count Rumford who was one of the founders of the Royal Institution of Great Britain executed a series of experiments on the generation of heat by friction. While engaged in boring cannon in Munich, he was so forcibly struck by the large amount of heat developed in the process that he questioned the theory of heat then prevailing, and he thereupon devised a special apparatus for the examination of the generation of heat by friction. He had constructed a hollow cylinder of iron into which was fitted a solid steel plunger, which was made to press against the bottom of the cylinder with great force. A box which surrounded the cylinder contained about 20 pounds of water, in which a thermometer was placed. The original temperature of the water was 60 degrees F. The machinery was turned by power supplied by a horse, and an hour after the friction had commenced the temperature of the water was 107 degrees, having risen 47 degrees; half an hour afterward he found the temperature was 142 degrees. The action was continued, and at the end of 2 hours and 30 minutes from the commencement the water actually boiled. Rumford's description of the effect of this clever experiment on those who witnessed it is quite delightful. "It would be difficult," he said, "to describe the surprise and astonishment expressed in the countenances of the bystanders on seeing so large a quantity of water heated, and actually made to boil without any fire."

It was, of course, the work performed by the horse that created the heat by friction which caused the water to boil.

The Country of Vineyards

France is the greatest wine-producing country in the world, but its vineyards are slowly declining. None the less, so fewer than a million and a half Frenchmen still are proprietors of vineyards, and between them they own well over 4,000,000 acres.

NO ALUM



ODDS AND ENDS OF INTEREST

At the narrowest point the Straits of Gibraltar are about 15 miles wide.

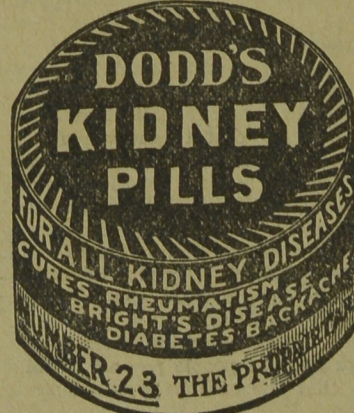
It is believed that the first Olympic Games were held in the year 1453 B.C.

In 1868 Canadian Banks had but 188 branches.

Of the mortality among the peoples of the world, one-seventh is caused by consumption.

To travel the entire length of the Atlantic cable a message takes approximately three seconds.

According to the most expert statisticians, the Atlantic Ocean has an area of 24,536,000 square miles.



ROGERS' FURNITURE - STORE

VISIT OUR

Big Annual February Sale

OF

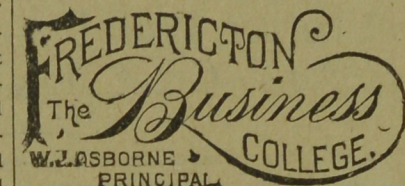
HOUSE FURNISHINGS

Opportunity to secure Furniture at BARGAIN PRICES

HOWARD ROGERS, Complete House Furnisher

EDUCATIONAL

There is an increase of 60 per cent in the attendance at



for the fall term of this year as compared with last year.

Our fall term opens on Monday, January Fifth.

Send for free catalogue. 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

Business Telephone 118-41

JOHN G. ADAMS

Is Conducting

Undertaking
Business

AT

610 QUEEN STREET

Phone 26-11

RESIDENCE

Phone 448-11

FOR THAT
DISTRESSED
FEELING

Try a Bottle of

STAPLE'S

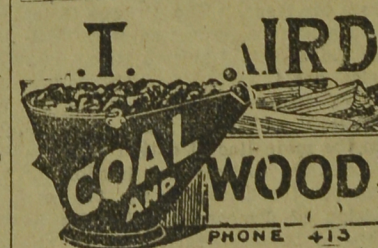
Dyspepsia Remedy

Every Bottle Guaranteed

Price 75c a bot.

STAPLES PHARMACY

Alonso Staples, Prop.



Ad Wogast's brother Johnny is to box in one of the preliminaries when the former champion meets Joe Rivers in Milwaukee next week.

Bombardier Wells is not discouraged over his recent defeat by Carpentier and is planning to take another fling at the game.



