

Laugh While You Eat.

No matter how strong the digestion may be naturally, it is no very difficult matter to weaken it, and, no matter how feeble it may be, it is always possible to do something to strengthen it.

A good digestion resembles many of the other blessings of life in this—it is seldom really valued until it is lost.

When people have for years adopted the foolish practice of bolting their food without taking the trouble as to its proper mastication they can hardly wonder that a new condition of things arises which cannot be cured in a few weeks.

If we treat our acquaintances badly we quickly turn them into enemies, and if our ill treatment is long continued it may be impossible, even by the best treatment, to regain their friendship.

It is much the same with our digestive apparatus. If we wish to be in good grace with it we must treat it with every possible consideration.

We must not expect it to do work it was never meant to do. The stomach is not provided with teeth, but it is provided, and so are the intestines, with certain juices whose action converts food into a condition in which it will nourish and repair the tissues and renovate the blood and increase its quantity, but—and this is most important—in order to do this the food when it reaches the stomach must be in a "get-at-able" state; it must be in a soft, pulpy condition, so that the digestive juices can have a chance of reaching it.

This they cannot do properly if such things as meat, for instance, are swallowed in lumps.

For this reason those who eat in this way...

The Significance of Small Duties.

Don't object that your duties are so insignificant. They are to be reckoned of infinite significance and alone important to you. Were it but the more perfect regulation of your apartments, the sorting away of your clothes and trinkets, the arranging of your papers—"Whatsoever thy hand findeth to do, do it with all thy might" and all thy worth and constancy. Much more, if your duties are of evidently higher, wider scope; if you have brothers, sisters, a father, a mother, weigh earnestly what claim does lie upon you on behalf of each and consider it as the one thing needful to pay them more and more honestly and nobly what you owe. What matter how miserable one is if one can do that? That is the sure and steady disconnection and extinction of whatsoever miseries one has in this world.—Thomas Carlyle.

Waste of Energy.

"You never change your mind about anything, do you?"
"What's the use?" rejoined the egoist. "I found years ago that I was just as liable to be wrong the second time as I was the first."

TESTING DRUGS.

Ergotine Is Tried on Chickens, Digitalis on Frogs.

A lot of sorry looking chickens, dogs and cats loafed in the black, ill smelling yard of the great chemical plant.

"We use these animals to test our drugs on," said the chemist. "They come in very handy. They more than earn their board."

"Ergotine is a drug we test on chickens. It is a simple test. If a dose of ergotine falls to turn a chicken's comb black, we know that the drug is for some reason or other worthless."

"Hasheesh we test on dogs. Hasheesh is made of female hemp buds. Male hemp buds have no medicinal value, yet some dishonest dealers put male buds on the market, and since they resemble the female buds precisely it is impossible to detect them save by an actual test. Dogs given hasheesh get drunk and happy if the stuff is good."

"Digitalis, the heart stimulant, is tested on frogs. We inject a drop of it into a frog's stomach, and in the kymograph, or heart recording machine, we study the changes that take place in the frog's heart action. Thus we get a very accurate knowledge of what our digitalis can do."

"Do we ever test drugs on ourselves? Oh, yes, indeed, often. Chemists have lost their lives, chemists have gone incurably insane, through too rash a bravery in testing drugs on their own persons."

The Raven.

Writing on "Birds in Christian Legend and Symbol" in the National Review, Rev. R. L. Giles says:

The raven is looked upon with divided feelings. He is the "bird of ill omen," par excellence. "Corvo di mal augurio" is indeed the Italian equivalent of the phrase and "Unglucksbrabe" the German one. According to the fathers, he is the emblem of procrastination, with his cry of "Cras, cras"—"Tomorrow, tomorrow." His not having returned to the ark has always been remembered against him. Yet he, too, is a pious bird. He played his part in the Christmas mystery. It was said that at the hour of the great birth the cock crowed "Christus natus est," the raven croaked "Quando?" the rook cawed "Hac nocte," the ox moored "Ubi?" the sheep bleated "Bethlehem," and the ass brayed "Eamus." This is found as early as the fourth century.

There Are Many.

How sad it is when wives feel, After the four bridal, That the man they considered their ideal, Alas, is but an "idle!" —Denver News-Times.

Match Play.

"What's bogle at your golf club?"
"Nineteen Scotch highballs and three slip rickys."—Puck.

Effect of the Big Guns.

Considerable damage has been done at Dover, England, by the firing of the heavy guns from the forts which have been erected to protect the national harbor. The town clerk was sent around the town to advise the inhabitants to leave their windows open, but upon the firing of the nine inch guns the vibration was so great that in many cases portions of the ceiling fell, many ornaments were knocked down and broken and windows were cracked.

An Expensive Commission.

The public service commission of New York city will require \$1,000,000 for its expenses during this year. Eight hundred and fifty thousand dollars of this will be for salaries, \$50,000 for rentals and telephones, \$25,000 for employees and counsel, \$100,000 for contingencies, rapid transit studies, special services and investigations. The remainder is wanted for supplies, instruments, maps, prints and advertising.—New York Herald.

Treed by Wolves.

