

GROWING OLD.

Softly, O softly, the years have swept by thee,
Touching thee lightly with tenderest care;
Sorrow and death they have often brought nigh
to thee,
Yet they have left thee but beauty to wear.
Growing old gracefully,
Gracefully fair.

Far from the storms that are lashing the ocean,
Nearer each day to the pleasant homelight;
Far from the waves that are big with commotion,
Under full sail and the harbor in sight.
Growing old gracefully,
Cheerful and bright.

Past all the winds that were adverse and chilling,
Past all the islands that lured thee to rest,
Past all the currents that lured thee unwilling
Far from thy course to the land of the blest.
Growing old gracefully,
Peaceful and blest.

Never a feeling of envy or sorrow
When the bright faces of children are seen;
Never a year from the young wouldst thou
borrow—
Thou dost remember what lieth between;
Growing old willingly,
Thankful, serene.

Rich in experience that angels might covet,
Rich in a faith that hath grown with the years,
Rich in a love that grew from and above it,
Soothing thy sorrows and hushing thy fear.
Growing old wealthily,
Loving and dear.

Hearts at the sound of thy coming are lightened,
Ready and willing thy hand to relieve;
Many a face at thy kind word has brightened,
'Tis more blessed to give than receive.
Growing old happily,
Ceasing to grieve.

Eyes that grow dim to earth and its glory
Have a recompense youth cannot know;
Ears that grow dull to the world and its story
Drink in the songs that from paradise flow,
Growing old graciously,
Purer than snow.

Mark Twain as a Fighter.

Apropos to some recent speeches by Mark Twain at public dinners, a correspondent of an English paper furnishes the text of Mark's speech to an association of Union Veterans at Baltimore a few years ago, which the communicator declares to be "his happiest flight of humor." It was in the following terms:—"When your Secretary invited me to this reunion of the Union Veterans of Maryland he requested me to come prepared to clear up a matter which he said had long been a subject of dispute and had blood in war circles in this country—to wit, the true dimensions of my military services in the civil war, and the effect which they had upon the general result. I recognize the importance of this thing to history, and I have come prepared. Here are the details:—I was in the civil war two weeks. In that brief time I rose from private to Second Lieutenant. The monumental feature of my campaign was the one battle which my command fought—it was in the summer of '61. If I do say it, it was the bloodiest battle ever fought in human history; there is nothing approaching it for destruction of human life in the field, if you take into consideration the forces engaged and the proportion of death to survival. And yet you do not even know the name of that battle. Neither do I. It had a name, but I have forgotten it. It is no use to keep private information which you can't show off. In our battle there were just fifteen men engaged on our side—all Brigadier-Generals but me, and I was a Second Lieutenant. On the other side the was one man. He was a stranger. We killed him. It was night, and we thought he was an army of observation; he looked like an army of observation would in the daytime; and some of us believed he was trying to surround us, and some thought he was going to turn our position, and so we shot him. Poor fellow, he probably wasn't an army of observation, after all, but that wasn't our fault; as I say, he had all the look of it in that dim light. It was a sorrowful circumstance, but he took the chances of war, and he drew the wrong card; he overestimated his fighting strength and he suffered the likely result but he fell as the brave should fall—with his face to the front and feet to the field—so we buried him with the honors of war, and took his things. So began and ended the only battle in the history of the world where the opposing force was utterly exterminated, except from the face of the earth—to the last man. And yet you don't know the name of that battle; you don't even know the name of that man. Now, then, for the argument. Suppose I had continued in the war, and gone on as I began, and exterminated the opposing force every time—every two weeks—where would your war have been? Why, you see yourself, the conflict would have been too one-sided. There was but one honorable course for me to pursue, and I pursued it. I withdrew to private life, and gave the Union cause a chance. There, now, you have the whole thing in a nutshell; it was not my presence in the civil war that determined that tremendous contest—it was my retirement from it that brought the crash. It left the Confederate side too weak."

Babies Tortured

By flaming, itching eczema, find comfort and permanent cure in Dr. Chase's Ointment, a preparation which has a record of cures unparalleled in the history of medicine. Eczema, salt rheum, tetter, scald head, old people's rash, and all itching skin diseases, are absolutely cured by Dr. Chase's Ointment.

COOK'S ANODYNE LINIMENT.

DIET CHANGES CONSTITUTION.

The Enormous Amount of Food We Eat During a Year.

The ordinary person eats a few more than a thousand meals during a year, and if living to the age of 40 years consumes not less than forty tons of solid and liquid aliment. This great amount of nourishment serves the two-fold purpose of maintaining the warmth of the body and of repairing the waste of tissue caused by exercise, writes Albert G. Evans in Lippincott's.

Many of the lower forms of living beings absorb their food directly from the surrounding world without first subjecting it to any particular changes. Plants absorb gases from the atmosphere and thus build up their parts. These gases, previous to absorption, undergo no treatment by digestive fluids secreted by the plant. Man resembles the plant, inasmuch as important articles of nutrition are received directly from the inorganic world, but certain physical and chemical changes affect the food before it is fitted for absorption.

