

AN OLD FRIEND.

Idaho Man Puts in Good Work for Employee of Willard Kitchen Co.

St. John, July 26, 1909.

To the Editor of the Fredericton Herald:

Dear Sir,—While in Grand Falls I had the pleasure of seeing my old friend, James Sheehan, and was pleased to see him at his old business for the Willard Kitchen Company. I understand that he is getting ready the largest dynamite shot that has been shot in Canada and if he has not lost any of his old time engineering skill from what I see of the situation it will be as good as the one he shot in Blossom Bend on the Cannon Ball

in Missouri when he made two mountains of one and left it most ready for the laying of steel. I wish Mr Sheehan all the luck in the world and from his practical experience I feel safe in saying that the G. T. P. contractors will see something that will open their eyes. Only my stay in the east is so limited, I would have time to write more about his works. But I will say that he was the best on the Cannon Ball.

Respectfully yours,

MILFORD MCLEAN,

West Bend, Idaho.

AIR BATHS AND THEIR EFFICACY.

One object of all forms of baths is the care of the skin, in order that it may perform its functions properly. While the ordinary bath taken in water accomplishes its purpose tolerably well, a free exposure of the human body and skin to the air is far better, particularly if accompanied with healthful exercise or with friction massage.

The requirements of modern civilization and culture, compel us to wear clothing, and this is in many respects unfavorable to a vigorous action of the skin. It is in summer time, chiefly that we frequently become aware of the fact that our clothing excludes the pure air from our bodies to an undesirable degree, and that in this way of the skin, which interference may, and often does, lead to a serious trouble and sometimes fatal results. It is no wonder that persons often faint away in large congregations of people.

The clothes which we must wear prevent a free perspiration and exhalation of the skin. In this way they may cause a distinctly perceptible poisoning of the system with effete

matters. But while we cannot hope to emancipate ourselves from the wearing of clothes, which is a requirement of fashion, civilization and climate, most constitutions take very readily to the air baths. This is because the human skin is able to endure a low air temperature if gradually accustomed to such an exposure. It is merely a matter of getting used to it by degrees.

What good is accomplished by air baths? This is a question which deserves careful consideration. The air bath, taken in the garb of nature, in connection with light athletic exercises, hardens the skin and strengthens the body, assists the eliminating work of the lungs, increases skin excretions and gives an opportunity to radiate off the surplus heat of the body. It improves the quality of the blood by increasing its circulation. It cures rheumatic affections, reduces all forms of nervous troubles and is excellent in the treatment of obesity. Assisted by the action of the light rays the air bath stimulates and acts as a tonic not only to the body but also to the mind.

EVERY LITTLE MAKES A MUCKLE.

In one cow testing association the average production of 126 cows was 520 lbs. milk and 20 lbs. fat, not very much below the average of exactly 126 cows in another association close by, which was 609 lbs. milk and 26 lbs. fat. But notice how tremendously that comparatively small difference affects the total yield, for in the one case the 126 cows gave in the month 86, 845 lbs. milk and 3,267 lbs. fat, but the other lot of 126 cows gave only 65,546 lbs. milk and 2,510 lbs. fat, or allowing butter fat to be worth 25 cents per lb., actually a difference of \$189.25 in one month. Why are not thousands more of our dairy cows made to earn an extra dollar and a half per month for their owners? When the owners are perfectly certain through having tested each cow in the herd individually, which animals are bringing a good profit, then the average yield and the total income can be largely increased.

Another contrast shows that 100 cows in one association produced just twenty-seven pounds of fat less than 72 cows in another association ten miles away; there were thus 28 cows more to be milked, and to have capital loaded up in, and to tramp round on the pastures eating good feed that the other cows could have used to better advantage, for twenty-seven pounds less fat. Weighing and testing is the quickest and surest way of detecting those that are below par value.

Ottawa, July, 1909.

