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Chops Meat, Vegetables and all kinds of food.
RAPIDLY, EASILY, COARSE OR FINE WITHOUT SQUEEZING, MASHING OR TEARING—IT ALWAYS "CHOPS".
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Saltines, A. B. Snaps, Fluted Cocoanut, Spice Jumbles, Mary Ann, Vanilla Creams, Royal Fruit and many other varieties just opened at

G. T. WHELPLEY'S
310, Queen Street, E. ton.

Wedding Cake Boxes

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The Herald Office.

F. St. John Bliss,
Barrister, Notary, etc.
Offices—Orange Building, Entrance Carleton street.

Fire, Life, Health and Accident Insurance.
Jasper A. Winslow,
Opp. Normal School, Queen Street, Fredericton.

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Don't send your Job Printing out for we will do it for you at the
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Wood's Phosphorine.
The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Dependence, Sexual Weakness, Emissions, Spermatorrhoea, and Effects of Abuse or Excess. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. The Wood Medicine Co. (formerly Windsor) Toronto, Ont.
Wood's Phosphorine is sold in Fredericton by all Druggists.

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INCOR. 1848.
Issue the most liberal and up-to-date policies on the market.

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Absolute Security to Canadian Policy holders.

If you are interested in Life Insurance you can get the best by writing to
Albert J. Machum,
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ST. JOHN, N. B.
If you can sell Insurance we would like to hear from you.

W. J. IRVINE, D.D.S.
And Special Practitioner's Certificate from Chicago College of

Dental Surgery.
Artificial Teeth
Inserted in Gold, Aluminum and ordinary Rubber Plates
Crown and Bridge Work
Executed in Gold and Porcelain after latest and best methods.
Anesthetics,
Local and General applied and administered by a Licensed Dentist.
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ALL KINDS
Now in stock.

Hard and Soft Coal

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MEN AND WOMEN.
Use Big G for unnatural discharges, inflammations, irritations or ulcerations of mucous membranes. Prevents Contagion. THE EVANGELICAL CHURCH, CINCINNATI, O. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles \$2.75. Circular sent on request.

SANTAL-MIDY
Standard remedy for Gleet, Gonorrhea and Runnings IN 48 HOURS. Cures Kidney and Bladder Troubles.

Cook's Cotton Root Compound.
The great Uterine Tonic, and only safe effective Monthly Regulator on which women can depend. Sold in three degrees of strength—No. 1, \$1; No. 2, 10 degrees stronger, \$1.50; No. 3, for special cases, \$5 per box. Sold by all druggists or sent prepaid on receipt of price. Free pamphlet. Address: The Cook Medicine Co., Toronto, Ont. Nos. 1, 2, and 3, are sold in Fredericton by all Druggists.

Free Gifts of Toilet Soaps

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The Coupons are the same as cash because they can be exchanged for Toilet Soaps for which you have to pay out money every week.

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In exchange for **Sunlight Soap Coupons** you can get something you need and use every day.

SAVE SUNLIGHT SOAP COUPONS

Lever Brothers Limited, Toronto, Canada

BROKE ALL RECORDS.

Five Hours After Stensland Reached Chicago He Was Serving Sentence in Joliet.

Chicago, Sept. 29.—The fastest pace ever set by justice in Chicago marked the conviction of Paul O. Stensland, former president of the pillaged Milwaukee Avenue State Bank. Five hours after he arrived in the city he was transformed into Convict Stensland, No. 9,902, and occupied a solitary cell in Joliet.

The train with the prisoner and his captors was twenty-five minutes late in reaching Chicago. When it pulled in a big crowd, including many victims of the bank, jammed the waiting rooms. Alarmed at the size of the crowd and its threatening aspect, Assistant State's Attorney Olson, in charge of Stensland, conveyed him down a baggage elevator to the baggage room and from there a cab was summoned.

The crowd discovered this ruse and rushed below until thousands surrounded the prisoner.

"There he is! Kill him!" shouted a voice. Hisses and jeers came from the crowd as the police forced a passage to the cab. Stensland was hustled and in twenty minutes was in the office of State's Attorney Healey, dictating a complete confession to stenographers.

"I am ready to plead guilty at once and go to Joliet to-day," said Stensland. "I don't want to stand in jail under the same roof with Hering."

The court proceedings were hurried. Silence fell over the room as Stensland appeared. His form was shaken with emotion and he kept a handkerchief in his hand and frequently brushed away tears.