There is no doubt that the whole constitution of the body may be changed by diet alone. By it the fluids may be thinned or condensed, rendered mild or acrid, coagulated or diluted to almost any degree. Even brief attention to these things shows how directly health depends upon a proper regimen. It is not an easy matter to ascertain the exact amount of food proper for every age and constitution, for it was never intended that mankind should measure and weigh their food. We are taught by nature when we have enough, but the quality of the food we use merits especial consideration.

To wander through a great city's marketplace in company with a man skilled in the chemistry of foods is a means of acquiring much interesting and valuable information concerning what we eat.

Few in all that crowd of eager buyers who throng every nook and alleyway stop to think that steak of a light red color and having white fat is the tenderest and juiciest. The flesh of a bullock about the age of 4 years furnishes the best and strongest nourishment, and is peculiarly well adapted for the use of those persons who labor or take much exercise. It will often lie easy on the stomach that can digest no other kind of food. Veal not younger than four months is considered a proper food for persons recovering from an indisposition, and may be given to fever patients in a very weak state, but it affords less nourishment than the flesh of the older animal; it is easy of digestion, yet of all meats it is less suitable for removing acidity of the stomach.

Worms—These pests of childhood are readily expelled by the use of Dr. Low's Pleasant Worm Syrup. It is simple, safe, effective, and contains its own cathartic. Price 25c.

Stalest Bread in the World.

A loaf of bread 4500 years old was found in the tomb of Mentuhotep, who died in Egypt 2500 B. C. It is now in the Museum of Berlin.

This loaf of cake or bread is dark brown in color, says the New York Sun. Inside are many large holes. Probably this part of the bread long since fell into dust, but much of the bread still remains in the shape of whole kernels and pieces of grain. Examination proves that the bread was made of barley, and the grains were only rudely crushed and not sifted. This proves that barley bread was one of the earliest kinds made, and it was baked and covered with twigs and leaves of the sycamore tree.

The process of preparing the grain for bread is to be gathered from a wall inscription which has been discovered at Thebes. It is a graphic picture of the entire process. This picture shows that at that early period even the hand mill was not yet invented. The flour was, of course, far from fine, and the bread resulting was of the kind found in the tombs. It was not baked in ovens, but being kneaded into dough, by the addition of water, was placed between two heated stones, or was put on a plate and laid upon the red-hot coals.

Honest Advice Free to Men.

The DISPATCH is requested to publish the following: All men who are suffering from overwork, excess or youthful errors, are aware that most medical firms advertising to cure these conditions cannot be relied upon. Mr. Graham, a resident of London, Ont., living at 437 1/2 Richmond St., was for a long time a sufferer from above troubles and after trying in vain many advertised remedies, electric belts, etc., became almost discouraged and hopeless. Finally he confided in an old Clergyman who directed him to an eminent and reliable physician, through whose skilful treatment a speedy and perfect cure was obtained.

Knowing to his own sorrow that so many poor sufferers are being imposed upon by unscrupulous quacks, Mr. Graham considers it his duty to give his fellow-men the benefit of his experience and assist them to a cure by informing anyone who will write to him in strict confidence where to be cured. No attention can be given to those writing out of mere curiosity, but anyone who really needs a cure is advised to address Mr. Graham as above.

Two Stratford Ladies

Tell How Milburn's Heart and Nerve Pills Make Weak People Strong.

Mrs. ELIZABETH BARTON, Britania St., says: "I speak a good word for Milburn's Heart and Nerve Pills with pleasure. They proved to me a most excellent remedy for nervousness, nervous debility and exhaustion, and I can heartily recommend them."

Mrs. POLAND, Brunswick Street, says: "My husband suffered greatly with nervousness, complicated by heart troubles. Milburn's Heart and Nerve Pills have cured him, and he now is well and strong."

LAXA-LIVER PILLS. Take one at night before retiring. "I will work while you sleep without a grip or gripe, curing Biliousness, Sick Headache, Constipation and Dyspepsia, and make you feel better in the morning."

News For Stamp Collectors.

A new postage stamp has just been issued by the government of New Zealand, and it is one which is likely to prove of special interest to philatelists. The government decided some time ago to establish a pigeon messenger service between Auckland and Great Barrier Island, which is several miles from the mainland. This service was the more necessary as there was neither a cable nor any other regular connection between the island and Auckland.

The experiment was tried and proved so successful that it was decided to send letters regularly by pigeons, and it is for this purpose that the new stamps has been issued. Letters or dispatches sent in this way will be known as pigeonograms, and each must be written on a small, thin sheet of paper. The address must be written at the top of this sheet, and the stamp will be affixed to the right-hand corner.

On the stamp appears the picture of a pigeon on the wing and carrying an envelope in its beak. Above the picture are the words "Great Barrier Island," and below are the words "Special Post," while at each side are the words "One Shilling."

