DISPATCH THE

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:

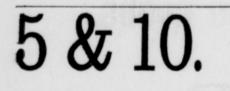
"I took Milburn's Heart and Nerve Pills for weak nerves, dizziness, palpitation of the heart, smothering spells at night and sleeplessness. Before I used them I could not get restful sleep, and my nerves were often so unstrung that I would start in alarm at the least noise, and easily worried.

"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 with-out a gripe or pain. Price 25c., all druggists.



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

Glassware, Tinware, Woodenware.

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 selfsacrificing 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 jast 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 frag-

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.

Eat

Wholesome

And be happy. Well killed,

well taken care of, is all our

meat. Your wife can cook

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 Meat tone to the stomach, increases the appetite, and regulates the bowels, liver and kidneys, so that they easily throw off poisonous mat-ters 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.

There's Style In Glasses as well as in Dress.



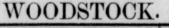
The deep-rooted objection to the use of Glasses on the ground of unsightliness is entirely removed by the artistic effect produced by modern methods. Improperly-fitted frames are at once a disfigurement and a menace to health; the effect of a perfect glass being annulled or distorted by this means.

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

V. DALLING, H. {N. B. Telephone Co. C. P. R. Telegraph Co. The Blue Front Jewelry Store. Agent for 30 Main Street, Woodstock, N. B. LOW PRICES On FLOUR, MEAL & SALT, DRIED FISH, HERRING, &c. 20 1bs. SUGAR for \$1.00.

TUB BUTTER and EGGS tak in in exchange.

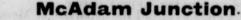
M. SHERWOOD & BRO. C.





COLIN CAMPBELL Prop.

Excellent Accommodation.



OUEEN HOTEL J. W. SMITH, Proprietor. St. Stephen, - - - N. B. Opposite Post Office, two minute's walk from

Novelties of all kinds. MRS. R. B. GIBSON

Opp. Opera House. Queen St., WOODSTOCK.

Be sure to inspect our LADIES **JACKETS** before purchasing. They all former selections. Prices moderate.



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."

rant." 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 delici-

ous," 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.

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 are just beautiful this year, surpassing 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 foodthe 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 childhoed, so pampered by overseasoned 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.

1. 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

The Very Worst of All.

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

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

Oho! 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'nt 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

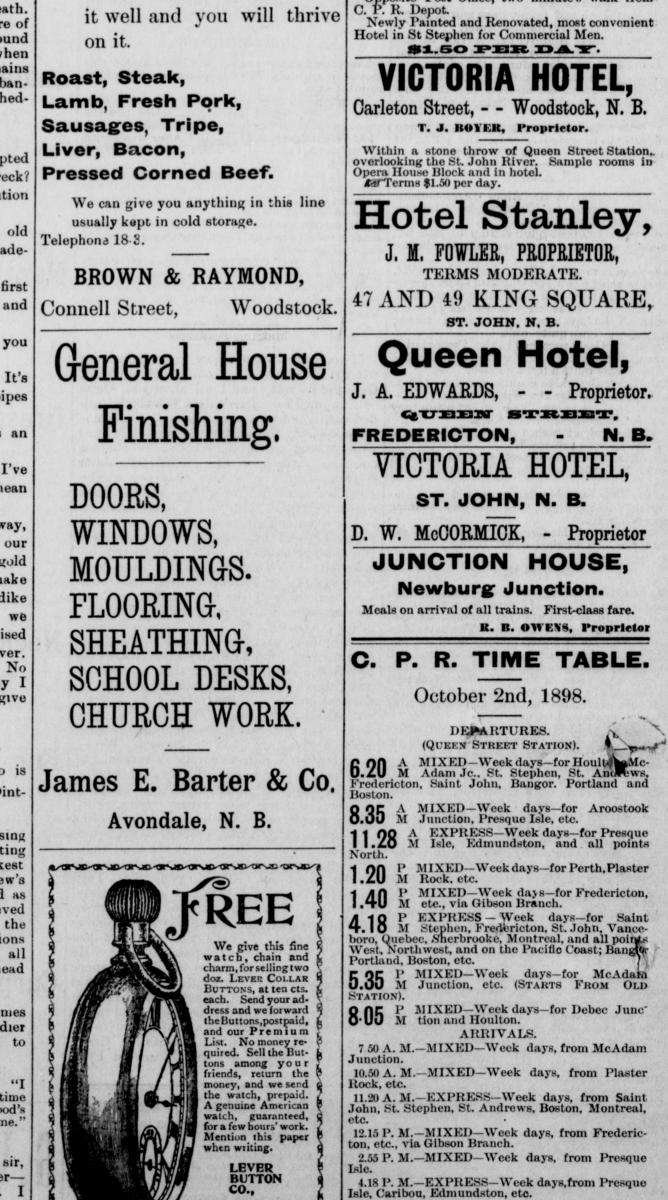
Pale Into Insignificance to the Man who is Termented with Piles-Dr. Agnew's Ointment Will Cure Them.

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 Soidier - 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 1 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.



C. M. Sherwood, Centreville. food to digest and assimilate more completely COOK'S NEW BLOOD PILLS.

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

etc.

5.40 P. M.-MIXED-Week days, from Houlton,

20 Adelaide St. E.

Toronto, Ont.