"Your Honor," said Assistant Olson, "Paul O. Stensland is in court and desires to plead guilty to two indictments. One is for the embezzlement of \$1,000,000 the other for accepting deposits when he knew his bank was insolvent. He desires to plead guilty to embezzling only \$400,000, which, he says, is all he took.

The judge motioned Stensland to approach the bar. Slowly and with trembling hands and bowed head the prisoner complied. As he stood there, a flash and a report from a battery of cameras so startled him that he fell in a collapse and began to weep.

"This is outrageous," said the court. The photographers were put out of the room.

Preliminary to the sentence, Stensland said he had nothing to say. Indeterminate sentences are from one to ten years. The two Stensland sentences are concurrent and in view of his willingness to return and his full confession, it is believed, he will be released in five years. Stensland was accompanied by either friend or attorney during the entire proceeding.

After sentence Stensland broke down on meeting his daughter, Mrs. Inga Sandberg. They embraced and wept for several minutes. The prisoner was taken to Joliet at one o'clock, Mrs. Sandberg accompanying him to the prison.

"I don't think I will live to come out," he told his daughter. Mrs. Sandberg faints.

At 2.30 o'clock the great steel gates closed against him.

The Stensland confession is worrying several men. Stensland named all who had a hand in wrecking the bank.

State's Attorney Healey said: "There will be others implicated—professional and business men. Who they are I cannot say at this time. Neither can I give details of what took place in my office, but you can say that Stensland gave much important evidence that we will be able to make use of."

"There is no doubt that Stensland has been accused of a great many things he did not do. He was not the greatest crook in that bank by any means. I consider that Hering is a greater crook than Stensland—far greater in fact. The evidence will show that it was Hering who actually committed the forgeries. Our case against Hering is complete. We will not need Stensland's testimony to convict him."

STANGER & HARRISON,
MERCHANT TAILORS.
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F. H. EVERETT, Flour, Feed and Coal, Campbell St.

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A BROAD STATEMENT.

This announcement is made without any qualifications. Hem-Roid is the one preparation in the world that guarantees it.

Dr. Leonard's Hem-Roid will cure any case of Piles. It is the form of a tablet.

It is the only pile remedy used internally.

It is impossible to cure an established case of Piles with ointments, suppositories, injections, or outward appliances.

A guarantee is issued with every package of Dr. Leonard's Hem-Roid, which contains a month's treatment.

Go and talk to your druggist about it.

The Wilson-Fyle Co., Limited Niagara Falls, Ont.

LOST FOR THREE DAYS.

William Gallup's Adventure in the British Columbia Woods.

Vancouver, Oct. 1.—With his clothes torn and himself almost a wreck from exposure, William Gallup limped into the city a night or two ago after having made his way through the forest from the Britannia mine. Howe Sound. He was lost in the woods for three days, and thanks his lucky stars that he is alive to tell the tale. He had to struggle through densely grown underbrush, over huge fallen logs and to cross streams swollen by the late rains into torrents.

Gallup was out shooting on the divide behind the mining camp, and took a light lunch with him, as he expected to be out only a few hours. He lost his way, however. After he had travelled a good distance and had reached an altitude of 4,000 feet a heavy fog blew in from the sea and wrapped the mountain top in a blanket of mist. Unable to locate any landmarks, he spent a night wandering fruitlessly about, in danger of death every hour. In the morning he found himself in an unknown district. He blindly turned south, and after spending three days travelling arrived at North Vancouver.

THE TWO SEAS.
A Parable of Giving and Hoarding.

There is a sea which day by day Receives the rippling riles and Streams that Spring from Wells of God.

Or fall from cedar hills, But what it thus receives, it gives With a glad unsparring hand, And a stream more wide With a deeper side Pours out to a lower land. But doth it lose by giving? Nay! Its shores of beauty see— The life and health and fruitful wealth of Galilee!

There is a sea, which day by day Receives a fuller tide, But all its store it keeps Nor gives To shore or sea besides.

What gains its grasping greed Behold! Barroness round its shore Its fruit of lust, but apples of dust, Rotten from rind to core. Its Jordan water turned to brine Lies heavy as molten lead. Not its dreadful name doth ere proclaim That sea is—Dead.

IT RINGS IN YOUR EARS.

That same cough is everywhere you go, deep and hollow because consumptive. First it was catarrh which could have been cured by Catarrhzone. Moral, never neglect a cold, never trifle with catarrh, go to your druggist and get Catarrhzone. It's instant death to colds, cures them in a few minutes. Throat trouble and catarrh disappear as by magic. Catarrhzone is the great throat nose and bronchial remedy today. Thousands use it, doctors prescribe it why, because it does relieve quickly and cure thoroughly. Two sizes, 25c and \$1.00 at all dealers.

