

This and That

MACHINE 'EM.

Our mothers used to spin the flax
Our fathers used to raise,
And make the garments that they wore
For work and holidays.

The buttons don't stay on so long;
The seams are insecure,
And not'ing seems as staunch as when
The word was 'slow and sure.'

Our statement, too—we scare expert
That they will proudly grow
In public estimation like
The men of long ago.

A GOOD DOG.

The man wanted to sell the dog, but the
prospective buyer was suspicious, and finally
decided not to buy.

"You see," he said, "I bought the dog and
trained him for myself. I got him so he'll
bark if a person stepped inside the gate, and I
thought of course I was safe from burglars.

CHARLIE'S GEOGRAPHY.

The young Enid hopeful is not so slow,
as this little incident reported by the Enid
'Eagle' will prove. At school little Charlie,
being one of the geography class, was
deeply interested in learning the points of
the compass.

"CLEANING HOUSE"

A Change of Food Cleans the Soul's House

When the body is clogged up by the use of
improper food and sickness sets in there is
nothing so good as a "house cleaning" and the
right way to do this is to change the food, for
although taking medicines may afford temporary
relief a complete change of food is
much the surest and safest way.

The highest medical authority in the
world, "The Lancet" of London, says of
Grape-Nuts: "Our analysis shows it is
nutritive of a high order since it contains the
constituents of a complete food in very satis-
factory and rich proportion and in an easily
assimilable state." "About two years ago,
says a resident of Springville, Ind., "I had
terrible stomach trouble and although I
tried all kinds of medicines none of them
cured me. I was so run down I could not
eat, got very little sleep, and was dizzy
headed and miserable all of the time. About
that time a friend told me that the only way
to cure my trouble was to change my food
and recommended Grape-Nuts.

"From my very first meal of Grape-Nut
my stomach began to get better and all the
improvements that come from a healthy
stomach in place of an unhealthy one soon
followed, and this was not all, for just a
great improvement came in my brain. All of
the dizziness is gone and my brain is
now clear and active. I can eat anything I
want, sleep well and am altogether a new
man mentally and physically.

"At the time I began to use this food
was nothing but a skeleton weighing 133
pounds but now I have got back my normal
weight of nearly 200." Name given by
Postum Co., Battle Creek, Mich.

There's a reason.
Look in each package for a copy of the

east; on the left the west. What have you
behind you? After a woman's reflection
Charlie exclaimed: "A patch on my
pants." And to make the information
more binding Charlie continued in a shame-
faced manner: "I knew you'd see it; I told
mamma you would."—Kansas City Journal.

INTERESTING PLEASURES.

A woman's favorite work is always the last
one.

The dirty-faced boy evidently wants the
earth.

When a fleet goes on a cruise the crews go
on the fleet.

As a rule an heiress is more interesting than
she looks.

A boil in a pot is worth two on the back
of your neck.

A woman's idea of a secret is something
worth telling.

No man knows what it is to be a woman—
and ought to be glad of it.

It is easier to imagine the world owes you
a living than it is to collect it.

"Whatever is, is right," says Pope. So a
woman must be right when she says she is.

Yes, Alonzo, it is easier to get a girl to love
you than it is to induce a tailor to trust you.

Women are bound to have the last word—
even if they have to turn to the last page of
the book first.

PETERBOROUGH'S SPARTAN MOTHER.

A local school teacher received the following
note from the mother of one of her pupils.
It has been sent to the Times for publica-
tion:

"Dear Miss—You write me about whipping
Sammy. I hereby give you permission to
beat him up, but it is necessary to learn
him lessons. He is just like his father—
you have to lean him with a club. Pound
knowledge into him. I want him to get it
and don't pay no attention to what his
father says. I'll handle him."—Peterbor-
ough Times.

HER OWN OPINION.

Miss Askew—So your marriage is put off?

Miss Crummy—Yes, papa is not at all
satisfied with his position, mamma doesn't
like his family connections, auntie thinks he
is too careless in his dress, and I think—

Miss Askew—Yes, what do you think?

Miss Crummy—I think I ought to wait
till he asks me.—Town and Country.

(JAL.

The man who's coal-d in summer—
Thought strange the truth may sound—
Has little trouble keeping warm
When winter rolls around.
—Detroit Free Press

BAKED GOODS.