Letters can be sent by these swift messengers twice each month. Even at this slow rate the first issue of stamps will soon be exhausted, as it consists of only 1800.

Stiff Limbs and Joints.

Miss A. Edwards, Fordwich, Ont. writes: "Last fall my little sister eight years old, was laid up with stiff limbs and joints, even her fingers and toes were stiff and she suffered greatly. After using Hagyard's Yellow Oil for a time she got perfectly well and is going to school again."

Quick to Learn.

General Toombs was making a speech in Sanderville, Ga., urging secession and welcoming the war. Among other things he advised the young men to go to the front, declaring that the Yankee did not know how to shoot and would speedily be defeated. Two young Washington county men enlisted at the breaking out of hostilities and promptly went to battle. During one of the severe engagements of the early part of the war, these comrades, who had become separated from their company, sought the shelter of a tree. Bullets were grazing the bark on one side, and as the men crouched together, Minie balls commenced to splinter the trunk of the tree on the other side. The situation was so close to be comfortable and the angle of safety grew painfully acute. Finally one of the boys said to his companion:

"Say, Jim, do you remember that speech General Toombs made in Sanderville one day?"

"Yes, Bill, I remember it."

"Jim, didn't he say that the Yankees couldn't shoot?"

"That's what he said, Bill."

"Then they are learning damn fast, ain't they?"—Savanna Press.

For Instant Relief.

There has no anodyne been found so efficacious as Cook's Anodyne Liniment. It is the trusted friend of farmer, mechanic and sailor. For use both internally and externally. A reliable household remedy. Sold by all dealers in country districts. Price 25 cts. a bottle. Large bottles, good value.

Uitlanders Ask For Sympathy.

MONTREAL, July 10.—Mr. J. Davis Allen, representing the Imperial South African Association, who has taken a prominent part in the Uitlanders' agitation against the Transvaal Government and President Kruger, has arrived in Montreal. Mr. Allen's object in visiting Canada is to enlist the sympathy and support of the Canadian people in the British cause in South Africa. Mr. Allen declares that Kruger is at the head of the conspiracy, having its headquarters at Pretoria the object is to convert the whole of South Africa into a Dutch Republic. Kruger, Mr. Allen says, would be able to put from sixteen to twenty thousand armed men in the field, while the Orange Free State could furnish as many more, for there is a

Road Waggon, Farm Waggon, Sloven aggon.

I am putting up a large number of Waggon and Carriages this year and I want to sell them. I use none but the best stock, and the work is all done by experienced workmen. No amateurs employed.

REPAIRING

of all kinds promptly attended to.

CHESLEY ESTEY,

Queen Street,

Woodstock.

Not made in Huge Lots!

In Haste, Slighted in Workmanship, Painted and Upholstering.

This is not the way We make our Waggon.

Each Carriage is carefully made by skilled workmen, out of the best material, painted and trimmed in the best manner, and will outlast three factory carriages.

LOOK AT OUR CORNINGS AND ROAD WAGGONS.

The Woodstock Carriage Co.

Main Street, at the Bridge.

Wool Growers! NOTICE.

We have decided to go out of the Retail business, and from this date until the whole of our retail stock is disposed of, we will sell at a discount which will make it of special interest to you to buy from us.

WOOL TAKEN IN EXCHANGE.

Kindly let us have your Yarn orders early as possible, so that we may be able to give you prompt delivery.

WOOL BOUGHT FOR CASH.

Woodstock Woollen Mills Co.

WOODSTOCK.

secret treaty between the two countries since 1886, which provides that the one will help the other in case of invasion. However, Mr. Allen thinks that if the British government is firm Kruger will "climb down," and he states that a great deal depends upon the attitude of Cape Colony, where the imperial party recently suffered defeat, followed by the advent of a Boer Ministry to power.

Mr. Allen is confident that if a protest goes up from Canada as it has gone up in Australia it would make Kruger realize that the whole Empire was aroused.

Mr. Allen will leave tomorrow for Ottawa to interview the Dominion Government, and will subsequently visit Toronto and other leading cities of Canada.

A New Ending.

Merritt—I had an awful embarrassing thing happen to me this afternoon. I was walking with a girl when a sudden gust of wind blew off my hat and sent it kiting up the middle of the street.

Giles—You surely weren't fool enough to run after it? You know there is always sure to be some obliging stranger who will chase it for you.

Merritt—So I'd always heard. But the girl began laughing at my predicament, and said I'd have to do some scorching to beat the wind.

Giles—Well, of course, she was a girl and didn't know that some other fellow would do the sprinting for you.

Merritt—In the meantime a man had been chasing it up the block, and when the hat scurried around the first corner I knew he would catch it for he was running like a Spaniard.

Giles—Just as I told you.

Merritt—I continued very leisurely, and when I got to the corner—

Giles—There was the obliging man with your hat.

Merritt—No. Both the man and the hat had disappeared.—New York World.