MADE BY THE OLDEST COMPANY IN THE WORLD
Incorporated 1670, A.D.

GOLD COIN FLOUR

Is made from best grad Manitoba Wheat.

All we ask is that you give the flour a trial. We are satisfied as to the result.

Rooter—If they win the game, by George, it'll be eight straight! The inevitable Girl—Eight straight. Why, how absurd, Harry! Eight is the crookedest of all the figures.

HOUSEHOLD HINTS.

Some Interesting Information for Busy Housewives.

HOUSEHOLD NOTES.

A paste of starch or flour will remove blood stains.

Salt sprinkled on the bottom of the oven will keep cakes from burning.

Salt sprinkled on the fire will give the blue flame so much desired for broiling.

The juice of onions will quickly allay the intolerable stinging pain from a bee or wasp sting.

A painful of lime kept in the cupboard where jams and preserves are stored away will prevent moulding.

Use boiling water when it first boils or the gases will escape and the water become flat.

Wrap boiled or roasted meat that is to be used cold in a moist cloth to make it more tender.

The white of an egg dropped into a pot of soup will gather to it all impurities. When it curdles remove it.

Soap mixed with whitening will stop a gas or water leakage in a pipe until it can be properly attended to.

A lump of sugar put into boil with green vegetables will preserve their color and improve the flavor, especially that of peas.

Fruits may be preserved in the natural state for a year by packing in powdered cork, provided, of course, that all unsound parts are at first removed.

In boiling eggs hard put them in boiling water. It will prevent the yolks from turning black.

Instead of putting food into the oven to keep hot, for late comers, try covering it closely with a tin and setting it over a saucepan of hot water. This plan will keep the food hot and prevent it from drying.

When making cornmeal mush stir a tablespoonful of flour with the meal to prevent it sticking.

To make a candle burn all night, put finely powdered salt on it until the salt reaches the black part of the wick. In this way a mild and steady light may be kept all through the night by a small piece of candle.

Salt sprinkled on the pantry shelves will drive away ants.

Salt dissolved in alcohol will remove grease stains from the clothing. Rub salt on fatrons before using.

Put salt in cold water when you wish to cool a dish.

Put salt in whitewash to make it stick.

Use salt on carpets to prevent moths.

HEALTH NOTES.
Avoid foods that disagree with you.

Do not wash the foods down with liquids.

Do not eat when fatigued or when over heated.

Carrots are good for those having a tendency to gout.

Rhubarb should not be eaten by "gouty" or rheumatic people.

Do not eat between meals (habitually) or at irregular intervals.

Dates are exceedingly nourishing, and also prevent constipation.

Asparagus and celery are both beneficial to sufferers from rheumatism.

A gargle of salt and water is a remedy for an ordinary sore throat.

Three pints of water daily should be drunk by the average man.

Avoid over eating. Of the two evils it is better to eat too little than too much.

Water standing in a room is a good disinfectant, as it absorbs all impurities.

Apples are particularly good for gouty people, and those with a sluggish liver.

A little parsley eaten immediately after onions will remove the odor from the breath.

The juice of grapes is laxative, but the skin and seeds are likely to cause constipation.

Lettuce has a soothing effect on the nerves and is excellent for sufferers from insomnia.

OYSTER RECIPES.
BROILED OYSTERS.
Select large plump oysters. After draining them, dip in melted butter and roll in seasoned powdered cracker crumbs. Rub a wire broiler with salt pork, place the oysters close together and broil under the flame of your gas range oven, or, if you have a coal stove, take out the stove lid and broil them over the fire. Turn them from side to side, not having the heat too intense.

CANNED OYSTERS.
Mix together three tablespoonfuls of tomato catsup, three of hot water, two of tarragon vinegar and a tablespoonful of grated horse radish. Melt a tablespoonful of butter, brown it slightly, then add the other ingredients mixed together. Cook until the sauce thickens smoothly. Serve hot or cold. If a "hot" sauce is relished, add a few grains of cayenne.

OYSTER PATTIES.
One pint of small oysters, one-half a pint of cream, a large teaspoonful of flour, salt and pepper. Let the cream come to a boil, mix the flour with a little cold milk and stir into the boiling cream. Season with salt and pepper. While the cream is cooking let the oysters come to a boil in their own liquor; skim carefully and drain off. Add the oysters to the cream sauce and boil at once. Fill patty shells and serve.

