

## SOME SEASONABLE ADVICE.

### For People During the Hot Weather.

Do not sweat. By so doing you will keep your pores open, and there is no telling what might creep into your system.

Eat nothing that is hot. This might start the perspiration or give you inflammation of the stomach.

Avoid cold things, especially ice. More cases of appendicitis are brought on by over indulgence in ice water than by any other process.

If the heat gives you insomnia, take a nap. There is nothing so good for that trouble as a long nap.

Keep out of the water as much as possible. There is no telling what sort of disease germs might be generated in water during the heat.

Take baths frequently. It won't do to become over heated.

Never drink within an hour after violent exercise of any sort. The sudden shock to the stomach might bring on convulsions.

When thirsty from any cause take a drink of something. It won't hurt you, no matter if you are hot.

A cool sponge bath just before retiring is very beneficial.

Water used for sponge baths before retiring should be more than tepid. Cold or even cool baths at such a time have a depressing effect upon the nervous system and bring about great danger in some cases.

In going to and from work move in a leisurely manner. More people die from haste than from the heat itself.

In going to and from work move a fly. The slow, sluggish movement is much more detrimental, especially in hot weather, than the lively alert motion.

This latter improves the circulation and impurities are removed from the blood.

Do not rise hurriedly at daybreak. A rise of that sort will often cause palpitation and faintness which will unfit one for the day's duties.

On waking in the morning spring merrily out of bed and go vigorously about the day's work. Laziness is far hotter than industry.

Avoid mentioning the weather. The constant reiteration of the statement, "It is very warm," has caused many a case of heart palpitation.

If the weather is mentioned joke

about it for hours at a time. To avoid the subject shows cowardice, and makes one really reflect more on the condition of the atmosphere than to chat fearlessly of it, and make it a laughing stock.

Dress lightly. The sensible dresser is one who clothes himself according to the season, without regard to scientific principles or style. The most comfortable persons are those who, regardless of the season, wear a uniform weight of underwear the year through.

Eat lightly during the heated term. A superabundance of food (which is to the human system what fuel is to the engine) means a superabundance of animal heat.

Eat all that you can hold while the weather is so depressingly hot. So much of the food becomes transformed into perspiration that a greater quantity is needed to supply the greater waste. In fact, those who have the greatest wastes are usually the greatest eaters. The strength must be kept up. Greater weakness means greater laxity of the pores, and therefore greater loss from perspiration.

Do not retire early. Wait until the night's coolness has taken effect, and then nine hours of tossing with the heat or sleep in comfort will do more good than nine hours of tossing with the heat.

If the heat appears to be unbearable, go to sleep and forget your troubles. During sleep the blood is distributed through the various portions of the body, owing to the relaxation of the brain, and there are nine hours of tossing with the heat and resultant comfort.

Sweat all that you can. The evaporation of perspiration from the body brings coolness and comfort. Perspiration contains salt, and anybody knows that a salt bath is cooling.

In brief, do as you please with all the contradictory advice that is given to you and you will still be as hot as the mischief whenever the temperature is above 90 and the humidity up to concert pitch.—S. W. Gilliam in Baltimore American.

### WASTING ANAEMIA.

A Trouble that Afflicts Thousands of Young Girls—Cured by Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills do only one thing, but they do it well. They fill the veins with new, rich, red health-giving blood, which drives away all traces of anaemia, headache, backache, palpitation, nervousness, dizziness and despondency. The new blood they make brightens dull lustreless eyes, and brings the rosy glow of health to the pale cheeks. In curing anaemia Dr. Williams' Pink Pills cure the foundation of consumption as well. The new blood they actually make gives new strength and vigor to every organ of the body, and enables it to fight whatever disease attacks it. That is why they are the best medicine in the world for girls in their teens—or women in middle life—and to all those whose blood is weak, watery, or impure.

Miss Mazy E. Pratt, Blyth, Ont., gives strong testimony to the value of these pills. She says: "I was a sufferer for over a year with anaemia. I was completely run down, had frequent headaches, spells of dizziness, and palpitation of the heart. I doctored all summer and was no better than when I began. I had practically given up all hope of finding a cure when my brother advised me to try Dr. Williams' Pink Pills. I got four boxes and when I had taken them I felt so much better that I got six boxes more, and before I had taken all these I was completely cured. I am more thankful than I can say for what the pills have done for me, as but for them I would not be enjoying good health today. I strongly urge all weak girls to give Dr. Williams' Pink Pills a fair trial."