When you buy tea it is just as easy to get the best as to get the next best. The best housekeeper cannot make a good cup of tea with tea of poor quality, but anyone by using "Salada" Tea can make a delicious and healthful drink. With "Salada" you can make more tea and better tea. At all grocers.

NEW MARKET.

July 24.—The weather for the past week has been exceptionally fine and most all of the farmers have commenced haying.

The remains of the late Mrs. Irvine Swift, whose sad death occurred at Fredericton, arrived here on Wednesday and was followed to the cemetery by a large number of mourners and friends. Mr. McAdam was the undertaker in charge.

Mr. and Mrs. M. E. Doohan and family of Fredericton, spent Sunday in this place.

Miss Alice Feeney is spending her vacation at her home here. She is accompanied by her friend, Miss Lester of Fredericton.

Miss Nellie McDade of McAdam, spent a few days with friends here.

Miss Mary Kennedy is home from Portland, visiting her parents, Mr. and Mrs. William Kennedy.

Miss Ella Scott has returned home

after having pleasantly spent the past week visiting friends in Fredericton.

Mrs. George Murphy is recovering from her late illness under the skillful treatment of Dr. McKenzie of Prince William.

Mr. Irvine Swift of Fredericton, is spending his vacation in this place.

Mr. Winfield Gallagher, of Lincoln, Me., has returned home. While here he was the guest of Mrs. and Mrs. Wm. Kennedy.

Mr. Neill McCashion has returned home from Grand Falls, where he was working on the Transcontinental Railway.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We the undersigned have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

Walding, Kinnear & Marvin, Wholesale Druggists, Toledo, O. Hall's Catarrh Cure is taken internally, acting directly upon the food and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

THE AUGUST ROD AND GUN.

The holiday feeling pervading the land during the hottest month of the year is well represented in the August issue of Rod and Gun in Canada, published by W. J. Taylor at Woodstock, Ont. How the people in the Maritime Provinces, known by reason of the sea breezes as the "Kingdom of Coolidge," enjoy the beautiful summer weather is told in a profusely illustrated article. A delightful paper is "Still Hunting With a Camera"; while of equally absorbing interest is one on similar lines—"Shooting Wild Geese With a Kodak." To detail the list of good things would be to repeat the table of contents, but the article on "Voracious Eaters" by Martin Hunter is worth attention from all sportsmen.

The King of Furberers is a story of a successful attempt at fox rearing for the sake of pelts. Blood hounds and Trailing will appeal to all dog lovers and Mr. Bartlett's paper on the Wolves follows up the interest created through the Magazine in this important subject. This number should accompany every sportsman on his vacation for in its pages he will find much to make his leisure time pass pleasantly.

CURED.

Soak the feet in hot water and then apply Putnam's Painless Corn Extractor—it removes the corns quickly. Be sure you get "Putnam's" only.

A Positive Cure For Indigestion and Dyspepsia.

Have you ever felt a leaden weight in the pit of the stomach—a feeling of fullness, with belching of wind and perhaps severe pain? Then you know how indigestion feels. It makes a person sarcastic and cranky—it causes misery after every meal—it saps the strength.



Rev. Father Morrissey

FATHER MORRISSEY'S "No. 11" TABLETS

—one of the best of the late priest-physician's remarkable prescriptions—positively cure Indigestion, Dyspepsia, Sick or Sour Stomach, Heartburn, and all the suffering that comes from a "bad stomach."

Each tablet will digest 1 1/4 pounds of food—a good meal.

Take "No. 11" Tablets regularly, avoid articles of food that you have found disagree with you, and you will be benefitted from the start and soon cured.

50c. at Your Dealer's.

52

Father Morrissey Medicine Co., Ltd., - Chatham, N.B.

Some engagements end happily and some end in marriage.

THIS COMBINATION ALWAYS WINS.

