

RESS PES DEATH.



ALMA L. COX

am so thankful that I can say several bottles of the Peruna in I am restored to perfect health...

using your remedies I could do anything. I lived on barley Panoppein for two years...

M. C. Butler, ex-Governor of Indiana, writes from Washington, the following: I recommend Peruna for dyspepsia...

restores health in a normal manner. It is the most powerful restorer of the mucous membrane...

of the human system, of the long summer months. \$3.50; clear, \$2; second clear, No. 1, \$1.50 to 2...

A case of Headache that Powders will cure in twenty minutes.

SACKVILLE. LE, N. B., Aug. 12.—At night the store of J. L. and Middle Sackville was broken into...

re's Remedy Diarrhoea. Fuller's Blackberry Cordial. Price, 25 cents. FAIRD COY., Limited, PROPRIETORS, WOODSTOCK, N.B.

Intelligent young men to ad. We cannot begin to list the number of opportunities for advancement...

S. KERR & SON, Old Fellows' Hall.

CITY NEWS.

Recent Events in and Around St. John.

Together With Country Items from Correspondents and Exchanges.

A lobster hatchery will be established at Amos Point, Slemogue harbor.

A \$5,000 monument to the late Major Borden will be erected at Caninus, N. S.

The Supreme Grand Council of the Cryptic Rite of the maxime provinces will meet in annual convocation at the Masonic Hall this evening.

The prospects of a good attendance are bright. It is expected that the final match for the governor general's medal will be shot early Thursday afternoon...

Pilots who returned to port yesterday report that a flock and squid are destroying young gaspereaux in immense numbers at Upper Harbor.

Edward Bates of St. John, for the Phoenix Co. of Hartford, and Harry Clark of Fredericton, acting for W. H. Gaston, on Friday appraised the damage done to property stored in the Gascon building in Fredericton on Wednesday evening.

Mr. and Mrs. A. A. McCloskey and family wish to thank publicly those who labored so hard in recovering the body of the late Charles H. McCloskey...

Bicyclists and all athletes depend on BENTLEY'S Liniment to keep their joints limber and muscles in trim.

Foster work of sherry description, neatly, and quickly executed at Daily Sun Job Rooms.

CHILD KICKED BY HORSE.

BATHURST, N. B., Aug. 18.—Mary Burke, 15 years of age, daughter of Henry Burke, living on the Miramichi road, was seriously injured on Saturday morning by a kick from a horse in her father's field while endeavoring to catch the animal.

MOLEMAN'S VEGETABLE WORM SYRUP. Always the same safe, pleasant and effectual remedy.

The barn of J. W. V. Lawlor at Lancaster Heights was broken into on Friday evening and considerable damage done to property stored therein.

LYNN, Mass., Aug. 12.—A novelty in traffic on the water front was presented today when the barge Buffet began loading hard coal for New York.

PORTLAND, Me., Aug. 12.—Of 19 Chinamen arrested here today, charged with violation of the immigration laws, one was discharged. The others were remanded to jail to await a hearing later in the month.

FOR THE GRAIN FIELDS.

2,000 Harvesters From Provinces Assist Manitoba Farmers—A Fine Lot.

Nearly 2,000 stalwart young farm hands from all parts of the maritime provinces left on two specials over the C. P. R. last night for Manitoba, where they will help the harvesting of the great grain and flax crop.

Although the number from the province is not so large as last year, when over 2,700 left here, B. La Touche, Tupper, who has been superintending the excursion in the interest of the Manitoba government, is delighted with the result of his work.

These men and boys obtained all along the line of the C. P. R. as well as in the northwestern states. Mr. Tupper will remain in the province several days longer, and should he be instructed that the number per bushel of the west is not sufficient he will go to Newfoundland.

The harvesters came in on nearly every train and boat yesterday and left on two special trains during the evening. The Prince Rupert brought over about 150 men from the Annapolis valley, and a special arriving about eight o'clock brought 570 sturdy P. E. Islanders as well as 400 pieces of baggage.

The railway station was in a hurry, hundreds of the rushing baggage trucks, shunting cars and excited officials hustling things into shape. The crowd was orderly and sober as a rule, and the energetic efforts of the men called order out of the confusion.

