

STRENGTH CAME BACK.

The Anvil once more rings with the strokes of his hammer.

Mr. Thos. Porteous, the well known blacksmith of Goderich, Ont., tells how sickness and weakness gave way to health and strength. "For the past four years my



nerves have been very weak, my sleep fitful and disturbed by dreams, consequently I arose in the morning unrested. I was frequently very dizzy and was much troubled with a mist that came before my eyes, my memory was often defective and I had fluttering of the heart, together with a sharp pain through it at times. In this condition I was easily worried and felt enervated and exhausted. Two months ago I began taking Milburn's Heart and Nerve Pills, since that time I have been gaining in health and strength daily. They have restored my nerves to a healthy condition, removed all dizziness and heart trouble, and now I sleep well and derive comfort and rest from it. That Milburn's Heart and Nerve Pills are a good remedy for Nervousness, Weakness, Heart Trouble and similar complaints goes without saying." Price 50 cts. a box at all druggists or T. Milburn & Co., Toronto, Ont.

Laxa-Liver Pills cure Dyspepsia.

Ask for Eddy's

when you order matches. Then you will be sure of having the best

Equity Sale.

There will be sold at Public Auction in front of the Post Office, in the Town of Woodstock, in the County of Carleton, and Province of New Brunswick, on THURSDAY the FIFTH day of MAY at the hour of twelve o'clock noon, pursuant to the directors of a Decreeal Order of the Supreme Court of Equity, made on TUESDAY, the seventh day of September A. D. 1897 in a certain cause therein pending between William M. Connell, Plaintiff, and Thomas McCafferty, Eliza McCafferty, and Mary McCafferty, Defendants, with the approbation of the undersigned Referee in Equity duly nominated and selected by the clerk in Equity as Referee under the said Decreeal Order, the lands and premises mentioned and directed to be sold by the said Decreeal Order and therein described as follows: "Situated in the Parish of Simonds in the County of Carleton Province of New Brunswick and bounded as follows: Beginning at a marked stake on the Highway, and thence running East thirty four rods to the rear line of late Michael McCafferty's land thence South along said rear line sixty rods, thence West to said Highway thence North along said Highway to the place of beginning being the northeastern part of land granted to K. Freeborn, containing thirteen acres more or less and being same land conveyed by John L. Marsh to said Michael McCafferty deceased in his life time. Dated the twenty-fifth day of February A. D. 1898. STEPHEN B. APPELBY, Referee in Equity.

FOR A PHOTO OF FINEST FINISH AND LIFE-LIKE APPEARANCE,

CALL AT E. M. Campbell's studio, Over Noble & Trafton's, Main Street.



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 dispense them with none but Pure Drugs reach our shelves. McKee's Quinine Iron and Wine and McKee's Compound Extract of Sarsaparilla, a Blood and Blood Remedy, are confidently recommended to the public for spring disorders. CHAS. MCKEEN, Druggist, Woodstock.

THE SLEEP PROBLEM.

How to Sleep When to Sleep and When Not to Sleep.

We confess to having little sympathy with people who can sleep all day long, though doubtless, as the graduate said, they, too, are God's creatures. On the whole, says a writer in the London Spectator, immense lethargy is connected with a rather low intellectual development, often aided by foolish parents who allow their children to sleep longer than is good for them.

As town life extends and intellect is aroused, the problem will be more and more that of too little, not of too much sleep. Perfect or nearly perfect health is, of course, the first condition of sound sleep. But scarcely any one is quite healthy, and so we must aid the sleepless to acquire that which is lacking. The one great thing to do is to fatigue the attention; not only to tire out the body, to quiet the vaso-motor centre, and so drive the congested blood from the brain. Quiet and regular habits, a certain monotony of light evening occupation will tend in this direction, while a great variety of evening engagements is generally fatal to the victim of insomnia. It is unwise to go to bed on either an empty or very full stomach; a slight meal before rest is the wise course. A hot bath the last thing, taken under the following conditions, is perhaps the very best aid to sleep: "As recommended by Eccles and others, the bath should be taken in a room with a temperature of 65 to 70 degrees Fahr.