For booklets and all information, apply any agent, or P. Mooney, General Agent, 123 Hollis St., Halifax.
CANADIAN NORTHERN STEAMSHIPS, LIMITED

FIRE, LIFE AND ACCIDENT

INSURANCE

ALL FIRST CLASS COMPANIES

M. BREWER

LOWEST POSSIBLE RATES

CLAIMS PROMPTLY PAID

OFFICE NEXT ABOVE GIBSON'S
GROCERY, QUEEN STREET.

WASHINGTON'S
CAFE

YORK STREET

OUR 35 cent DINNERS
are Unexcelled in the
City.

BUCTOUCHE and P.E.I. OYSTERS
Always on Hand.

DENTISTS

DR. J. B. CROCKER
DENTIST

Office Kitchen Building

Opposite Post Office

Telephone, Office, 419-11. House 57-41

Dr. GREENE Dentist

Main office and residence, 459 King Street, opposite Smith Foundry.
Branches at Stanley and Pokiok.
At Stanley office three days, beginning the 10th of each month.
At Pokiok 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 137-11

NEW SUBSCRIBERS

554-21—Fletcher, Minard res. St. Mary's.
452-32—Haines, Mrs. Alfred res. St. Mary's.
452-41—Kierstead, Fred, res. St. Mary's.
440-31—Ladds, J. A. res. 67 Charlotte St.
476-21—MacEvoy, A. J. res. Gibson.
440-11—Powers, John res. 282 O'Neil Ave.

New Brunswick Telephone Co
Limited.

S. B. EBBETT

Exchange Manager

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor).

BEST LAXATIVE FOR

"BOWELS—CASCARETS"

Whe. Constipated, Headachy, Bilious,
Breath Bad, Stomach

Sour

Get a 10-cent box

Are you keeping your bowels, liver, and stomach clean, pure and fresh with Cascarets, or merely forcing a passageway every few days with Salts, Cathartic Pills, Castor Oil or Purgative Waters?

Stop having a bowel wash day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the sour 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 poisons in the bowels.

A Cascaret tonight will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only ten cents a box from your druggist. Millions of men and women take a Cascaret now and then and never have headache, biliousness, Coated Tongue, Indigestion, Sour Stomach or Constipated Bowels. Cascarets belong in every household. Get a 10-cent box.

New York, Feb. 6—Reported that Louis Brandeis will head board of trustees for Boston & Maine holdings.

Manufacturers and shippers in New York sign petition to Interstate Commerce Commission asking that railroads be permitted to increase rates.

Wilson plans to rush through Rural Credits Bill.

SPRINGFIELD

Springfield, February, 6—We are sorry to hear that Mrs. James Moore has called on the doctor once more.

Clowes Reed has been laid up with rheumatism in his arm and wrist.

S. Edmonds visited this place on foot this week.

Charles Love has returned from his camps on the Miramichi.

Clifford Graham has taken his team to the woods for John Moore.

We hear our most esteemed neighbor Thomas Hallett who is visiting his daughter in Vancouver is very low.

S. Gordon is reported to be doing nicely.

CORK STATION

Cork Station, Feb. 6—The weather for the past week has been very favorable for the farmers who are busily engaged in hauling their hay from their meadow.

Our school is progressing very successfully under the skilful management of Miss McNeil.

Denny Murphy of New Market was calling on friends in this place recently.

Charles Connors and John Driscoll Esqs., have been hauling hay from the land, but we regret to learn of the accident which befell them. When their spirited horses got a start down hill and their load upset. Mr. Driscoll intends by another season to have a motor-truck to convey his produce to and from his farm.

The roads are in an excellent condition greatly to the advantage of those who are hauling their organs.

Some of the men have returned home from the lumber woods.

Ambrose Donahoe is busily engaged in hauling wood for Mr. Harris of Booth.

May Buckley has joined the Princess Players in New York.

If You Want a High Grade PIANO OR ORGAN

Call at McMurray & Company.

They Sell the Highest Grade Gerhard Heintzman,
Bell and Gourley Pianos at Low Prices and Easy
terms.

Call or Write For Prices on Easy Payments
We Employ No Agents

The McMurray Book and Staty. Co. Ltd