

Ragged clothes quickly—that's what common soaps with "premiums" cost; but

SUNLIGHT SOAP REDUCE EXPENSE
Ask for the Octagon Bar

WATER AS MEDICINE.

Said to Cure Dyspepsia if Taken in Sufficient Quantities.

A physician has called attention to the use of water not only as a remedial and therapeutic agent, but also as a mechanical agent, in the treatment of certain forms of dyspepsia, especially those forms characterized by a fullness in the left epigastric region, with frequent eructations of sour or acrid matter, accompanied by loss of appetite, insomnia and a mental condition closely allied to melancholia.

Let the patient drink from one to three pints of water one hour before each meal and then comfortably seat himself in an easy rocking chair and rock backward and forward for half an hour. The rocking will agitate the water in the stomach, wash the walls completely, detaching any mucus that may be adhering and dilute and mix the contents thoroughly. By this means absorption will be more rapid, and as a consequence the skin, kidneys and bowels will act more freely, eliminating from the blood uric acid and all effete and deleterious matter, while the stimulus of the water will cause the stomach to contract and gastric juice to be secreted in such quantity as to cause digestion to go on uninterruptedly and painlessly.—Farm and Fireside.

A Historic Lemon.

Who ever thinks of connecting such a commonplace article of diet as the lemon with the romantic history of ill fated Anne Boleyn? Yet indirectly she was the cause of its first introduction into England and so into popular notice. Henry VIII. gave such splendid feasts and pageants in honor of the coronation of Anne and of their previous nuptials as had seldom been accorded to queens of the blood royal. These kingly entertainments were in turn followed by the great civic feasts of London, for which the whole world was searched for delicacies to add to the splendor.

At one such banquet, graced by the presence of the royal pair, a lemon was introduced as an elegant novelty. To an epicure such as Henry the acquisition of a castle in France would have proved less acceptable, and such was the importance attached to the discovery—so says an old biographer—that a special record was made of the fact that the cost of this precious lemon was six silver pennies!

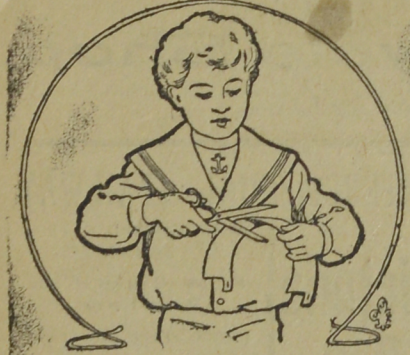
Birdlike Reptiles.

The most birdlike reptiles in the world are the beautiful iguanas of tropical America. The smallest members of this family, belonging to the genus anolis, swarm in the bushes and trees of the West Indies and in many points resemble humming birds. Gosse in "A Naturalist's Sojourn in Jamaica" gives a vivid description of them. On a bright day hundreds of these brilliantly colored creatures may be seen on trees and fences, entertaining visitors by their gambols, leaping from branch to branch, fearlessly entering houses and even alighting on individuals. When irritated, they will suddenly change their brilliant colors for a dull, sooty brown.

Analogous to these, but not nearly so graceful, are the flying lizards of the old world. With hinder ribs prolonged to support a parachute-like expansion, these brightly marked reptiles are often mistaken for birds as they take flying leaps from tree to tree, for they are thoroughly arboreal.

Baldness Due to Indigestion.

"There seem to be fewer baldheaded men than there were years ago," said a



The discomfort of saw-edged linen is almost equal to the drudgery of the method that causes it.

Celluloid Starch does not fray your linen because it thoroughly penetrates the fabric and produces sufficient stiffness without the wear of the rubbing required by common cooked starch.

Your grocer has it—or can get it.

Celluloid Starch
Never Sticks Requires no Cooking.

The Brantford Starch Works Limited Brantford, Canada.

physician. "Time was when four out of five men more than forty-five years old were baldheaded or fast approaching that stage. Nowadays the average has fallen nearer to two than to three. "What's the cause? I suppose there are many reasons, but one certainly is to be found in the general increase of outdoor exercise. Nervous disorders result in the falling out of the hair and impaired digestion brings on nervous disorders. Exercise, as is well known, stimulates digestion, and there above all else is the secret of preserving the hair. Keep your digestion in good condition and your nerves will not trouble you. All the scalp diseases in the catalogue are not responsible for as many baldheads as indigestion."

A Story of Brignoli.

Praise went a long way with Brignoli. One evening at rehearsal in New York the orchestra laid down their instruments as one man and applauded his singing of a favorite song long and vigorously. He was much pleased and, advancing to the footlights with many a bow and smile of satisfaction, said:

"Gentlemen, immediately after the rehearsal there will be a champagne supper at the Everett House. I hope I may have the honor to meet you all there."