The patient should stand with his head over the edge of the tub, douching head and face with water at 100 degrees. The cooling of the body by the air and the hot sponging of the head first send blood to the brain, plating its vessels. Then the entire body, except the head, is immersed in a bath at 98 degrees, rapidly raised to 105 or 110 degrees; in a few minutes the bath is left, and the body is wrapped in blankets, which absorb the moisture, and with the least possible exertion the patient gets into his night clothes and to bed, with a warm bottle to his feet, and perhaps a little warm liquid food."

There is no better means than this for meeting the untold ills of insomnia, but the writer has also found the good old proverb of walking a mile after the last meal useful. It goes without saying that a late dinner party meets with absolute condemnation. On the other hand, we are glad to find the author very reasonable about sending children to bed very early and about early rising. Not a little harm has been done to mankind by forcing children to bed in broad daylight, and in routing people out of their warm beds to face the dark chill of an early winter morning. There is a mean between these applications of old "saws," and the case of a celebrated French mathematician who, in the latter years of his life, spent twenty years in bed. The object of sleep is to restore nervous tissue; as much sleep as needful for that purpose is both good and necessary, but more is purely mischievous. The problem, though difficult, of modern life is to secure enough.

TEN YEARS' CATARRH IN THE HEAD.

A Brampton Citizen Cured Completely with Dr. Agnew's Catarrhal Powder—Prominent Clergymen of the Episcopal, Methodist, Presbyterian, Baptist and Roman Catholic Churches Recommend the Remedy.

Facts and experience are with Dr. Agnew's Catarrhal Powder. Henry W. Francis, an employee of the Great Northwestern Telegraph Co., Brampton, Ont., says:—I was greatly troubled with catarrh in the head for ten years. I tried every known remedy but little or no benefit was obtained from any. I saw Dr. Agnew's Catarrhal Powder advertised and got a sample bottle, which gave me immediate relief, and after using four bottles I was completely cured. This remedy has been used by Bishop Sweatman, of the Episcopal Church, and prominent ministers of every denomination, who, over their own signatures, bear testimony to its effectiveness. Sold by Garden Bros.

Did Not Satisfy His Client.

"My first case of any importance," said the lawyer who went to grow up with the country and then repented, "was a damage suit for \$10,000. A can of powder exploded in the basement of a hardware store, and my client, who had just purchased a jackknife, was trying it while occupying a nail keg on the floor above. He came out of the wreck minus part of an ear and the end of a finger, and he claimed that one eye was 'jest a leetle bit off.'"

"On the day of the trial I almost fell off my chair when my man entered. I knew that the day before he had run a foot race, put on his horseshoes, and gone swimming. Now he tottered into court with two canes, had his neck and head muffled like a man with neuralgia, sat down slowly and with the greatest care, and settled back with a groan that could be heard in the street.

"What in creation's the matter, Bill!" I whispered.

"Blowed up," he grinned. "Don't you think I know my business? There ain't nothin' on earth that ain't the matter with me till this here case is tried. I'm the worst exploded feller you ever see. You ask the questions and look after the law p'int. I'll tend to my end of it. All what's worrying me is that I didn't have gumption enough to ask for \$20,000."

"Two men helped Bill to the witness stand, he groaning his best. From his story of the accident you'd believe that he was blown half a mile straight through the roof and hadn't a sound spot left in his anatomy. He was in the midst of his story, and pity was written on the faces of the jury, when Bill's woolly dog fell foul of a foxhound belonging to the court. They were knocking furniture helter-skelter and filling the air with yelps and hair when Bill let out a whoop, jumped over a

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RUNNING SORES.

Mr. Stephen Wescott, Freeport, N.S., found (Burdock Blood Bitters) a wonderful blood purifier and gives his experience as follows: "I was very much run down in health and employed our local physician who attended me three months, finally my leg broke out in running sores with fearful burning. I had thirteen running sores at one time, from my knee to the top of my foot. All the medicine I took did me no good, so I threw it aside and tried B.B.B.; when one-half the bottle was gone, I noticed a change for the better, and by the time I had finished two bottles my leg was perfectly healed and my health greatly improved."

table, danced around, encouraging his dog, wanted to bet he would whip and shoved the judge over a chair to prevent his parting the brutes.

