

A Dunnville Jeweller's Wife

CURED OF PALPITATION OF THE HEART AND SMOTHERING SPELLS BY MILBURN'S HEART AND NERVE PILLS.

Mrs. D. E. Lasalle, Canal Street, Dunnville, Ont., whose husband keeps a jewellery store, and is one of the best



known and most progressive citizens of Dunnville, Ont., gives the following description of her recent experience in the use of Milburn's Heart and Nerve Pills:

"I took Milburn's Heart and Nerve Pills for weak nerves, dizziness, palpitation of the heart, smothering spells at night and sleeplessness. Before I used them I could not get restful sleep, and my nerves were often so unstrung that I would start in alarm at the least noise, and easily worried."

"Last February I commenced taking this valuable medicine, and it proved the right remedy for my weak and shattered nervous system. Milburn's Heart and Nerve Pills restored my nerves to a strong and healthy condition, gave regular and normal action of the heart."

"I sleep well now, and am better in every way, and I recommend them heartily to all who suffer as I did."

Milburn's Heart and Nerve Pills, 50c. a box, or 3 for \$1.25, at all druggists. T. MILBURN & Co., Toronto, Ont.

Laxa-Liver Pills cure Constipation, Sick Headache, Biliousness, Dyspepsia. Every pill guaranteed perfect, and to work without a gripe or pain. Price 25c., all druggists.

5 & 10.

For a first-class variety of 5 and 10 cent goods, come here.

Glassware, Tinware, Woodenware, Novelties of all kinds.

MRS. R. B. GIBSON,

Opp. Opera House.

Queen St.,
WOODSTOCK.

Be sure to inspect our **LADIES' JACKETS** before purchasing. They are just beautiful this year, surpassing all former selections. Prices moderate.



C. M. Sherwood, Centreville.

SOME PRINCIPLES IN DIETETICS.

Dr. Playter Writes of the Tendency to Eat More Than the Digestive Organs Can Assimilate.

"The appetite cure" is the name of an amusing article by Mark Twain, in the Cosmopolitan Magazine of two or three months ago. It well illustrates the good effects of fasting and getting thoroughly hungry, a sensation which few know anything about, although many think they do, and imagine they are very hungry if a meal is a little delayed, or even before meal time. The article describes a species of the fasting cure, put in Mr. Twain's most peculiar way. He had made a visit to an establishment, or "cure," in Bohemia, a short day's journey from Vienna, and "being in the Austrian Empire, it is, of course, a health resort." "The Empire is made up of health resorts." "Its waters are all medicinal. They are bottled and sent throughout the world. The self-sacrificing natives drink beer." He had lost his appetite, and this establishment is a place to restore appetites. After he had been examined by the physician in charge, and stated that ordinary food—chops, chicken, vegetables—revolted him, and he wished to never hear of them again, he was presented with a long menu, and asked to choose from it what he would like. As the principal dishes named in the list were "tough, underdone, overdue tripe, garnished with garlic"; "young cat, old cat, scrambled cat," and "sailor boots, softened with tallow, served raw," the patient decided not to take anything just then. In thirty-six hours he thought he was "not only hungry, but hungry with a strong adjective," yet "not hungry enough to face the bill of fare." But the funny man was gradually conquering his prejudices. After a complete fast of sixty hours he ordered:—"No. 15—Soft-boiled spring chicken—in the egg; six dozen, hot and fragrant." The dish soon came, followed by the exultant doctor, rubbing his hands. "It's a cure, it's a cure! I knew I could do it. Dear sir, my grand system never fails—never. You've got your appetite back; you know you have; say it and make me happy," quoth the doctor. "Bring on your carrion," said Mark; "I can eat anything in the bill." "Oh, this is noble," added the doctor. "How are the birds?" "Never was anything so delicious," was Mark's reply, "yet as a rule I don't care for game. But don't interrupt me now. I can't spare my mouth; I really can't." "Now," said the doctor, "the cure is perfect. Let the poultry alone; I can trust you with a beefsteak." The steak came, with potatoes and Vienna bread and coffee, and Mark Twain "ate a meal worth all it had cost him," and "dripped tears of gratitude into the gravy all the time"—"gratitude to the doctor for putting a little plain common sense into him" when he "had been empty of it so many, many years."

Hardly one person in ten thousand knows what the feeling of real hunger is like. Meal time comes around from 1,100 to 1,400 or 1,500 times a year, and the sense of taste is so fixedly habituated to being gratified with, and the stomach to receiving, some palatable food, that if this be not provided at the usual time there is a species of irritation, as usually is experienced when any constant habit is checked or interfered with. But this is not, commonly, hunger.

Many persons complain or say that if they do not get their meal at the regular hour they lose their appetite or desire for it. Exactly. This is good evidence that the desire for the meal was not real hunger; if it were it would not pass off in that way.

