Are your feet hot, sore and blistered? If so, try Zam-Buk. As soon as Zam-Buk is applied it cools and soothes injured, smarting skin and tissue.

Its rich, refined herbal essences penetrate the skin; its antiseptic properties prevent all danger of festering or inflammation from cuts or sores; and its healing essences build up new healthy tissue. For stings, sunburn, cuts, burns, bruises, etc. just as

effective.

Mothers find it invaluable

But these may now be observed at any time by means of a special appar

WEAKNESS AND **PALPITATION OF** THE HEART.

and sometimes seems to almost stop, it or muscular force. A skillful swimcauses great anxiety and alarm.

Many people become weak, worn and miserable, and are unable to attend to either social, business or household duties.

disorders, and are recommended by us tion, heart failure or nervous spasm. will do what we claim for them.

Mrs. George Burridge, Coboconk, Ont., writes:—"Just a few lines to let waves. you know what Milburn's Heart and Nerve Pills have done for me. I have case like your pills did. I can recom- for boys and old men. It is a splennerve trouble."

Milburn's Heart and Nerve Pills are game or pastime does more? 50 cents per box, or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of

FAREWELL GARDEN *PARTY FOR LORD AND LADY ASHBURNHAM

(Sussex Daily News.) The Earl and Countess of Ashburn ham gave a garden party at Ashburnham Place on Saturday, and the event was recognized as the first anniversary of their coming to the Place and an opportunity to bid farewell to their friends-for the Earl and the Countess will not be present in the neighborhood now for some time. Yesterday, to be exact, saw the conclusion of a year's residence at Ashburnham Place, and Lord and Lady Ashburnham have during that short time taken the deepest interest in the welfare of the local publicland figured prominently at a number of public unctions. Feelings of pleasure and

disease of the heart.

No sens ble man would attempt to run as far as his strength would permit if at the time of his endurancel he know that he must go bey is a tombstone which has been through an equal amount of violent polished every morning and decorated though it has been measured thou exercise to save his life. Yet foolish afresh with a bunch of flowers for sands of times no difference has been men and foolish boys daily try to see how far they can swim, put their lives in peril and alarm and worry the spectators on shore by their story who died five years ago. Never efihausted efforts to return. The first ster, who died five years ago. Never dip is especially dangerous, and the a morning has passed but a fresh expert who "knows that he can make floral tribute has been laid on it. the second buoy because he did it last year' had better rest content in his confidence and try some short- DR. DeVAN'S FEMALE PILLS Reliable monthly in his confidence. er and safer trip for his first dip of the season.

Almost all the deaths from drown-When the heart begins to beat irreguing result either from heart failure of skill arly, palpitates and throbs, skips beats or cramp, not from failure of skill for Nerve and Brain; increases in mer can rest quite easily "rocked in the cradle of the deep" provided his Sold in Fredericton by A. J. Ryan. heart and nervous strength are not already exhausted by violent muscualr exertion. If, however, the cir-Milburn's Heart and Nerve Pills are culation is impeded or the nervous a specific for all weakness and heart strength exhausted cerebral congeswith the greatest of confidence that they is liable to seize even the expert and render him as powerless as a baby in the mighty arms of the ocean's

I wonder what is the favorite sport and Black will be played in New York been troubled with weakness and pal- of "Anti-Golf" the writer who has this afternoon. pitation of the heart. I tried many stirred up a cantroversy in England remedies but got none to answer my because he said that golf was unfit mend them highly to all with heart or did exercise and training for young men and makes old men young. Wnat be more prominent than ever in the

Pittsburg Pirates hit Reulback of price by The T. Milburn Co., Limited, Brooklyn, for ten safe bingles Satur-France lined up with Turkey and Ja-Toronto, Ont.

Brooklyn, for ten safe bingles Satur-France lined up with Turkey and Ja-day and won by a sscore of \$\frac{1}{2}\frac{3}{2}\frac{1}{2}\text{pan on the woman question.}

Nothing Helped Her Until She Tried "Fruit-a-tives"

CAMPBELLVILLE, ONT., May 5th. 1913.

"I cannot speak too highly of "Fruitatives". For over thirty years, I have suffered from Chronic Neuralgia and Constipation, experiencing untold agony. The Neuralgia settled in my lungs and I took bottle after bottle of medicine without relief. The doctor told me I would not get better but "Fruit-a-tives" proved that the doctor was wrong, by giving me quick relief and finally and completely curing me.

I would not have my present health if it was not for "Fruit-a-tives" and I am glad of the opportunity of giving you this letter about such a splendid remedy as "Fruit-a-tives", for the guidance of other women who may be similarly affected"

MRS. NATHAN DUNN. CAMPBELLVILLE, ONT., May 5th. 1913.

MRS. NATHAN DUNN.

"Fruit-a-tives" is the only medicine made from fruit juices and is particularly

tary occupation needs to exercise fully produced simply and rapidly, and repairs can be easily made.

Walter Johnson broke his losing streak with the "Big Stick."

The Princeton Tigers beat Yale to 1 un New Haven and were beaten 3 to 0 at Priceton, since which game Yale beat Harvard 6 to 1 and 13 to 8, being beaten 7 to 3. The rubber game between the Blue and Otange

Instead of women being shut out of Olympic competition, as our United States delegates wished, they are to Perlin games. Their active part has been extended to golf. It is inexplicable that the United States and

Extraordinary Names For Everyday Habits

that alienists have introduced to describe certain aberrations of the mind that are not insanity but that are classified as psychoses, being indications of a condition hat is not exactly normal. Most of us have some one or more of them. Most of them are merely bad habits, expressive of the nervous strain of modern life.

The following, taken from an ac count in a scientific magazine of nerve specialists, are a few of the



THE SHAPE OF THE MOON

Scientist Says it is Oval-Shaped-Preacher's Strange Theory

ments at Bologna that the moon is

The moon is more easily measured than any other heavenly body, but detected between its polar and equatorial diameters. A clergyman re cently put forward the theory that the side of the moon always turned away from the earth ' of the same size and shape as the great pyramid which, according to Revelations, forms the New Jerusalem. Eventually, so asserts the author of the theory, the moon will fall on the earth, and the hemisphere turned earthward will bury itself in our planet, while the pyramidal New Jerusalem will project above the rack and ruin of the elements as the Celestial City, where the faithful are to spend eternity.

This remarkable theory was published with a preface by the Bishop of Exeter.

Pruning Berry Bushes

Raspberries when grown without supports should have the canes.pruned back in summer, so as to make them stocky and self-supporting; when fastened to supports they may be left longer.

Sinful Waste

Lewisham Guardians have decided to purchase 200 Bibles for the use of patients in the infirmary at a cost of \$50, though a member declared that the expenditure was "a waste of the ratepayers' money."

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