How often we hear of people who have had an aching joint or muscle or years. No more speedy remedy can be adopted than to rub on Nerviline and then apply a Nerviline Plaster. At once the muscles begin to resume their wonted vigor and flexibility. Inflammatory symptoms of pain disappear. Nerviline Plasters can be worn by the most delicate child or aged person. They are irrefragable as thousands have proved. Used along with Nerviline they are guaranteed to permanently drive out any muscular ache, pain or stiffness. Try these remedies, and judge for yourself. 25c. at all dealers, or N.

PUBLIC NOTICE

Notice is hereby given that The Canada Loose Leaf Company, Limited, will apply to the City Council of the City of Fredericton for a loan and certain exemptions hereunder set out pursuant to Chapter Thirty Nine, Acts of Assembly, 6 Edward VII.

The Company will make application for exemption from water rates sewerage rate and taxation generally for a term of five years, renewable for a further term of five years, and a loan of three thousand five hundred dollars, repayable in instalments of five hundred dollars annually without interest, the first instalment to be paid five years after the loan is made.

In consideration of such assistance the Company on their part agree to repay such loan as aforesaid and to employ forty five people with a gross annual wage of not less than three hundred and fifty dollars weekly, and to actively carry on the business of manufacturing loose leaf ledgers and other loose leaf devices to the amount of not less than \$50,000 annually. To secure the repayment of such loan by a first mortgage on the building and machinery owned by the Company and to insure the said property with loss, if any, payable to the City of Fredericton to the extent of their interest, and also to give a bond conditioned that the Company will carry out all their agreements as above mentioned.

The said application will be made to the said City Council at their regular monthly meeting to be held on Tuesday evening, the second day of August next.

Dated the twenty fourth day of June, A. D. 1909.

The Canada Loose Leaf Company, Limited, by

FREDERIC HARCOURT,

Managing Director.

June 24th mo.

Earl Grey Goes West.

Ottawa, July 30.—Earl Grey left on his trip to the west yesterday evening, accompanied by Lord Laschelles, Lady Sybil Grey and Lady Sybil Broderick.

The Governor-General will visit the Yukon, accompanied probably by Hon. William Templeman.

Countess Grey, who is now convalescent, will meet him at Vancouver along with Lady Evelyn Grey, and the whole party will take in the Seattle Exposition. Earl Grey travels by way of Toronto.



SEALED TENDERS

Addressed to the undersigned, and endorsed "Tender for Wharf at Leonardville, N.B.," will be received at this office until 5.00 p.m., on Friday, August 20, 1909, for the construction of a wharf at Leonardville, Deer Island, Charlotte County, N. B.

Plans, specifications and form of contract can be seen and forms of tender obtained at this Department and at the offices of E. T. P. Shewen, Esq., Resident Engineer, St. John, N. B., Geoffrey Stead, Esq., Resident Engineer, Chatham, N. B., and on application to the Postmaster at Leonardville.

Persons tendering are notified that tenders will not be considered unless made on the printed forms supplied, and signed with their actual signatures, with their occupations and places of residence. In the case of firms, the actual signature, the nature of the occupation and place of residence of each member of the firm must be given.

Each tender must be accompanied by an accepted cheque on a chartered bank, made payable to the order of the Honorable the Minister of Public Works, for eleven hundred dollars (\$1,100.00), which will be forfeited if the person tendering declines to enter into a contract when called upon to do so, or if he fails to complete the work contracted for. If the tender be not accepted the cheque will be returned.

The Department does not bind itself to accept the lowest or any tender.

By order,

NAPOLEON TESSIER,

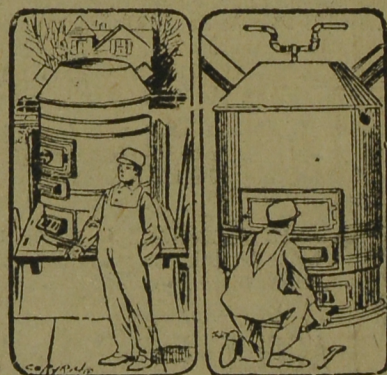
Secretary.

