

A FOOD THAT PROMOTES HEALTH IS WORTHY OF A TRIAL.

MALT BREAKFAST FOOD

Is a True Health Food.

Body and mental vigor and general good health depend largely upon the food used at the opening meal of the day—breakfast.

Thousands of people, young and old, use some form of grain food each morning. The large majority of these grain foods or cereals are positively injurious to digestion, and therefore, cannot promote health and strength.

Food experts and all who desire to see the masses supplied with pure and wholesome foods, very strongly recommend Malt Breakfast Food, hold it up as the world's ideal health food.

Malt Breakfast Food is predigested; it is concentrated, therefore the most economical to use; it is a true flesh, bone and muscle builder. One 15 cent package will make a dish for twenty-five people. Your Grocer sells it.

POULTRY POINTERS.

The more active the breed the less tendency to fatten.

Exercise makes the hens lay good, strong, fertile eggs.

To prevent gapes feed only on a clean surface. Filth and gapes go together.

The best plan of killing is by bleeding in the mouth or neck. Hang up by the feet until properly bled. Be sure to pick while warm.

While the winter care of fowls is easier than the summer, because there is less risk of disease, yet good management is necessary if they are made profitable in winter.

The comb is always an index to the condition of a bird. When the comb is white or pale or very black, something is wrong. A healthy fowl shows a bright scarlet color on the comb.

If care is taken to give the laying hens a warm, soft breakfast every morning, having it ready as soon as they fly down from their roosts, they will not only lay more eggs, but keep it up longer.

While the confinement of fowls is not an improper mode of caring for them only a few should be kept together. It is often the crowding of a large number together that causes failure. Fowls thrive best in small flocks.

Nobby Suits and Nobby Boots.

Have you seen those new goods at Lucy's? They are the product of the very best manufacturers in the dominion, and in style and prices will compare with the custom work of the best workmen in the city. Those goods were manufactured especially for Lucy & Co., and warranted to be just as represented and they have no hesitation in recommending them to their customers. Those goods comprise men's, youth's, boy's and children's suits of clothing, boots, shoes, hats, caps &c. Stylish and serviceable. They don't touch shoddies. They leave those to their neighbors.—d.

THE SOLDIER'S LIFE.

Only to stand in the red of the fray,
Only to battle for glory, you say;
Only to leap to the bright song of death,
Murm'ring, "My country!" with fast fleeting breath;

This is the life of the soldier, you dream,
Wreathed with the flag in the battle's red gleam!

Night on the road, and the mud to his hips!
Visions of little ones leaning with lips
Just to be kissed through the dream and desire—
Sweetheart and home hearts and love by the fire!
This is the life of a soldier, to fare
Far from the tenderness waiting him there.

Mourn on the march and the war drums ahead,
Beating the call to the battle, the tread
Of legions gone down in the ranks in the van.
On to the front, file by file, man by man!
Soldier, so valiant, so brave and so true,
Honor and glory to yours and to you!

Noon on the field and the battle's fierce heat
Flamed to the faces unfaltering that meet
Death in the flash of the shot and the shell,
The crash of the cannon, the red, roaring hell;
Still 'neath the folds of the flag doth he fight,
True to his country and true to the right!

Night on the hills, and, oh, the wide eyes
Under the shadow and grief of the skies!
Night in the hamlets where broken hearts wait
In vain for the heroes that fought against fate!
This is the life of the soldier—some time
A wreath for a tribute, a rose and a rhyme!

Wise Cupid.

When the man and his wife came to blows,
Love flew away.
"I don't care to be mixed up in any family quarrels," said Love sagely.—Detroit Journal.

Nobody Knows but Mother.

Why is it that a married woman never has the joyous, happy look that distinguishes an unmarried woman?—Atchison Globe.

Tact is being more and more recognized as a valuable instrument in man's welfare and happiness.

The most magnificent tomb in the world is deemed to be the palace temple of Karnak, occupying an area of nine acres.

The Love of the Epicure.

"He married his cook, did he?"
"Yes."
"Was it a love match?"
"Oh, yes. You see, he fell in love with her salads."—Philadelphia North American.

FALL OF AN EMPLOYEE.

The Comment of an Aristocratic Railway President.