"Get a verdict? Case was dismissed. Bill was fined \$25 for contempt and was in jail for three weeks before I could get him out. Then he told around that I was no lawyer." —Detroit Free Press.

A COMPLETE MEDICINE CHEST.

Taken internally or applied externally Yellow Oil is equally efficacious. It cures Croup, Quinsy, Sore Throat, Cuts, Burns, Bruises, Sprains, Caked Breasts, Stiff Joints and a dozen of other complaints. No household should be without it. It costs only 25c, and is a whole medicine chest in itself.

As Sir Walter Scott, was riding with a friend near Abbotsford he came to a field-gate, which an Irish beggar, who happened to be near, opened for him. Sir Walter was desirous of rewarding him by the present of sixpence, but found he had not so small a coin in his purse. "Here, my good fellow," said he, "here's a shilling for you, but mind you owe me sixpence." "God bless your honor," exclaimed the Irishman; "may your honor live till I pay you."

A Banker's Experience.

"I tried a bottle of Dr. Chase's Syrup of Linseed and Turpentine for a troublesome affection of the throat," writes Manager Thomas Dewson of the Standard Bank, now of 14 Melbourne Avenue, Toronto. "It proved effective. I regard the remedy as simple, cheap and exceedingly good. It has hitherto been my habit to consult a physician in troubles of this nature. Hereafter, however, I intend to be my own family doctor."

Unreasonable woman.—Husband—Hang it! There I've forgotten! Wife—What, durr? What did you forget? Husband—Well how on earth do I know?

"The doctor would like to see you inside," said the maid to the caller in the reception room. "Not much said the startled patient. "He can't try any X ray on me."

Served him right.—"He proposed to me on a postal card." "Did you accept him?" "Of course not. Do you suppose I would marry a man who does not care 2 cents for me."

"Well, little boy, what's your name?" "Shadrach Ne'uchadn zzar Yoots." "Who gave you that name?" "I don't know. But if I find out when I gets older they'll be sorry for it."

Jeweller—Gold rings? Yes sir; step this way, please. Eighteen carat? Muldone—No, sorr; O've been aitin' onions, av it's any o' yure business.

Miss—Didn't the ladies who called leave cards? Bridget—They wanted to, ma'am, but I told them you had plenty of your own, and better too.

"I am a self-made man." "When are you going to finish the job?"

"I, Mrs. Bollingham a daughter of the revolution?" "I think so. Her father used to run a steam bath."

Notice of Sale.

To John Marshall, of the Parish of Richmond, in the County of Carleton, and Province of New Brunswick, Farmer, and James W. Marsh of said Parish of Richmond, Farmer, and all others whom it may concern:

Take notice that there will be sold at Public Auction in front of the Post Office in the Town of Woodstock, in the said County of Carleton, on SATURDAY, the FOURTEENTH day of MAY next at the hour of three of the clock in the afternoon, the following lands and premises, namely: "All that certain piece or parcel of land situated in the Parish of Richmond aforesaid, described as follows, to wit: Beginning at a beech tree standing at the south east corner of Lot number Five, thence running north eighty-five degrees, west eighty-one chains to a birch tree, thence north sixteen degrees east ten chains, thence south eighty-nine degrees, east eighty-one chains, and thence south sixteen degrees, west ten chains to the place of beginning, containing seventy-five acres more or less and known as the south half of Lot number Five in the seventh tier South Richmond excepting therefrom about one acre thereof on the south westerly side of the road leading to Appleby's mill, and being the same land deeded to the said James W. Marsh by Ernest S. Kirkpatrick by deed dated twenty-third day of April, A. D. 1894, together with all the buildings and improvements thereon.

The above sale will be held under and by virtue of a Power of Sale contained in a certain indenture of Mortgage bearing date the twenty-third day of April A. D. 1894, and made between said James W. Marsh of the one part, and the undersigned Alfred H. Henderson of Philadelphia, in the State of Pennsylvania, one of the United States of America, dentist, of the other part, which said mortgage is registered in the office of the Registrar of Deeds for said County of Carleton, in Book S. Number Three of Records on pages 390, 391 and 392, default having been made in the payment of the moneys thereby secured.

