

Wise Men and Women Know
that most of the sicknesses of life come from inactive bowels and from unhealthy condition of the organs of digestion.
BEECHAM'S PILLS
Do Good Naturally

The Evening Chit-Chat

By RUTH CAMERON



When a certain kind of white grapes were served at our breakfast table the other day and some one refused them, another member of the family looked at him in astonishment.
'Why don't you eat them?' he queried. 'Why, those are the best kind of grapes there are.'
'Do you know, I think that remark was typical of a wrong attitude very many of us hold toward other things besides grapes.'

Artificial Teeth!

It is almost impossible to obtain better fitting or more natural looking Artificial Teeth than can be obtained at
The Maritime Dental Parlors.
We give particular attention to this branch, as well as the treatment, filling and crowning of teeth.
At our prices within the reach of all
Teeth extracted without pain 25c.
Teeth extracted and full set artificial teeth (\$18.00 value) supplied \$12.00.
Gold Crowns (\$10.00) \$6.00.

WELCOME WORDS TO WOMEN

Women who suffer with disorders peculiar to their sex should write to Dr. Pierce and receive free the advice of a physician of over 40 years' experience—a skilled and successful specialist in the diseases of women. Every letter of this sort has the most careful consideration and is regarded as sacredly confidential. Many sensitively modest women write fully to Dr. Pierce what they would shrink from telling to their local physician. The local physician is pretty sure to say that he cannot do anything without an examination. Dr. Pierce holds that these distasteful examinations are generally needless, and that no woman, except in rare cases, should submit to them.
Dr. Pierce's treatment will cure you right in the privacy of your own home. His "Favorite Prescription" has cured hundreds of thousands, some of them the worst of cases.
It is the only medicine of its kind that is the product of a regularly graduated physician. The only one good enough that its makers dare to print its every ingredient on its outside wrapper. There's no secrecy. It will bear examination. No alcohol and habit-forming drugs are found in it. Some unscrupulous medicine dealers may offer you a substitute. Don't take it. Don't trifle with your health. Write to World's Dispensary Medical Association, Dr. R. V. Pierce, President, Buffalo, N. Y.—take his advice received and be well.

Eventually
WASHBURN-CROSBY CO.
Gold Medal Flour
WASHBURN-CROSBY CO.
Gold Medal Flour
Why Not Now?

SHOPKEEPERS!
You can increase your profits by using Gossages SOAPS.
Prices, etc., from
G. M. BARR, Agent

Household Notes.

When pressing a skirt, it is always advisable to lay a damp cotton cloth over the material so that it is not touched by the iron. This prevents the material from becoming shiny.
If the house is infested with ants, dip a sponge into sweetened water and lay it where they can get at it. They will soon cluster upon it, and the sponge can then be dropped in hot water.
The label on a glass jar will keep clean and will stick much longer if pasted on the inside. Of course, this applies only where dry materials are stored in the jar, such as seeds, rice, tapioca, etc.
Cookies put into an earthen jar, lined with a clean cloth, while they are still hot, and kept covered close, will be much more melting and crumbly than if they are allowed to cool in the air.
If a gas stove is not equipped with a broiler, try heating a pan piping hot. Put the steak into this without greasing and turn as soon as it is seared on the bottom. Keep turning till the meat is done.
A mixture of finely powdered fuller's earth and alum is excellent for cleaning white gloves. It should be rubbed in well, then brushed off, and the gloves sprinkled with dry bran and whitened.
To clean a burned kettle, turn out the burned contents, but do not fill with water. Set it aside to cool, and then place in a handful of washing soda and water and let the solution boil for an hour or more.
Patent leather shoes should be carefully wiped off with a soft cloth when they are removed and then a few drops of olive oil should be rubbed in to them. This will keep the leather soft and prevent them cracking.

Notes From Tilling.

Winter is setting in here without its usual severity, and the S. S. Fogata still keeps us in direct communication with the outside world.
The past season has been a stormy one, but all the forces of Neptune and Poseidon combined have been powerless to prevent Captain Barbour from paying us a weekly visit.
In his efforts he has been ably seconded by his officers and crew, and it would be hard to find a more competent staff. To the courteous and efficient mail officer, Mr. John Bennett, the thanks of the public are particularly due. This young man has discharged the duties of a difficult position with satisfaction to all concerned. To the whole ship's company we tender our best wishes for a Happy New Year.
An entertainment given by the young ladies of this place, in the schoolroom, on Wednesday night, proved to be a success in every way. Much credit is due to the amiable and popular teacher, Miss Dwyer, who spared no efforts to make the occasion an enjoyable one for those present. We hope the success of this event will encourage Miss Dwyer to try again, as these little gatherings go a long way in relieving the monotony of the winter season.
Rev. E. O'Brien has taken up his residence at the Presbytery, and seems to enjoy his new surroundings—so different from those to which he has long been accustomed. The rev. gentleman has already won a warm place in the hearts of his parishioners; his methods of administration are up-to-date, and entirely satisfactory.