PANNED OYSTERS.
Cut some stale bread into thin slices, taking off all the crust. Round the slices to fit patty pans, toast and butter them, place them in the pans and moisten with three or four teaspoonfuls of oyster liquor. Place

on the toast a layer of oysters, sprinkle with salt and pepper and put a small piece of butter on top of each pan. Place all the pans in a baking pan and cover tightly. Cook seven or eight minutes in a moderate oven. Remove the cover and cook one minute longer.

SCALLOPED OYSTERS WITH MACARONI.

Boil the macaroni soft, put a layer into a baking dish, cover with oysters, butter salt and pepper, then another layer of macaroni, then a layer of oysters until the dish is filled. Pour over all half a cup of sweet milk and bake.

CREAMED OYSTERS.

Put one pint of cream in a double boiler, with one half an onion, one blade of mace, two tablespoonfuls of flour in a little cream, beat thoroughly to remove all lumps. When the cream is boiling hot remove onion and mace and very gradually pour the hot cream onto the flour. Have one pint of oysters washed and drained and all shells removed. Strain the liquor back onto the oysters and cook until the beads begin to curl. Skim carefully, drain and add to the sauce. Serve on toast or with potato border garnished with grated yolk of egg and parsley.

OYSTER OMELET.

Separate three eggs, add a quarter teaspoonful of salt, a few grains of pepper and three tablespoonfuls of oyster liquor to the yolks, beating well. Beat the whites until stiff, cutting and folding into the yolk mixture until taken up by it. Heat an omelet pan and butter it well on the bottom and sides. Turn in the mixture, put six large, seasoned oysters on top and cook slowly. When well puffed and delicately browned underneath place the pan on the contrary side in the oven, and finish cooking the top. When it will cling to the finger when it is touched it is ready to serve. Fold and turn the omelet on a hot platter and serve at once. Garnish with parsley.

OYSTERS WITH MUSHROOMS.

Clean one pint of oysters, heat to the boiling point and drain. Reserve the liquor and strain through a cheesecloth. There should be three-fourths of a cup. Cook two tablespoonfuls of butter and two tablespoonfuls of mushrooms five minutes add two tablespoonfuls of flour and the oyster liquor gradually. Cook all three minutes. Add a half teaspoonful of salt, a half teaspoonful of lemon juice, a few grains of cayenne pepper the oysters, one egg yolk and a tablespoonful of sherry. Serve on pieces of toasted bread or wafers.

OYSTERS WITH CELERY.

Wash one pint of oysters, drain and dry between towels. Season with salt and pepper. Dip in one third of a cup of melted butter then in fine cracker crumbs, add two stalks of celery chopped fine. Cook in hot buttered chafin-dish. Arrange on toast pour over them white sauce and sprinkle with celery.

WHITE SAUCE.

Melt two tablespoonfuls of butter and two tablespoonfuls of flour, one-quarter teaspoonful each of salt and pepper, and then add gradually one cup of scalded milk.

OYSTER PUDDING.

Take one pint of large oysters and drain from the liquor, put a layer of rice boiled very dry then a layer of rice and another of oysters and a third of rice. Mix two ounces of butter, half a cup of cream and half a cup of oyster liquor and one well beaten egg. Season with salt and pepper and pour over the pudding and bake fifteen or twenty minutes.

HELPS MEN TO WORK HARD.

That's what Ferrozone does; it supplies the additional strength that enables a man to maintain health under difficulties. "Last spring I was so completely fagged out I could not work," writes J. W. McMichael of Turnbull, Man. "In the morning I was tired—limbs ached all over. Had no appetite, was sleepless, nervous, and unhappy. Ferrozone put new life into me. Now I eat heartily, nerves are strong. I sleep well. I know the joy of health." It's by supplying nourishment and good blood that Ferrozone builds up; try it—50c. per box at all dealers.

GENERAL WOOD THE MAN.

London Spectator Would Have Him Cuba's Ruler.

London, Oct. 1.—"What we should like to see," remarks The Spectator, "would be that General Wood be given a ten years' appointment in Cuba, with a commission to rule the island as he ruled it before. At the end of ten years Cuba should be united to enter the union, with the full rights and obligations of statehood. During the preliminary period Cuba ought to have unrestricted access to the markets of the United States of America, so that the natural resources of the island might be developed to the full and the influx of American citizens and capital encouraged. The prosperity which must result from direct government by an administrator like Wood and from a fiscal union with the United States would be the best possible preparation for the admission of Cuba into the Union."