DEATH OF GEO. T. COCHRAN. Geo. T. Cochran, lately of Portland, Me., died suddenly of heart trouble at the home of his brother, John A. Cochran, Oliville, Queens county, Aug. 12th.

SUSSEX AND SUSSEX CORNER. SUSSEX, Aug. 18.—The funeral of Mrs. J. McFarlane took place today at 2.30 p. m. and was very largely attended.

SUSSEX CORNER, Aug. 18.—The school here opened on the 12th inst. with D. P. Kirkpatrick as principal and Miss Olivia J. Moore as primary teacher.

VETERINARY DEPARTMENT. W. E. B.—My bull which leads my herd has developed a nodule of warts on his back. What can I do to remove them?

LAMENESS IN HORSES, HARD AND SOFT LUMPS RELIEVED BY LEEMING'S SPAVIN LINIMENT. For curing lameness from whatever cause, Sprains, Curb, Splint, Ringbone and for removing obstinate lumps and all similar injuries or diseases.

TEACHERS FOR SOUTH AFRICA. Hon. Joseph Chamberlain has called the secretary of state accepting the offer of two more Canadian teachers for South Africa.

DIED IN HOSPITAL. Mrs. William D. Watters of Westfield died in the General Public Hospital yesterday morning after three weeks' treatment for cancer.

REWARD. \$10 REWARD.—To any person who will give information leading to the discovery of a cow that is strayed or stolen from the night car party listed in the TAYLOR, Benton, Carlton Co., N. B.

TEACHERS WANTED. TEACHER WANTED—A Female of the second class, to teach in Public District No. 5, Parish of Greenwich, Kings County, Commencing first of term. Apply, stating salary to ISAAC W. PITT, Secretary to Trustees.

WHITE BREAD AND APPENDICITIS.

Now for a few Solid Facts

Don't let anyone scare you about food and don't be a fool the other way. Your food either makes or breaks you. That's easily understood.

APPENDICITIS suddenly sets in after the bowels can no longer stand the abuse of too much starchy food like white bread, potatoes, pasty wheat or oats, sago, tapioca, &c. These are nearly solid starch and starch is required by the body, but when white bread for instance is eaten in quantity, a part of the starch scurs, ferments, and makes gas that inflames and irritates the bowels, producing constipation and peritonitis, or appendicitis.

Don't think you can leave off all starchy food, that's being a fool the other way. Starch helps furnish the energy for the body, PROVIDED that starch is digested and does not ferment in the bowels.

GRAPE-NUTS.

In this food the starch is changed into Grape Sugar in exactly the same way it is in the digestive organs of the human body, so when you eat Grape-Nuts you get the needed starchy food, already passed through the first form of digestion, safe and ready for immediate assimilation by nature, it is thereupon quickly taken up by the blood, and carried to the parts of the body for nutrition and strength.

Remember the wheat and barley in Grape-Nuts are not predigested by any sort of treatment except moisture, heat and time to let the diastase in the grains grow and thus change the starch. It's only in the "know how" and you can have the good of it by using Grape-Nuts.

Another and most important thing is that, white flour, in order to be white, must have the most valuable part of the wheat berry thrown out in milling, because the Phosphate of Potash, for rebuilding the gray matter in brain and nerve centers, the lime for teeth and bone, and several other most important elements lie up close to the shell of the wheat berry and in the dark colored part. The white flour miller throws this out.

The makers of Grape-Nuts KEEP THESE IN GRENDEL'S IN. That's why steady users of Grape-Nuts are Brainy, Nervy, Healthy people. Does Grape-Nuts food taste good? Try it dry and crisp, just as it comes from the package. It's already cooked and ready to serve with cream or rick milk poured over. Or try some of the delicious recipes found in the free recipe book in each package.

The above is just plain old common sense applied to the subject of food, and the statements are absolute scientific facts that may be relied upon. Grape-Nuts food is sold by all first-class grocers and served at all first-class hotels and made at the Postum Cereal Co., Ltd., Pure Food Factories, Battle Creek, Mich.