Dated this Seventh day of April, A. D. 1898. ALFRED H. HENDERSON, D. McLEOD VINCE, Solicitor for Mortgagee.

THE WOODSTOCK WOODWORKING COMPANY LIMITED.

MANUFACTURERS OF Church Pews, Doors, School Desks, Windows, Sheathing, Mouldings, Shop Fronts, Flooring,

And every variety of Finish for Houses and Churches.

Window and Door Screens, INCREASED FACILITIES.

SHINGLES AND CLAPBOARDS FOR SALE.

A New Klondyke in Woodstock.

There is no need going to Yukon for a CARRIAGE or HEAVY WAGON. We have a number of our New Carriages in the ware room and invite any one desiring one to call and inspect. We have well under way fifty carriages that will soon be ready for the market. In heavy stock for waggons we have a big supply, and anyone intending to purchase invite their attention, come and look it over and decide for yourself. All wheels are boiled in oil before tiring. Our designs are the latest, and personal attention is given to all departments, none but skilled workmen are employed. One of the proprietors always on hand to attend customers. Now is the time before the busy season sets in to have your Repairing and Painting done by the best of mechanics. Try us with your orders, satisfaction assured. Charges moderate.

CHESTNUT & HIPWELL,

Opposite Small & Fisher Co., WOODSTOCK, N. B.

A Dyspeptic?

SOUTH AMERICAN NERVINE IS THE RAINBOW OF PROMISE.

Emaciated—weary—gloomy. No one can adequately describe the abject misery of the sufferer from Dyspepsia and Indigestion. South American Nervine is the greatest discovery in medical science for the cure of all chronic stomach troubles. It acts directly through the nerves—the seat of all disease. Thousands testify of cures made. Relief from the first dose. "I was a great sufferer from stomach and nerve troubles. Tried a score of remedies. No relief. Half a bottle of South American Nervine worked wonders. Six bottles made a new man of me."—W. H. Sherman, Morrisburg, Ont. Don't experiment with new and doubtful medicines—Take the tried and tested.

Sold by Garden Bros.

FOR THE LADIES.

We make to order all kinds of Ladies' Coats, Capes, Ulsters, Mackintoshes and Outside Wraps, in the Latest Styles, and Perfect Fit guaranteed.

We make to order Ladies' Gaiters of all kinds to match costume. Ladies can furnish own cloth if they wish. Give us a call and get prices.

Hanson & Grady

Merchant Tailors, HOULTON, MAINE.

Before. After Wood's Phosphodine, The Great English Remedy. Sold and recommended by all druggists in Canada. Only reliable medicine discovered. Six packages guaranteed to cure all forms of Sexual Weakness, all effects of abuse or excess, Mental Worry, Excessive use of Tobacco Opium or Stimulants. Mailed on receipt of price, one package \$1, six, \$5. One will please, six will cure. Pamphlets free to any address. The Wood Company, Windsor Ont.

Sold in Woodstock and everywhere in Canada by all responsible druggists.

The Best News of the World

—IS FOUND IN— THE BOSTON HERALD. Subscription Six Dollars a Year, Postage Paid.

UNDERTAKING.

A. HENDERSON

Has in stock a Full Line

CASKETS, COFFINS, Robes, Caps, Gloves, Etc.

And is prepared to do all work in the Undertaking line.

HEARSE IN ATTENDANCE.

A. HENDERSON, QUEEN STREET.

WOODSTOCK. Feb'y 15, 98.

HOTELS

VICTORIA HOTEL,

Carleton Street, - - Woodstock, N. B., T. J. ROYER, Proprietor.

Within a stone throw of Queen Street Station, overlooking the St. John River. Sample rooms in Opera House Block and in hotel. Terms \$1.50 per day.

Hotel Stanley,

J. M. FOWLER, PROPRIETOR, TERMS MODERATE. 47 AND 49 KING SQUARE, ST. JOHN, N. B.

Queen Hotel,

J. A. EDWARDS, - - Proprietor. QUEEN STREET, FREDERICTON, - N. B.

VICTORIA HOTEL,

ST. JOHN, N. B. D. W. McCORMICK, - Proprietor

JUNCTION HOUSE,

Newburg Junction. Meals on arrival of all trains. First-class fare. R. B. OWENS, Proprietor