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If you want to get strength and purity you will find our stock of Drugs the best in the vicinity. Our Drugs are bought with the greatest care, and we take pains that none but Pure Drugs reach our shelves. McKee's Quinine Iron and Wine and McKee's Compound Extract of Sarsaparilla, a Skin and Blood Remedy, are confidently recommended to the public for spring disorders.

CHAS. McKEEN, Druggist, Woodstock.

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Carlisle Hotel, - - Woodstock, N. B.

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The E. B. EDDY CO. Limited
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The True Antidote for that
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HOT SODA!

When cold and tired one is liable to place their money to a poor advantage. Drop into our Pharmacy and have a glass of Hot Soda in the shape of

Hot Lemon, Hot Chocolate,
Hot Cocoa, Hot Coffee,
Hot Tea, Hot Orange,
Hot Beef Tea.

It will invigorate you and make you less liable to spend your money for that which is not bread. ONLY 5c. a Glass.

Connell's Drug Store,
Opp. Carlisle Hotel.

HOUSEKEEPERS' JUBILEE.

The opening of the New Bakery is a Jubilee for the housekeepers of Woodstock; it means no more standing over hot stoves in hot weather, for the VICTORIA BAKERY is the only one in town that can supply you with first-class home cooking. All who have used our Bread buy again, and our CAKE and PASTRY can't be beat. Leave your order before Friday for BROWN BREAD and BEANS.

Ask for Ryder's Cream Roll none other is genuine. Call and select and have the goods delivered. Cooking for weddings, picnic and fishing parties a specialty.

BAIRD & RYDER,
Queen Street.

Subscribe for THE DISPATCH.

THE WELL-BUILT GIRL.

But When You Have Become One, all the Jolliness Will Have Departed.

Whether a girl will have the gifts of comeliness; whether she will have a fine, smooth complexion, straight limbs, shapely figure and good carriage, depend's on her mother's care from infancy. Whether she is to be plump and short or symmetrical; whether she is to be a gypsy or a creamy brunette, a freckled, thin-faced chit or a well touched blonde is also measurable under control. Her "fibre" must be taken into consideration in training. If her family are stocky not over-tall—and she follows the type, train her for height and longer contours by sending her to a dry mountain region, if possible, and accustom her early to exercise for suppleness, letting her live out of doors, but not setting her to close work or hard tramps. She should dance, drive, ride horse-back or tricycle, eat venison, kid, game, and dry meats, with watery vegetables, like radishes, turnips cabbage, cucumbers and melons, hard biscuits and water or grape juice. She should sleep alone, in a very airy room, keeping the limbs straight, not going to sleep curled up with the knees half way to the chin. Pulley exercise, swinging by the hands, long smooth strokings, and gentle, firm pulling of the limbs daily tend to length of limb and increase of stature, if kept up year after year. The stroking, with long smooth sweeps and a gentle pressure from neck down the length of the spine, and from hip to heel nightly, by the hand of mother or trusty nurse, is one of the greatest encouragements to growth and symmetry a young thing can know. Always rub downward, never up, to lengthen a limb.

Rubbing warm water on the joints and heating it in before a fire promotes suppleness and prevents rheumatic malaise. An old superstition of hunters and opera dancers, to whom lightness and agility are indispensable, is to heat deer suet and the fat of goats and antelopes and rub it well into the joints. From observation one is greatly disposed to value the practices of people who are not given to throwing away their trouble. Flaxseed embrocations assist in supplying the joints, and are made by soaking the seed 12 hours in five times as much cold water, then pressing the mucilage through cheesecloth, heating and binding it hot upon the joints when going to bed. Friction with thick flannel, bathing with hot water after tiring exercise, or cool water when fevered, keep the joints in good condition and preserve the elastic gait and easy motion which are the soonest lost of woman's graces.