Department of Public Works, Ottawa, July 22, 1909.

Newspapers will not be paid for this advertisement if they insert it without authority from the Department.

July 26, 1909.

Furnaces and Repairs



The important matter heating should not be left until the temperature is away down. Setting up new Furnaces and making repairs to old ones is part of our business at this season.

We have a few wood burning Furnaces which were exchanged for Coal Furnaces which we sell at a bargain.

These Furnaces are in good condition and have only been used a short time.

D. J. SHEA PHONE 323
Furnace Man CARLETON ST

Our Grand Midsummer Clearance Sale

Is in full swing now. Hundreds of people have taken advantage Saturday last on the opening day of this sale. This sale continues all this week. Seasonable Goods almost given away.

Men and Boys Clothing Bargains. Never have we given such bargains in Men's Clothing as we are in this midsummer sale, come in and see for yourself. We have no room in this small space to mention our wonderful bargains but see that you get a hand bill of ours and that will convince you of what we call bargains are bargains, it is our aim to give our customers bargains this time of the year. Ask your neighbors if they attended to our sale last Saturday and see what bargains they got. Why we had a lady come back three times to get some goods that she needed, realizing the Bargains she got the first time made her come back the second third time.

Be wise and follow this example.

S. KERNER 450 Queen St.

The Peoples Bargain Store.

BRIEFS FROM THE WIRES.

Canadian marksmen won \$4,398 at Bisley.

North Bruce has been overrun with grasshoppers.

A woman has been made superintendent of Chicago's school system.

Several barns and stores in various parts of Ontario were struck by lightning and either damaged or destroyed.

M. Bleriot will enter a monoplane in the competition to be held in the fall at the Hudson-Fulton celebration in New York.

Daniel McKenzie and Albert Ross were arrested at Grace Bay on a charge of attempting to blow up Manager Simpson's house.

The Winnipeg and Lake Superior section of the National Transcontinental Railway it is stated at the head offices will be ready to lease to the G.T.P. in September.

The 18-months-old daughter of Mrs. Fuminger, 117 North Catharine street, Hamilton, fell 11 feet from a window Wednesday afternoon.

but escaped without any serious injury.

The Cuban Cabinet crisis, which for some time has been impending, reached a climax yesterday afternoon when all the Ministers, as well as the Presidential Secretary, Senor Castellanos, prepared their resignations.

Another one of those hot sticky spells struck New York yesterday, and although the average temperature was only 75, at least two deaths were caused by heat prostration.

The second sitting of the imperial defence conference was held at the War Office and lasted two and a half hours. Lord Crewe presided and Mr. Haldane explained the nature of the War Office memorandum on military defence of the Empire.

The steamship Montrose of the C.P.R. Line, from Antwerp and London, arrived in Quebec yesterday, several days overdue, with a hole in her bow, 12 feet square, caused by a collision with an iceberg on the banks of Newfoundland on Friday last.

Something New

IN
Fancy Suitings, Fancy
Trouserings and
Fancy Vestings.

Come in and see them. VERY CHOICE

W. E. SEERY

DUNLOP TIRES

ARE THE BEST

We can always supply you with these, also all other styles of tires.

Queen Street W. C. BURTT F'ton N.B.

New and Second Hand Wheels

G. T. WHELPLEY



Manitoba Oats

Middlings

Bran

Durham

Eagle and

Banner Feeds

Corn Meal

Cracked Corn

G. T. WHELPLEY

Queen St. Fredericton

We wish to announce to our numerous customers and the public that we are sole agents for the Semi-ready clothing and we have a complete line of these goods in stock.

We also wish to announce that our spring stock has just arrived and we invite you to call and see our New spring Goods. Fit and workmanship the best.

Walker Bros.

RTING TAILORS