The appetite—the natural desire for food—the sensation of hunger—should be a safe guide for the quantity required. But in most cases the natural appetite is, and has been from early childhood, so pampered by over-seasoned or over-sweetened food that it is not safe to trust to it alone. The desire to gratify the sense of taste, or to supply something to the empty stomach, is mistaken for a demand for food, or for actual hunger. The judgment, or a little of that "plain common sense," must be exercised. Careful observation of one's own personal experiences, and eating slowly of simple, plain, wholesome food, is about the only way to surely avoid the ill effects, which are very common, of eating too much. There are not many, it is to be feared, who can resist over-eating when tempted by a great variety of savoury dishes. We all know that one gains strength and flesh on a very small quantity of food when one is beginning to convalesce after a fever or any severe illness; and know that some persons have lived for many days, and even weeks, without food at all.

The eminent physician, Abernethy, was probably within the mark when he said that one-third of what we eat sustains us, and the other two-thirds we "eat at our peril"—meaning that the two-thirds becomes an over-burden to various excretory and assimilating organs, and gives rise in them to various forms of disease.

I can hardly be too often reiterated that it is not what one eats, but what one digests and assimilates, that gives nourishment and sustains. And, obviously, it is easier for the various organs concerned to extract sufficient nutriment from a smaller quantity of plain food to digest and assimilate more completely

than from a too bulky amount of complicated substances. The organs make effort to get rid of all excess as foreign matter. It may be that too much may be digested, and even partly assimilated. So the effort falls upon various organs, and they eventually become diseased from overwork, or that for which they are not adapted.

It is important, however, to remember that, in efforts to reduce any considerable proportion the quantity of food habitually eaten, one must do so very gradually, and never so cut down suddenly. The habitual quantity should usually be reduced very gradually indeed, when one attempts reduction, from week to week, or month to month, or even from year to year. Some persons can most easily reduce the quantity by taking only two meals a day; with, then, only two temptations to excess instead of three.

Your Rheumatism

Paine's Celery Compound

The Only Medicine That Works Complete and Permanent Cures.

The ablest and best men and women of our country—doctors, clergymen, lawyers, bankers, merchants and literary women—highly praise and recommend Paine's Celery Compound as a sure cure for rheumatism and sciatica.

Remember well that disordered nerves, faulty digestion, and a slow and incomplete nutrition of the body invite rheumatism, just as they do nervous debility and neuralgia. There is no surer start for rheumatism than a run-down, nervous condition.

You cannot cure rheumatism by outward applications. The disease is due to internal troubles and must be constitutionally attacked and got rid of.

Paine's Celery Compound gives a healthy tone to the stomach, increases the appetite, and regulates the bowels, liver and kidneys, so that they easily throw off poisonous matters that the sluggish system has allowed to lodge in the blood, causing rheumatism and like disorders.

Bear in mind that rheumatism neglected means increased sufferings and certain death. Be wise while you have a fair measure of strength left. Use Paine's Celery Compound and banish an enemy that has no mercy when it obtains the mastery. It solely remains with you to determine whether you will banish danger or remain in misery and wretchedness.

The Very Worst of All.

Aha! Boon companions—easily tempted—late hours—gradual fall—hopeless wreck!—afably assumed the head of the institution with a knowing air.

Oh, no! quickly replied the young old woman with the careworn face and made-over dress. Jim don't drink a drop.

Oh! Then it's the little needle—first used to drive away pain, and use more and more until—

Not morphine either, if that's what you are driving at.

Why certainly. How foolish of me! It's the seductive little pill in the little pipes that's—

Don't you even dare to hint that Jim's an opium fiend or I'll—

Then if he's none of these things I've mentioned, madam, why what do you mean by bringing him to me?

Oh, it's too long a story to tell, but anyway, we've sold our three homes during our married life to go to three different gold fields where Jim was sure that he could make millions. We've just got back from Klondike—heaven alone knows how—and while we have't got a cent, my father has promised to buy me a new home and start us over. Now I mean to live in that until I die. No more selling out for me! So that's why I came here with Jim. I want you to give him the gold cure.

WAR TERRORS

Pale Into Insignificance to the Man who is Tormented with Piles—Dr. Agnew's Ointment Will Cure Them.

Of all flesh ailments the most distressing is piles, blind, bleeding, itching or ulcerating—and the remedy that will give the quickest relief and the surest cure is Dr. Agnew's Ointment. It holds a phenomenal record as a certain pile cure, and the words "relieved like magic" have been heralded round the globe, and are but the voices of the notions telling of its curative powers. It cures all skin diseases, eczema, salt rheum, scald head etc.—Sold by Garden Bros.

The Sweetheart—And did you sometimes think of me while at the front. The Soldier—Yes, whenever they blew the "call to arms."