From dusk to dawn, with the thermometer below zero, clinging to a slim tree, while a pack of 20 ravenous timber wolves kept up an incessant chorus beneath, was the recent fate of Tom and Patrick Murphy, two trappers, in Silver Mountains. They started off into the woods, and before they had come far they heard the baying of wolves, which gradually became more distinct. They thought but little of the matter until they realized that the wolves were on their tracks, following them at a good speed, but two shots failed to scare off the leaders, so the Murphys got into a tree just in time, as the leaders made a snap at them. In their hurry to reach safety Tom tore off a portion of his clothing and, without food or overcoats, the men were kept in the tree all night.

When morning came, the wolves scattered out of sight, but the men managed to pick off nine of them, for which they collected \$135 in bounty.

The Honor of an Indian.

It is for you to show in your own lives that the honor of an Indian is not for sale, the word of an Indian something more than an empty form of speech; that you care for your parents and friends and your country, not because you expect to get something out of them in the way of reward, but because you are ready to give to them whatever they need at your hands. If you can accept this for yourselves and believe it of others and say so plainly, you will do good to your country and your fellow men beyond all power to calculate.

Hoe Haw!

Jones—Right? I'm sure I'm right I'll bet my ears on it!
Brown—Steady, old man! Don't go to such extreme lengths!—Judge.

Courage From Experience.

When writer's frost mos' stops my bref, I mends myse' as I low,
I nebbet yet done freeze to de'f, An' I ain't a-gwintin' now.
—Washington Star.

HAD A STAB-LIKE PAIN THROUGH THE HEART.

MILBURN'S HEART AND NERVE PILLS CURED HER AND SAVED HER LIFE.

There is no one, we imagine, sets about deliberately to do injury to the heart, yet in the excitement and excesses of present-day living, the nervous system is done violence to, and the heart and nerves being so intimately bound up with one another, disorganization of the one means disease and disorder of the other.

When you find your heart the least bit out of rhyme, your nerves unstrung, don't wait until you are prostrated on a bed of sickness. Take Milburn's Heart and Nerve Pills. They'll put you in such condition you'll never know you have a heart, make your brain clear and active, your nerves strong, your blood rich and pure, and your whole being thrill with a new life.

Mrs. John C. Yensen, Little Rock, N.B., writes: "I was troubled with a stab-like pain through my heart. I tried many remedies but they seemed to do me more harm than good. I was advised by a friend to try Milburn's Heart and Nerve Pills, and after using two boxes I was completely cured. I cannot praise them enough for the world of good they did me for I believe they saved my life."

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NOTICE OF LEGISLATION

THE CITY OF FREDERICTON will apply at the next session of the Legislature of New Brunswick for an Act to authorize the said City to issue \$21,000 of debentures to provide for the completion of recent improvements to the City Water System, \$8,000, Debentures for completion of the Sewerage System and \$6,000 of City Debt Debentures, all payable by instalments. ALSO for an Act to provide for the appointment by the City Council of a Constable to attend and execute all writs issued out of the City of Fredericton Civil Court.

J. W. McCREADY,

City Clerk

City Hall, April 2nd, 1908.
Apr 3 & 1 mo.

DENTISTRY.

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American Summer Blankets

Just opened one case 38 pairs only, American made summer Blankets one pair of a size, Quality and Colors, only on sale this week 68c to \$2.00 a pair.

Gentlemen who were waiting for the new suits and boots can get them now, come and see them.

M. FICKLER & CO.

Today's Suggestion by Ellen Stan.

PRACTICAL JUMPER FOR SCHOOL.

THE prettiest trimmings are often the outcome of the genius of the home dressmaker. Some women make it a point never to throw away the tiniest scraps of silk, lace, embroidery or braid, claiming they can convert these bits into daintier trimmings than can possibly be bought.

No matter of what color or how old a silk dress may be, it should never be thrown away, but carefully ripped and the worn parts cut from it. The pieces to be saved should then be cleaned by washing in gasoline.

Such pieces of silk cut on the bias make excellent folds, pipings, bands and facings, all of which are popular forms of trimmings the present season.

It will require a little more time to cut bias pieces from goods that have already been used than it would from new material. The bias edge must be bound by folding over one corner of the goods and pulling it from each edge. At whatever angle the material gives the most, that is the exact bias line, and the fold is used as a guide to cut by.

Pipings are made in two ways—first, by simply folding the bias strips double and basting them to the article to be trimmed, the edge of which has previously been turned in and basted, and second a narrow cord that comes purposely for pipings is placed at the center of the bias strip. The silk is folded over the cord and basted so that it will be held in place until attached to the garment. Exquisite effects in medallion trimming can be obtained by the aid of small pieces of silk. Of course the good effect depends largely upon an artistic combination of colors.

This jumper dress has a separate guimpe and is closed in the back. The pattern is cut in four sizes—for girls from six to twelve years of age. To make this garment for a girl eight years of age it requires 3½ yards of material 27 inches wide or 2½ yards 44 inches wide.

Any reader of this paper who desires to procure this pattern may do so by sending 10 cents to this office. Give the number, 4001, state size of pattern desired and write full address plainly. Pattern will be forwarded by mail promptly.



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