Miss Pratt's experience proves the value of Dr. Williams' Pink Pills to every weak and ailing person. These pills can be had from any medicine dealer or by mail from the Dr. Williams' Medicine Co., Brockville, Ont., at 50c. a box or six boxes for \$2.50.

### How It Was Pronounced.

Who was it who declared that a German in despair at the difficulties of English pronunciation said that we write "cautchon" and read it "gutta percha"? He was not driven to such desperation as one of his countrymen who gave up the study of the language on being told that the "Mikado" was pronounced "a decided success."

### His Course.

Farmer Cornack—Mandy, I got a letter from our boy sayin' he was gettin' ready to take a preparatory session. Mandy—A three months' course, I presume? Farmer Cornack—No, I think not. He said somethin' about a nine hole course, twice around.

### Her Advice.

"Yes, Laura, he said his heart was in my keeping."

"Take my advice, dear, and tell him you are not running a storage warehouse for damaged goods."

### Hard to Get.

The Doctor—Queer saying that, about truth lying at the bottom of a well. The Lawyer—You wouldn't think so if you knew the amount of pumping we lawyers sometimes have to do to get at it.

saving the Price. Mrs. Stinjay—Good morning! Pardon my calling so early, but I saw your advertisement for a cook.

Mrs. Hiram Offen—But—er—surely you are not after the place! Mrs. Stinjay—Oh, no! I need a cook myself, and I thought you might send to me all the applicants you reject—Catholic Standard and Times.

His Objection. "Some day," said the village philosopher, "you may wake up and find yourself famous."

"That sounds pretty good," yawned the man on the herring barrel, "but there is one thing I don't like about it."

"What's that?"

"Waking up."—Chicago News.

All He Left.

"Didn't Smugley leave anything at all?"

"Oh, yes, but it was dissipated immediately."

"You don't say? What was it?"

"A good reputation, but two widows presented themselves to claim it."—Philadelphia Ledger.

No Reciprocity.

"Almost every father overestimates the intellectual capacity of his children."

"Yes," answered the gloomy person, "and the misfortune of it is that the children so seldom reciprocate when they get big enough to take notice."—Washington Star.

The Real Scheme.

"There's always somebody bobbing up with a scheme to extract gold from sea water."

"Their real scheme is not to extract from sea water."

"What, then?"

"To extract gold from lobsters."—Houston Post.

Appropriated It.

She—They say there is only one person in fifteen who has perfect eyes.

He (with uncommon fervor)—In fifteen? There's only one in a million!

She—There you go again, Mr. Spornamore! Always flattering somebody!—Chicago Tribune.

Her Greater Trouble.

Mabel—Does your husband talk much about his mother's cooking?

Martha (wearily)—Some, but not as much as he does about mine.—Brooklyn Life.

He Was Properly Impressed.

Mr. Good—Well, Bobby, how was school today? Did anything make an impression on you?

Bobby—Well, I should say so. The teacher caught me throwing paper wads, and she took a whip and made about a dozen impressions. I guess.—St. Louis Post-Dispatch.



The conditions under which

### Pharaoh Cigar

is made are ideal.

We have a contented little community of our own, that is not worried by outside conditions. The wholesome, country-town life that we live, till in the quality of our work.

Every employee in my factory has his whole heart in his work. From the oldest workman, who started with me when I had a small room for a factory, a big bunch of enthusiasm and a high idea of quality, down to the lad who just joined us the other day, every one is putting the best that is in him into his work.

Under such conditions it is no wonder that my Pharaoh is the best ten cent smoke on the market. We are all working with the one object—to produce the best cigar possible.

I go to Cuba every year and buy the best tobacco produced. I know that every leaf that comes to my factory is right. My workmen see that every roll they give it will help make it a perfect, even-burning smoke. Its a combination that's hard to beat.

None genuine unless branded "Pha-ro." Price 10 cents.