It is needless to remark that they were there, every man of them. The supper cost Brignoli \$500.

The Noble Character.

Here is Aristotle's definition of a noble character: He does not recollect injustice; for accurate recollection, especially of injuries, is not characteristic of the magnanimous man, but he rather overlooks them. He is not fond of talking of people, for he will neither speak of himself nor anybody else; for he does not care that he himself should be praised nor that others should be blamed.

Patience Rewarded.

Smith—I hear Short, the coal man, has come into a large fortune.

Jones—Well, he's entitled to it.

Smith—Oh, he is, eh?

Jones—Yes, he's been lying in wait for it a good many years.

THE MOTHER.

I wander to the churchyard where
A little grave has all my care,
For I have left my baby there.

No stone or cross my love attest,
The mound with simple flowers is dressed,
It looks so small among the rest.

The robins round it hop and sing,
And there the rain and sunshine bring
The earliest blossoms of the spring.

The little heart that sleeps below—
There was so much it could not know,
One hoped the coming years would show,

There was so much left all unsaid,
The dreams on which my spirit fed,
When I would clasp its golden head.

The little tongue that scarce could say
The simplest words of love and play,
How much with it has passed away.

And though no eye my woe can trace,
I carry round from place to place
The longing for a baby face.

And ever at the close of day,
When work is done, I steal away,
And by his grave I kneel and pray.

Sweet baby soul, now passed from sight,
God fold us 'neath His wings to-night,
And some day bring us forth to light.
—Frederick George Scott.

MORLEY ROBERTS.

M.A.P. Talks of the Author's Very Adventurous Career.

In a sketch of the adventurous career of Morley Roberts, the well-known author, M.A.P. says:

Although as a boy he had woven thrilling romances and written poetry as a young man, he had no idea of literature as a profession until his two friends, Mr. George Gissing and Mr. W. H. Hudson, the eminent Argentine naturalist, put it into his head. By the courtesy of Messrs. Chatto and Windus I take the following from Mr. Roberts' article in "My First Book," wherein numerous celebrated authors relate the history of their first-born: "I was ignorant, and astonished at the wild idea of writing anything salable. However, in desperation, for I had no money, I began to write, and went ahead in the same way I have so far kept to. I wrote it without notes, without care, without thought, save that each night the past was resurgent and alive before and within me, just as it was when I worked and starved between Texas and the great Northwest. Each Sunday I read what I had done to George Gissing; at first with terror, but afterwards with more confidence as he nodded approval, and as the end approached I began to believe in it myself. "The Western Avernus," containing over 90,000 words, was written in less than a lunar month!

He is fairly tall, muscular, though in no wise bulky, with brown hair, brown eyes, very keen and lively, and brown moustache; he has rather a hard-litten air. One feels that he has seen and done strange things; that he has looked for a moment behind the veil. A restless being and a man of moods, now jovially humorous, now sardonically bitter, especially when he talks of modern life, now frankly pessimistic. Although the tempestuous days of youth are past, the old spirit of revolt against contention and cant, the old love of freedom and fresh air, are just as strong in his breast as they were thirty years ago, when he went down to the sea in ships and took death by the throat, and, looking in his eyes, dimmed not.

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.

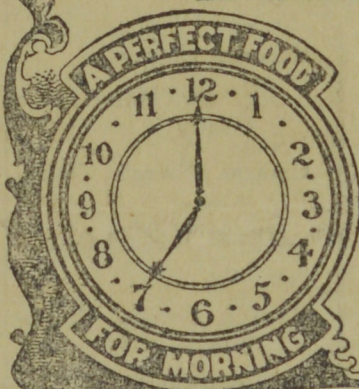
THE FAC-SIMILE SIGNATURE OF

Chas. H. Fletcher.

APPEARS ON EVERY WRAPPER.

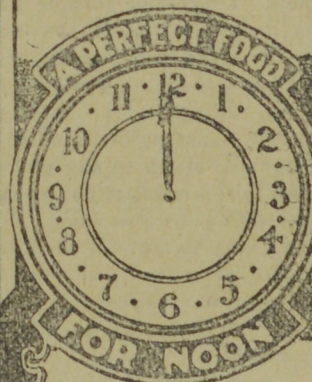
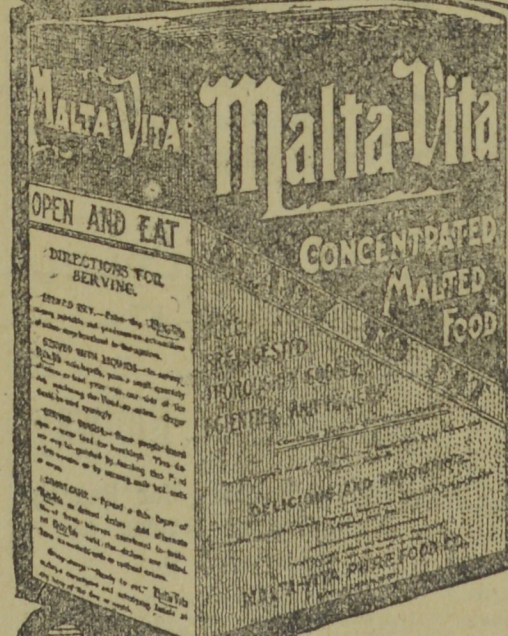
THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Malta-Vita