"This is the first bread I ever made," remark-
ed the young wife.

"Well," replied the optimistic husband,
"there's nothing like starting with a solid
foundation."—Chicago News.

UMBRELLAS.

Briggs—"What do you consider among the
greatest of temptations?"

Spriggs—"A lone and defenceless umbrella."
—Baltimore America.

MILINERY.

"Fifty dollars for a bonnet! Madame, it
is a crime!"

"Well, the crime will be on my own head."
—New York World.

"Tell yer w'at," whispered a lather air
boy to his sister after their first day of
three full meals in the country, "ta nt no
sort of wonder there's so little to eat in the
town; folks out here in the country eats so
much."

I Believe MINARD'S LINIMENT will cure
every case of Diphtheria. Riverdale, M. S.
REUBEN BAKER.

I Believe MINARD'S LINIMENT will pro-
duce growth of hair. MRS. CHAS. AN-
ERSON. Stanley, P. E. I.

I Believe MINARD'S LINIMENT is the
best household remedy on earth.



A Man is Only as Old as He Feels.

Some people are always young—
in spirit and vigor. The man who
feels his age is the man who neglects
his stomach and liver. As the years
pile up the delicate organisms grow
weaker.

Abbey's Effervescent Salt

strength is the system to resist the
added strain. A perfect laxative—it
removes all poison from the system.
Purifies and enriches the blood. It
keeps the liver and kidneys active.
Abbey's possesses the rare quality
of being a bowel and stomach tonic,
with no re-actionary effects.

At all Druggists 25c. and 60c.

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Use of and are adding to our equipment
the latest, best and only up-to-date course
of Actual Business Practice.

It prepares the student for everything
that may ever be required of him in the
most modern business office.

It covers dealings not only with banks,
but with freight offices, real estate and in-
surance agencies, commission houses,
travelling salesmen, etc.

Send for circular describing plan and
routine of this practice.

S. KERR & SON,

Oddfellows' Hall.

"ONE LONG PICNIC."
This was the expression used by an excursion party in describing their
trip to the British West Indies on a P. & B. steamer last winter.
They had 42 days of fine weather, 30 of which they were in tropical
temperature. They had a smooth sea from Bermuda south, and they visited
13 different ports, where they saw many strange and interesting sights.
The cost of the ticket, including berth and meals, was very little more
than the expense of living at home, and they came back feeling satisfied
that in no other way could they have so enjoyed themselves.
For Further Information ask
Pickford & Black,
Halifax.
Sailings fortnightly.

INTERCOLONIAL RAILWAY

On and after SUNDAY, Oct. 11, 1903
trains will run daily (Sunday excepted) as
follows:

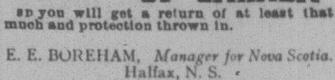
- TRAINS LEAVE ST. JOHN.
6—Mixed for Moncton 6.30
2—Express for Halifax, the Sydneys and
Campbellton 7.00
4—Express for Point du Chene, 13.15
26—Express for Point du Chene, Hal-
fax and Pictou, 12.15
8 Express for Sussex 17.10
134—Express for Quebec and Montreal
18.00
10—Express for Halifax and Sydney. 23.25

- TRAINS ARRIVE AT ST. JOHN.
9—Express from Halifax and Sydney 6.20
7—Express from Sussex 9.00
133—Express from Montreal and Quebec 13.50
5—Mixed from Moncton 15.20
3—Express from Point du Chene, 16.50
25—Express from Halifax Pictou and
Campbellton 17.40
1—Express from Halifax 18.40
81—Express from Moncton (Sunday
only) 24.35
All trains run by Atlantic Standard Time
24.00 o'clock is midnight.

D. POTTINGER, ager.
General Man.
Moncton, N. B., Oct. 9, 1903.
CITY TICKET OFFICE.
7 KING STREET, ST. JOHN, N. B.
Telephone 1053.
GEO. CARVILL, C. T. A.

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in the Savings Bank, and you will get a yearly
return of about 3 1/2 per cent. at the most put
it in an Endowment Policy in the



so you will get a return of at least that
much and protection thrown in.
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letter to the MESSENGER AND VISITOR
describing what you want will bring
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and is an infallible medicine for Croupy Coughs.
No family should be without this valuable medicine where
there are small children.
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If local dealers cannot supply send 25 cents to The