LAZY LIVER

I find Cascarets so good that I would not be without them. I was troubled a great deal with torpid liver and headache. Now since taking Cascarets Candy Cathartic I feel very much better. I shall certainly recommend them to my friends as the best medicine I have ever seen.
Anna Babinet,
Osborn Mill No. 2, Fall River, Mass., U.S.A.

When the Baby Cries.

Is Trying to Speak, and Parents Should Try to Understand.
A vigorous protest against treating the baby "as if he were an unmitigated fool" is entered by Florence Hall Winterburn in a late number of The American Baby. "We assume," she says, "that when the baby cries he needs to be hushed, just as if the noise he makes were a sort of automatic creaking from loosened screws. He is taken up, and jerked up and down or rocked to distract his attention, and fairly bullied into silence. It really seems as if we might give baby credit for a little sense; his note of trouble may mean something after all."
The baby's cries, Mrs. Winterburn asserts, are the baby's language, and we ought to take some pains to learn what it means. "A lusty, vigorous cry," she asserts, "indicates temper and willfulness," and is never heard until the baby has learned to be angry, either through seeing signs of ill-temper in others or through being unnecessarily thwarted in his natural impulses. Suffering has its characteristic notes, and there is the sharp cry of pain, varying from the full, loud cry of colic to the terrible, sharp, sudden shriek indicating brain trouble. Crying, breathless, cries, accompanied with a flushed face and hurried breathing, indicate some trouble of the lungs. Whimpering and fretfulness suggest intestinal disorders.

Annual Meeting.

The following officers were elected at the annual meeting of the Trades and Labour Council, held last night at the British Hall. After the reports were adopted, Mr. A. H. O'Keefe was voted to the chair to conduct the election which resulted as follows:—
President—M. Oelbert.
Vice-President—N. O'Neill.
Treasurer—J. Lewis.
Secretary—A. H. O'Keefe.
Asst. Secretary—J. Cochrane.
Grand Marshal—J. O'Neill.

Every Business Man, Bookkeeper and Accountant

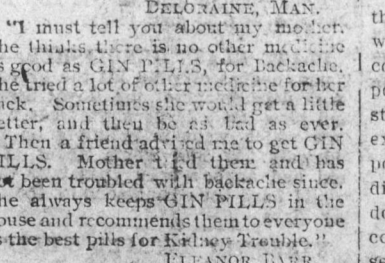
Understands the misery of writing for a whole year on an Account Book that has poor quality paper, the difference in price between good and bad is fully made up by the ease and comfort in writing.
Demy Ledgers, from 200 to 900 pages.
Demy Journals, from 200 to 900 pages.
F. cap Long and F. cap Broad Ledgers, Journals and Day Books, from 100 to 900 pages.
Cash Books, from 100 to 500 pages.
Private Ledgers, with and without lock and key.
Quarto and Octavo Acc. Books, 100 to 400 pages.
And for small bookkeepers: F. cap Long and F. cap Broad Acc. Books, from 20c. up.
F. cap and Half, 6 x 12 Acc. Books, from 25c. up.
F. cap and Third, 5 x 13 Acc. Books, from 12c. up.
Memo. Books, in all sizes, from 2c. up to 7c.
Job Line of Memo's from 3c. to 40c. per doz.
Type Writer Papers, Carbons and Ribbons.
Letts and Collins Office and Pocket Diaries, 1911.
Shannon, Box, Apron and Wire Spike Files.
Books of 100 Acc. and Memo Forms, from 15c. up.

GARLAND'S BOOKSTORES, 177-9 & 353 Water Street.

Bald?
Going to neglect your hair until it leaves you? Going to neglect your dandruff until you are bald? Certainly not! Then consult your doctor. Ask him about Ayer's Hair Vigor. It never stains or changes the color of the hair.

How A Clever Girl Helped Her Mother

EXAMPLE FOR ALL TO FOLLOW
If Miss Eleanor Barr had not taken things in her own hands, her mother might have been a helpless invalid. But Miss Barr is a very capable girl, and well and strong again after being almost disabled.
STAFFORD'S Liniment will cure Coughs, Colds, Bronchitis, when applied to the Chest, only 14 c. a bottle.



On her voyage down from New York the S. S. Florizel broke all previous wireless records and was in almost constant communication with Sugar Point, Long Island and Cape Cod stations. At 7:30 a.m. yesterday she exchanged the last signals with Sugar Point which was the 800 miles distant, and this was the last ever done on board the ship with the wireless apparatus. She also picked up several transatlantic messages, and the down here and exchanged greetings with the Allain liner, Hieronian at noon yesterday when that ship was 220 miles east of Cape Race on her way to Halifax and Boston.

Florizel's Wireless Feat

Attention is called to the Music Sale now on at our store 20p. discount on all Folios and Sheet Music during January month. Cash only. CHESLY WOODS, Piano & Organs, Jan 9/11.

ENING GRAM.

Advertising Newspaper

Goods They

Quality of

Prices, &c.

Every Business Man, Bookkeeper and Accountant

Then, it must

Advertising

Job Printing Executed!