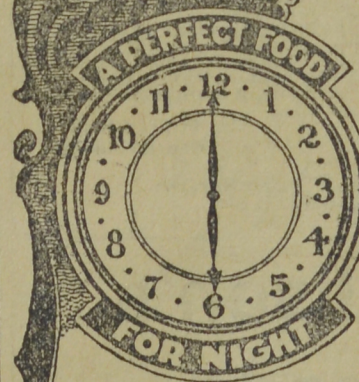
...and...
Cream
make a
delightful
breakfast

And when you are
tired, warm and in
a hurry and want



...try...
Malta-Vita
and Cream
with Sliced Bananas
or Berries.

For Dinner Eat
Malta-Vita
and Cream
with Fruit and a Soft
Boiled Egg.



MALTA-VITA eaten twice a day insures bodily comfort and mental growth.

MALTA-VITA is equally good for old and young, sick or well.

MALTA-VITA is rich in phosphates or brain food. Being quasi-predigested by the scientific application of diastase and heat, Malta-Vita is easily digested and assimilated by the weakest system.

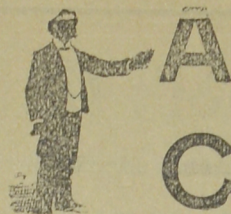
MALTA-VITA eaten for breakfast and supper insures perfect digestion and perfect assimilation, this insures perfect health.

Perfect health is only another way of saying sound, restful sleep, clear complexion, bright eyes, clean white teeth, sweet breath.

MALTA-VITA is the perfect food for summer; requires no cooking.

MALTA-VITA PURE FOOD COMPANY,

Toronto, Ontario.



Cold!

Don't experiment. It's dangerous to do so. At the start select a reliable cold and cough remedy and stick to it.

STAPLES'

Syrup of Tulo
and Wild Cherry

Is healing, soothing and accomplishes most gratifying results. It's a sure cure at only 25 cents a big bottleful.

STAPLES' PHARMACY.

Opp. Long's Hotel.

The newest and best styles in

Men's

...AND...

Boys' Suits



Is at the corner of Queen and Regent Streets.



CHILDREN'S SUITS

For Boys from four to ten years old, a specialty. Reliable Goods and fair prices is our motto.

LUCY & CO

INTERCOLONIAL RAILWAY

On and after Sunday, October 12th, 1902 trains will run daily (Sundays excepted) as follows:

TRAINS WILL LEAVE ST. JOHN

No. 2 Express for Halifax and Campbellton	7.50
No. 134 Express for Quebec and Montreal	18.0
No. 26 Express for Point du Chene, Halifax and Pictou	12.15
No. 8 Express for Sussex	1.10
No. 4 Mixed for Point du Chene	13.15
No. 10 Express for Halifax and Sydney	23.25

TRAINS WILL ARRIVE AT ST. JOHN

No. 9 Expt from Halifax and Sydney	9.2
No. 7 Express from Sussex	9.00
No. 133 Express from Montreal and Quebec	17.4
No. 25 Express from Halifax and Pictou	18.4
No. 1 Express from Halifax	24.35
No. 81 Express from Moncton, (Saturday only)	16.50
No. 3 Mixed from Point du Chene	16.50

All trains are run by Atlantic Standard Time. Twenty-four o'clock is midnight. Moncton, Oct. 10, 1902.

WANTED—FAITHFUL PERSON TO TRAVEL for well established house in a few counties, calling on retail merchants and agents, local territory. Salary \$1024 a year and expenses, payable \$19.70 a week in cash and expenses advanced. Position permanent. Business successful and rushing. Enclose self-addressed envelope. THE NATIONAL, Caxton Bldg., Chicago.—Mar27d30l.

WANTED—Several industrious persons in each state to travel for house established eleven years and with a large capital, to call upon merchants and agents for successful and profitable time Permanent engagement. Weekly cash salary of \$18 and all travelling expenses and hotel bills advanced in cash each week. Experience not essential. Mention reference and enclose self-addressed envelope. THE NATIONAL, Caxton Bldg., Chicago. April 28—d30l