G. B. FRASER

ATTORNEY & BARRISTER NOTARY PUBLIC. MERCANTILE FIRE INSURANCE CO.

CARD.

R. A. LAWLOR,

Solicitor Conveyancer Notary Public, Etc Chatham, N. B.

DRS. G. J. & H. SPROUL

Box-Shooks Barrel Heading Matched Flooring Matched Sheathing Dimensioned Lumber Sawn Spruce Shingles,

THOS. W. FLEET,

MIRAMICHI FOUNDRY STEAM ENGINE AND BOILER WORKS

JOSEPH M. RUDDOCK. . PROPRIETOR

Chatham, N. B.

Steam Engines and Boilers, Mill Machinery of all kinds Steamers of any size constructed & furnished complete. GANG EDGERS, SHINGLE AND LATH MACHINES, CASTINGS OF ALL DESCRIPTIONS.

CAN DIES. Iron Pipe Valvesand Fittings Of All Kinds.

mometer rises and the longer it stays high, the greater they are.

The chief surerers are city dwellers, and it is of them mainly that one thinks in very hot weather, and especially of the poor in the cities. They live usually in contracted quarters in high tenements, in small, poorly ventilated, sunless rooms, cleanliness is often impossible to them, for even if certain families are clean they suffer from the dirt of their neighbors; it is almost impossible for them to get fresh and well prepared food; and the walls of their houses and the pavements of the streets, baked during the day in the merciless sun, give out their heat live so many immense ovens through the night.

States, as so many u. It is a lact that this often does keep the temperature a degree or two lower than that this often does keep the temperature a degree or two lower than that this often does keep the temperature a degree or two lower than that this often does keep the temperature a degree or two lower than that this often does keep the temperature a degree or two lower than that this often does keep the temperature a degree or two lower than the this often does keep the temperature a degree or two lower than the this often does keep the temperature a degree or two lower than the this often does keep the temperature a degree or two lower than the this often does keep the temperature a degree or two lower than the outside air, but the confined air to breathe. It is far better to have an unappreciable increase of heat, and to have the air fresh and constantly changing.

Water is the great supporter in hot weather; water internally and water exernally — not ice water, but cool water.

Much water, little food, free air, moderate exercise, long rests, avoid ance of the noonday sun, and scrup-ventices of disease in the worst of torrid spells.—Youth's Companion.

to be in the streets during the day men signifies 26,

The Sinking of the Delilah.

First Story of the Sea, Based on the Use of Wireless Telegraphy.

coast, on the most southerly point of England, stand the sentinels of "The Delilah—damaged by terrific the Delilah—damaged by the Delilah—damaged by terrific the Delilah—damaged by terrific the Delilah—damaged by th

At the extreme end of the Cornish | the rain-the machine began to

of England, stand the sentinels of the fast and the future. A great ragged rock rears its head above the sea some four miles from the shore barren, but for tufts of sickly grass, uninhabited save by the sea birds. Once a guide to the unweildly ships that sailed seeking empires, a landmark to sailors, a first glimpse of homeland to wanderers: now a danger-mark to the huge black liners—a forgotten sentinel of the past.

And a little inland a small turret house, with a wooden mast point-ragain "is help—"

"The Delilah—damaged by terrific seas—fear fast sinking—five hundred passengers—send help—"

"He found a difficulty in breathing—now the seconds dragged—minutes, surely, now, and no answer. Again, "Where are you?"

At last an answer: "S. S. W. of Lizard; about one hundred milese broken; can keep afloat few more hours—is help . . ." The rest was unreadable; still the tapper clicked again "is help—"

About theHouse

SUMMER DRINKS.

Fine Tea Punch—Tea with fruits and without the addition of any fluor whatsoever can be made into a most delectable and wholesome beverage that is at the same time refreshing. Make two quarts of rather weak tea by pouring that quantity of freshly boiled water over two heaping teaspoonfuls of tea and let draw for five minutes. Strain and dissolve in it one pound of lump sugar. When cool add the juice of eight lemons, three oranges, peeled and cut into slices, one small pineapple shredded, three or four bananas thinly sliced and strawberries if in season. Let stand in a cool place until well blended; chill with ice, and serve.