When Charles M. Hays assumed the general managership of the Grand Trunk railway of Canada, he inaugurated a reign of democracy over that system, Americanized Grand Trunk officialdom and made "business" the password which opened the doors of the most exclusive and hitherto inaccessible sanctums. Sir Henry Tyler, the president of the road before Mr. Hays received his appointment, was an aristocrat of such keen sensitiveness that he shunned all personal interviews with the employees. Upon his official tours, when contact with the men was unavoidable, Sir Henry was accompanied by a superintendent, who acted as his guide and interpreter. Then if Sir Henry found it necessary to put questions to an employee he would talk to him through the superintendent, and the man thus addressed was expected to submit his reply to the superintendent.

On his last tour over the road Sir Henry arrived at an early hour at a small but important station in western Ontario, and in the course of his inspection of the company's buildings Sir Henry went into the dispatcher's room and found a fire burning in the stove.

"What's this?" Sir Henry exclaimed, turning to the superintendent. "What's the necessity for a flash heah?"

A dispatcher who was standing near volunteered an explanation and in so doing presumed to address himself to the president of the Grand Trunk company. "You see, Sir Henry," he said, "we dispatchers came on at 10 o'clock last night, and it got pretty cold here along about 3 o'clock this morning, so we started up a fire, and it hasn't got burned out yet."

Sir Henry drew himself up, inserted his monocle in a scornful eye, looked the man over with elegant disdain and, turning to the superintendent, exclaimed, "What have we heah?"

The collapse of the dispatcher was instantaneous and complete. "But, say," he says now, "if I hadn't a wife and family to support, I'd have said a few words to that nabob. 'What have we heah?' I guess he thought he was a little papier mache idol with a glass eye, all right."

Regretful Reminiscence.

Aunt Rachel—Mandy, what's the trouble between you and Mr. Hankinson? I haven't seen him here for several evenings.

Miss Mandy—He seemed to be getting a little too confidential the other night, auntie, and I told him to take his arm away.

Aunt Rachel—Well, he did, didn't he?
Miss Mandy—Yes, he took it clear out of the house, and he hasn't been back with it since.—Chicago Tribune

Sugar Cured Meats.

Delicious sugar cured meats at Murphy's, 209 Brunswick street.

Small and medium sized hams.

Picnic hams.

Flat Breakfast bacon.

Roll'd bacon.

Windsor bacon.

These meats are mild cured and properly smoked and are unsurpassed for sweetness, delicacy and freshness of color.

Also pure leaf lard fat, corned pork for beans, mixed corned pork for boiling pressed ham and pressed corned beef.

All meats which are destined to be eaten cold are greatly improved by being pressed. Meats thus treated retain their juices and have a more delicate flavor.

You can buy your sugar cured meats at Murphy's factory cheaper than at any other place in the city.

May 6.—dmwstf.

CENTRAL KESWICK RIDGE.

(Special correspondence to the Herald).

May 22.—The Douglas and Bright Butter & Cheese Co., held their semi-annual meeting this evening, at the home of J W Jewett. A large proportion of the members were present. After transacting the ordinary routine business the shareholders present decided to commence operations in the factory on Monday, June 3rd. No changes of any consequence were made in the management. This company is run on the co-operative system, which is giving good satisfaction under the able management of Councillor J W Jewett.

Story Book Land.

In story book land, it is there you will find
The wisest and bravest and best of mankind,
And women who step from perfection's fair mold,
Well worthy of heroes so splendid and bold;
And the villain unblushingly revels in sin,
Proclaiming himself, with a leer or a grin,
It's easy to see all the cards in his hand;
They're far and aboveboard in story book land.

And fortune awaits, just as fortune should do,
Ere the volume is closed on the good and the true.

And the schemes of the sordid are certain to fail,
The righteous rejoice and the wicked ones wail.
Oh, it's hard to return to the bustle and glare
From the library nook so secluded from care
To the strange struggling world which we can't understand
When we might be so happy in story book land!

How He Disposed of Him.

"Yes, sir," said the returned Klondiker,
"one of my dogs, just a common mongrel, saved my life."
"And you were not heartless enough to sell him, were you?" they asked.
"Naw. I ate him."

Rheumatism will Succumb to South American Rheumatic Cure because it goes right to the seat of the trouble and removes the cause. Many so-called cures but deaden pain temporarily only, to have it return again with doubled violence. Not so with this great remedy. It eradicates from the system the last vestige of the disease and its cures are permanent.—74

What is

CASTORIA

Castoria is for Infants and Children. Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other Narcotic substance. It is Pleasant. Its guarantee is thirty years' use by Millions of Mothers. Castoria destroys Worms and allays Feverishness. Castoria cures Diarrhoea and Wind Colic. Castoria relieves Teething Troubles, cures Constipation and Flatulency. Castoria assimilates the Food, regulates the Stomach and Bowels of Infants and Children, giving healthy and natural sleep. Castoria is the Children's Panacea—The Mother's Friend.