Miss Annie Gillespie, Orillia, Ont., writes: "I had a bad cold and severe cough for some time and could not get rid of it until I used Dr. Wood's Norway Pine Syrup, which quickly cured me." Price 25c.

Landlady—I want you to understand sir, that I'm no spring chicken. Old Boarder—Well, I'll have to take your word for it. I never saw one.

COOK'S NEW BLOOD PILLS.

There's Style

In Glasses as well as in Dress.



H. V. DALLING,

Agent for {N. B. Telephone Co.
C. P. R. Telegraph Co.

30 Main Street, Woodstock, N. B.

The deep-rooted objection to the use of Glasses on the ground of unsightliness is entirely removed by the artistic effect produced by modern methods. Improperly-fitted frames are at once a disfigurement and a menace to health; the effect of a perfect glass being annulled or distorted by this means.

I carry a large and well-selected stock of Spectacle and Eye-Glass Frames, in Gold, Gold-Filled, Non-Tarnishable Alloy and Nickel Steel and guarantee a Perfect Fit in both Frames and Lenses. Prices reasonable. Rimless and Special Frames made to order. Eyes tested free.

The Blue Front Jewelry Store.

LOW PRICES

On FLOUR, MEAL & SALT,

DRIED FISH, HERRING, &c.

20 lbs. SUGAR for \$1.00.

TUB BUTTER and EGGS taken in exchange.

C. M. SHERWOOD & BRO.

WOODSTOCK.

Eat Wholesome Meat

And be happy. Well killed, well taken care of, is all our meat. Your wife can cook it well and you will thrive on it.

Roast, Steak, Lamb, Fresh Pork, Sausages, Tripe, Liver, Bacon, Pressed Corned Beef.

We can give you anything in this line usually kept in cold storage.
Telephone 18-2.

BROWN & RAYMOND,
Connell Street, Woodstock.

General House Finishing.

DOORS, WINDOWS, MOULDINGS, FLOORING, SHEATHING, SCHOOL DESKS, CHURCH WORK.

James E. Barter & Co.
Avondale, N. B.



We give this fine watch, chain and charm, for selling two doz. LEVER COLLAR BUTTONS, at ten cts. each. Send your address and we forward the Buttons, postpaid, and our Premium List. No money required. Sell the Buttons among your friends, return the money, and we send the watch, prepaid. A genuine American watch, guaranteed, for a few hours' work. Mention this paper when writing.

LEVER BUTTON CO.,
20 Adelaide St. E., Toronto, Ont.

HOTELS

JUNCTION HOUSE,

COLIN CAMPBELL Prop.

Excellent Accommodation.

McAdam Junction.

QUEEN HOTEL,

J. W. SMITH, Proprietor.

St. Stephen, - - N. B.

Opposite Post Office, two minute's walk from C. P. R. Depot. Newly Painted and Renovated, most convenient Hotel in St. Stephen for Commercial Men.

\$1.50 PER DAY.

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

C. P. R. TIME TABLE.

October 2nd, 1898.

DEPARTURES.

(QUEEN STREET STATION).

6.20 A MIXED—Week days—for Houlton, McAdam, St. John, St. Stephen, St. Andrews, Fredericton, Saint John, Bangor, Portland and Boston.

8.35 A MIXED—Week days—for Arcoostook, M. Junction, Presque Isle, etc.

11.28 A EXPRESS—Week days—for Presque Isle, Edmundston, and all points North.

1.20 P MIXED—Week days—for Perth, Plaster Rock, etc.

1.40 P MIXED—Week days—for Fredericton, M. Junction, via Gibson Branch.

4.18 P EXPRESS—Week days—for Saint John, St. Stephen, Fredericton, St. John, Vanco-boro, Quebec, Sherbrooke, Montreal, and all points West, Northwest, and on the Pacific Coast; Bangor, Portland, Boston, etc.

5.35 P MIXED—Week days—for McAdam, M. Junction, etc. (STARTS FROM OLD STATION).

8.05 P MIXED—Week days—for Debec Junction and Houlton.

ARRIVALS.

7.50 A. M.—MIXED—Week days, from McAdam Junction.

10.50 A. M.—MIXED—Week days, from Plaster Rock, etc.

11.20 A. M.—EXPRESS—Week days, from Saint John, St. Stephen, St. Andrews, Boston, Montreal, etc.

12.15 P. M.—MIXED—Week days, from Fredericton, etc., via Gibson Branch.

2.55 P. M.—MIXED—Week days, from Presque Isle.

4.18 P. M.—EXPRESS—Week days, from Presque Isle, Caribou, Edmundston, etc.

5.40 P. M.—MIXED—Week days, from Houlton, etc.

9.35 P. M.—MIXED—Week days, from St. John, St. Stephen, Portland, etc.