Actresses work hard to gain and keep pliancy of limb. One ambitious creature of rounded figure, who at first, like so many women, hardly could lift her arms to do her own hair, had to undergo a stage training which included a variety of muscular exercises fatiguing even to see. To stand and kick at a mantel 60 times with one foot and as many times with the other for two hours a day gave pliancy of leg and ankle. To stoop and touch the floor without bending the knee gave command of limb, but to do it 100 times a morning is harder work than most of us have undertaken. Then came exercise with the gymnastic pull of stout rubber cords a yard long, with wooden handles, screwed to the wall, by which one might grip, swing, wrestle, hang backward at full weight, or turn hand over hand and overhead until the figure lost all the disabilities of ordinary, too, too, solid flesh, and seemed plastic to sentiment, as nature ordained. Most systems of gymnastic exercises for indolent women and overtrained girls are so artificial, formal and worthless for practical hands, they have no use in our scheme of beauty. The gymnasium turns out bouncing girls, with biceps that fill out a tailor-cut sleeve well, but what use are the biceps, after all? The machine-gained muscle wants endurance. The wiry, staying quality which comes of gentle exercise faithfully kept up with growth. Men and women are meant to work with their hands and body, and in the order of nature no lasting beauty or strength is possible without the human being is steadily trained to genial, useful, necessary labor.

LET YOUR CHARITY BE BRIGHT AND ATTRACTIVE.

The inmates of charitable institutions and our deserving town and city poor are with us at all times.

Many of us yearly send the poor our cast off and half worn garments, such as dresses, jackets, capes, skirts, coats, vests and pants. By this work hundreds of half-clad people are made warm and comfortable, and are enabled to appear on the streets.

In this work of charity, many donors are making their gifts bright and attractive by the use of the Diamond Dyes. The old garments are dyed some suitable color and look quite as well as new ones.

New and fresh colors add to the joys and pleasures of the poor, and the garments do not have the appearance of old charity.

This work of brightening up old and faded clothes is done at a trifling cost with the Diamond Dyes. Think of this special work, dear ladies, when your bundle of clothing is being prepared for the poor. One packet of Diamond Dye, costing ten cents, will add wonderfully to the value of your donation.

Subscribe for THE DISPATCH.

Across The Atlantic in Ten Hours.

Mr. George L. O. Davidson, writing from the Junior Carleton Club to The Saturday Review, declares that after 15 years' study he is absolutely convinced that the "practical navigation of the air upon a commercial basis" is now only a matter of a very short space of time. Engines, he says, can be constructed which in proportion to their weight contain and exert very much greater force than birds. The only thing is to apply the force in the right way, and Mr. Davidson says that he has discovered that way. "It is," he says, "only a question of the completion of the design and construction of the mechanical parts that delays success." It is to be a flying machine, not a balloon, and it will de-velepe.

First we shall have a clumsy machine which will carry about 20 passengers at a speed of, say, 100 miles an hour, and in a very few years the original air car will bear as much resemblance to the air liner of the future as a little paddle steam tug bears now to such vessels as the Campania. Most of us will live to see the air-liners gliding from country to country at a speed of at least 300 miles an hour, whilst local cars will call at the various depots bringing hundreds to and from the great cities. Of course, there will be proper depots, huge platforms, or open spaces whence the air cars will start where they will arrive. You can take a penny steamboat now, but you must get off at a pier, and so when you take the shilling air-car from Brighton to the city, you will have to get off, say, at the Bank Depot, and need not expect to be let down at your office window.

Small depots where one or two local cars may rest at the same time, and deposit or take up their passengers, will doubtless in crowded parts of cities, take the form of high platforms, something similar to the uncompleted tower at Wembley-park, which has an area of an acre at the top; and these will interfere very slightly with the houses and offices below, probably not as much as the underground railways do at present whilst any village green or convenient open space may be made to serve as a country depot, and correspond to the local railway station of the present day. Then, again, there will be larger depots for the long distance cars, where they may rest in readiness for perhaps an hour or so before the starting time, whilst being loaded with mails; parcels, passengers and there personal luggage, nor will it be long before perishable goods are carried by air.

Collisions will be fewer than on land or sea, though accidents will happen to the best regulated air-cars. It won't do to open windows in front unless you want to be asphyxiated by the inrush of air, but there will be no more risk than in an express train. As for war, the first nation to succeed in conquering the air will literally have the upper hand in obtaining control of the great highway, by constructing a few war air-cars and prohibiting the construction by other nations of similar engines of death. Mr. G. L. O. Davidson hopes the English capital will wake up.

UNDOUBTEDLY THE BEST.