Castoria.

"Castoria is an excellent medicine for children. Mothers have repeatedly told me of its good effect upon their children."
DR. G. C. OSGOOD, Lowell, Mass.

Castoria.

"Castoria is so well adapted to children that I recommend it as superior to any prescription known to me."
H. A. ARCHER, M. D. Brooklyn, N. Y.

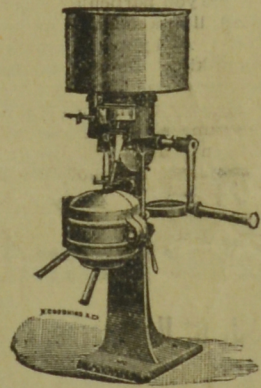
THE FAC-SIMILE SIGNATURE OF

Chas. H. Fletcher.

APPEARS ON EVERY WRAPPER.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Will you have a Clover Patch for the Cows?
Then you will want one of the



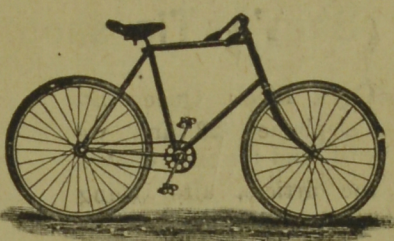
Melotte Cream Separators

Or one of the improved labor-saving Daisy Churns. The seed, the Seed Sowers, the Separators and the

Churns for sale by

J. CLARK & SON,
Fredericton, N. B.

Also Labor-saving Tools for the garden.



Bicycles

Bicycles

I am Sole Agent for the following high grade wheels:

Stearns, Scotsman, Tribune Rambler, 20th Century.

Prices from \$30 upwards. Positively the best value in the city. Call and examine our Chainless Stearns. It is a beauty and the price is only \$55. This is without doubt the best chainless wheel made by any concern in the world, as thousands will testify.

J. F. VANBUSKIRK

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Wedding and Engagement

Rings

In abundance. Any quality or price you wish. See our line of Barettes, Bracelets, Stick Pins, Brooches, Lorgnettes, etc.

F. E. BLACKMER

220 QUEEN STREET

Porto Rico Molasses

To arrive by Brig Ora.

74 Hhds Fancy
200 " Extra Choice
103 " Choice
64 Tierces Extra Choice
90 Tierces Choice
100 Barrels do
631 Packages

The quality of the above is exceptionally fine and will be sold at closest prices while landing.

A. F. RANDOLPH & SONS

Everybody

is sick at some time or other. When it comes your turn to send for the Doctor, kindly bear in mind that it will be a great assistance to him in getting the best results from his prescriptions in your case, if they are properly filled:— pure drugs carefully and skillfully compounded.

You will run no risk

if you bring your prescription to us to be filled. We give you the best, compounded in the best manner, at the lowest cost. We try to save you money whenever we can.

Kindly let us fill your prescriptions. We will merit the trust at

Staples' Pharmacy.

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FREDERICTON, N. B.

QUEBEC FIRE ASSURANCE CO.

ESTABLISHED 1818.

The oldest Canadian Fire Insurance Company in Existence. Losses paid over \$5,000,000. Non-Tariff company.

Risks Taken at moderate rates for one and three years. Incandescent Gasoline Lamps allowed in cities and towns under certain conditions.

R. W. L. TIBBITS, Agent.
March 8—d6m

COAL!

Now in stock all the best grades of Hard and Soft Coal. All coal delivered free of charge. Orders promptly attended to. Satisfaction guaranteed. Price low for cash.

P. FARRELL.

Queen Street. Telephone 52.

CANADIAN PACIFIC RY.

PAN-AMERICAN EXPOSITION

\$21.20 TO BUFFALO

and return. Tickets on sale until June 30th, good to stop over at Montreal and west thereof. For tourist tickets good to stop over and return until November 1st, also for rates going one way returning another, and information in reference to train service, hotels, etc., write D P A, C P R, St John, N B. All ticket agents issue via Canadian Pacific Short Line.

A. J. HEATH,
D P A, C P R, St John, N B

Or to F. B. EDGECOMBE, Agt., Fredericton