J. BRUCE PAYNE, LIMITED, Granby, P.Q.



### Democracy In Golf.

To what a point the British love of golf may extend is indicated by the fact that the Premier of England, Mr. Balfour, recently participated on the Royal St. George's links at Sandwich in a match in which a House of Commons team met a team of fishermen from Iverallochy, in Aberdeenshire. The Parliamentarians won by eight matches to three. Mr. Balfour and C. E. Hambro played against James Buchanan and George Buchanan, to whom they lost their morning match by one down, but beat them in the afternoon by six up and five to play. The fishermen wore their blue guernseys and looked like their calling.

### A Delicate Hint.

The Rev. John Kerr of Glasgow in his book of reminiscences entitled "Memories Grave and Gay" tells the following story about the beadle of Kilwinning church:

The beadle was in the habit of showing visitors over the remains of the abbey in the parish. On one occasion he had done so for a lady, who on leaving him in the churchyard offered him only barren thanks.

As she went through the gate the wily Babbie remarked: "Weel, my leddy, when ye gang hame if ye fin' out that ye have lost your purse ye maun recollect that ye have-na had it out here."

### Rainbow by Moonlight.

J. McCrae, writing from Pretoria, in the Transvaal, describes a lunar rainbow which he observed one night recently after 10 o'clock and asks if any one else has ever seen such a thing.

The conditions were these: After a heavy thunderstorm, traveling from west to east, a bright quarter moon shone brilliantly almost overhead. To the east the clouds were still heavy and dark, and in that direction there appeared a perfect rainbow. The arc of the bow was low. It appeared as a gray band, with a certain suggestion of color, against the dark, leaden sky.

### A Diamond by Post.

According to the new London paper, the Evening Standard, the great Cullinan diamond, valued at over two millions of dollars, was recently sent by registered post from South Africa to London for three shillings. It was quite an ordinary-looking packet. Nobody but the directors of the company in South Africa knew the contents. There were no special precautions for its safe transit. The postal authorities being unaware of the nature of the consignment bestowed upon it no greater care than upon any other package.

The more you say the less people remember.

### WEARY SHOP GIRLS PALE, TIRED WOMEN.

You Feel "Draggy," Lifeless, Nervous Never Rested.

### FERROZONE

Will Make You Feel Like New—It Vitalizes, Tones and Strengthens.

The best medicine for restoring verility and strength is Ferrozone. The time to take Ferrozone is when you first feel tired, and when appetite fails, when nerves get irritated.

Its record is marvellous—it makes you feel strong and sturdy, brings health that outlasts old age. Mrs. Mary Malong of Harbor Bouche, Nova Scotia, writes:

"Ferrozone built me up. Before using it I scarcely knew what good health meant. I was just as miserable and weak as any woman could be. Tired from morning till night, bothered by trifles, unceasingly nervous."

"The first box of Ferrozone improved my blood, gave me appetite. In a short time I was like a new person. Now I rejoice in abundant good health."

Get Ferrozone. It will make an unexpected improvement in your looks, your feeling, your health. 50c. per box, or six for \$2.50. By mail from N. C. Polson & Co., Hartford, Conn., U. S. A., and Kingston, Ont.

The love that laughs at everything is not the love that lasts.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder dusted in the bath softens the water at the same time that it disinfects.

A man will forgive a pretty woman of everything except neglect of himself.

### USE FERROVIM TRADE MARK

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Sold by all medicine dealers. Davis & Lawrence Co., Ltd., Montreal.

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For Children's Ailments, you cannot but admit the fact that this preparation is one of merit and is all what is claimed for it. It is safe, pleasant and soothing for children teething, and a prompt checker of bowel and stomach troubles.

Physicians and Professional nurses recommend it.

In purchasing, see that Dr. Coderre's signature and portrait is on every wrapper. Beware of the many SYRUPS put up in a similar form and made to look like Dr. Coderre's.

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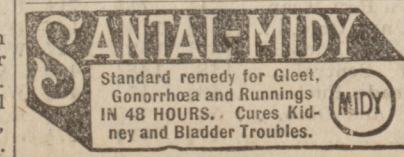
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The Cook Medicine Co., Windsor, Ontario.

Nos. 1 and 2 are sold in Fredericton by all Druggists.

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Window Poles with wood trimmings in oak, cherry and walnut at 25c.

Floor Oilcloths, all widths at 25c. per yd.

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