A Delicious Lemonade—Perfect lemonade is not common. To make it at its best the water and sugar should be boiled together to form a sirup; Allow half a pound of sugar to each quart of water and boil together for five minutes, then strain to each quart of water and boil together for five minutes, then strain Fine Tea Punch-Tea with fruit

SIGNATION AND STATE AND ADDRESS OF ALL RESPONDED TO ALL R

Canada House Corner Water and St. John Sts. LARGEST HOTEL IN CHATMAM

Every attention paid to THE COMPORT OF GUESTS. Located in the business centre of the term Stabling and Stable Attendance first-rete Wm, Johnston,

The Factory

JOHN McDONALD & CO. Manufacturers of Doorp, Sashes, Mouldin

BAND AND SCROLL-SAWING Stock of Dimension and other Lumber constantly on hand. Cast End Factory, Chatham, N. B.

We have the BEST Studio, BEST assistants and the largest and meet varied EXPERIENCE, and use only the BEST materials and therefore

Best Photographs.

on each, brush with beaten egg and bread crumbs, half a cup of fresh Mock Mince Pie.—Six crackers rolled fine; five chopped apples; one cup cold water; one half cup fruit juice, one beaten egg, one half cup butter and salt and pepper to taste. It will very soon be jelly making one beaten egg, one half cup butter and salt and pepper to taste. It will very soon be jelly making or suct, one cup molasses, one cup brown sugar, two cups currants, raisins, citron, tablespoon mixed spices. Bake in puff paste, without previous cooking. spices. Bake in puff paste, without previous cooking.

Sour Cream Spice Cake—One half cup each of sugar and molasses; three-fourths cup sour cream, one teaspoonful of soda, half teaspoonful salt, two cups flour and mixed spices to suit the taste. Bake in a shallow pan.

Crullers.—One cup each of sugar and boil ten minutes, or until clear. Skim and add the sugar, leading out the last half plat. Let bely up, spoonful salt, an equal quantity of soda dissolved in hot water, with

Mrs. R. W. Edwards, 33 McMurray street, Brantford, Ont., describes her case as follows "For five years I have suffered more than words can tell from nervous headache, nevous dyspepsia, and exhaustion. The pains in my head would at times almost drive me crazy. I could not sleep nights, but would walk the floor in agony, until I fell exhausted and unconscious, and my husband would have to carry This can be endured for a short period, but as the heated term drags on, day and night without relief, the conditions become worse and worse, and finally deadly. Children, especially bables, suffer most, but, all, young and old alike, are threatened at such a time.

The two chief' ills are sunstroke, the direct result of the stifling heat, and digestive disturbances caused by food which has begun to spoil.

Much, however, can be done to avert these ills. Those who are obliged to be in the streets during the conditions who are obliged to be in the streets during the conditions who are obliged to be in the streets during the conditions to a condition of the streets during the conditions to be in the streets during the conditions to a condition to be in the streets during the conditions the stomach, bad taste in the mouth, and coated tongue. I was pale, nervous, irritable, easily exhausted, was reduced to a mere skeleton of skin and bone, and my heart would papitate as though it was about to stop beating. My greatest suffering was caused by the dreadful pains in my head, neck, "For the past nine months! have used br. Chare's Nerve Food, and for a considerable time I have not bis bad habits.

A donation party—The fellow who is out for the dough.

A wink the floor in agony, until 1 fell exhausted and unconscious, and my husband would have to carry "Sometimes I could take no food for four days at a time, and experienced terrible gnawing sensations in the stomach, bad taste in the mouth, and coated tongue. I was pale, nervous, irritable, easily exhausted, was reduced to a mere skeleton of skin and bone, and my husband would have to carry "Sometimes I could take no food for four days at a time, and experienced terrible gnawing sensations in the stomach, but date in the mouth, and coated tongue. I was pale, nervous, irritable, easily exhausted and unconscious, and my husband would have to carry "Sometimes I could take n

Chase's Nerve Food as a system-builder. It contains the very essence of the most potent restoratives of nature, and is certain to be of benefit to you. 50 cents a box, 6 boxes for \$2.50, at all dealers, or Edmanson, Bates & Co., Toronto.