GENTLEMEN.—I wish to say that Dr. Fowler's Extract of Wild Strawberry has proved a wonderful remedy in my family. We would not be without it for twice its price. I say it is the best (not merely one of the best—but the best) medicine ever brought before the public for summer complaint or diarrhoea, either in children or adults.

JOHN UNDERHILL
License Commissioner, Strathclair, Man.

Cheap Method of Travel.

A short, stout man, wearing a pair of they don't-touch-me linen pantaloons, bustled into the local office of the Canadian Pacific yesterday morning and inquired for the agent in charge. Having been introduced to this official, and, after mopping the perspiration from his shining bald head, he began to unfold the nature of his visit. He said he had become interested in the glowing reports from the Klondike region, and had made up his mind to try his luck as a miner. He had similarly interested at least 50 of his friends, and they were all enthusiastically desirous in accompanying him. They were mostly men of moderate means, and he had thought out a scheme whereby they could reach Seattle at a nominal expense, which, if it could be carried out, would ensure the embarkation of the entire number. His plan was to charter a freight car, rig it up with hooks by which hammocks might be swung, after the style of a warship, put in a cook stove and a lavatory; in fact, make of the car a temporary boarding house. The house-keeping utensils could be used after reaching Seattle as part of the camp equipage. He had given the matter a great deal of thought and the more he pondered over it the more feasible it looked to him.

The agent complimented him on the originality of his plan, and assured him the matter would be laid before the proper officials of the road.—Boston Herald.

CANCER CAN BE CURED.

For six years I suffered from cancer, and got no relief until I used Burdock Blood Bitters. I used seven bottles faithfully, when the cancer gradually dried up and finally disappeared. I am now entirely well and rejoice that by using B. B. B. I have escaped death either from the surgeon's knife or from the cancer itself.
Signed, MRS. ELIZA J. TUFFORD,
Paris, Ont.

SKIN DISEASES!

One Remedy Which has Never Failed—
Tried and Tested Ointment.

Because other alleged remedies for piles, scrofula, eczematous eruptions, scald head, chafing, black heads, salt rheum and skin diseases generally have proved useless, don't condemn Dr. Chase's Ointment. It has never been known to fail. For instance, Nelson Simmons, Meyersburg, Ont., writes:

"I used Dr. Chase's Ointment for itching piles, and can recommend it highly. Since using it I have had perfect freedom from the disease." Peter Vanallen, L'Amable, Que., had the eczema for three years. He tried three doctors, but received no benefit. One box of Dr. Chase's Ointment and three boxes of Dr. Chase's Pills cured him completely. Large scales covered his legs and body, but the Ointment soon removed them. He will swear to these facts.

Chase's Ointment may be had from any dealer or from the manufacturers Edmondson, Bates & Co., 45 Lombard street, Toronto. Price 60 cents.

Mother's greatest remedy for coughs, colds, bronchial and lung affections is Dr. Chase's Syrup of Linseed and Turpentine. The medicinal taste is wholly disguised making it pleasant to take. Large bottle 25 cents.

Familiarity with vice blunts the edge of virtue. True art lifts nature from gross surroundings, and shows her in her loveliest form. It is left for the "realist" in literature and art to present her in soiled garments.

WRONG HEART ACTION.

Wrong action at the heart causes nervousness, nervous dyspepsia, shortness of breath and other distressing symptoms. Mr. Samuel Yelland, of London, Ont., was cured of these troubles by taking Milburn's Heart and Nerve Pills. Mr. Yelland, says: "They are a remarkable medicine, and I have not been troubled in the least since taking them."

If I were to deliver my whole self to the arbitrament of special pleaders, today I might be turned into an atheist, and tomorrow into a pick-pocket.—Bulwer-Lytton.

Montreal, Que., Jan. 2, 1896.

Edmondson, Bates & Co.,
45 Lombard St., Toronto, Can.
Messieurs les manufacturiers.—I tried a bottle of Chase's Linseed and Turpentine for ulcerated sore throat. It cured me in two days. It is an admirable preparation.
Believe me, votre ami,
D. F. LAFLECHE.

In the face of every human being his history stands plainly written, his innermost nature stands forth to the light; yet they are the fewest who can read and understand.

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