#### Adarci HET DISPATCH тнн

# WOMEN WILL TALK.

Can't Blame them for Telling each other about Milburn's Heart and Nerve Pills.



#### THE GREAT REMEDY FOR WEAR DERVOUS WOMEN.

It's only no ural that when a woman finds a remeey which cures her of nervousness and weakness, relieves is r mins and aches, puts color in her che ekan mitality in her whole system, she should be anxious to let her suffering sisters know or id. Mrs. Hannah Holmea, St. James Street.

St. John, N.B., relates her experience with this remedy as follows :- "For some years I have been troubled with fluttering of the heart and dizziness, accompanied by a smothering feeling which prevented me from re-ting. My appetite was poor and I was much run down and debilitated.

"Since I started using Milburn's Heart and Nerve Pills, the smothering feeling has gone, my heart beat is now regular, the fluttering has disappeared, and I have been wonderfully built up through the tonic effect of the pills. I now feel stronger and better than for many years, and cannot say too much in praise of the remedy which restored my long lost health."



# IT WILL DO YOU NO HARM

to read our catalogue, even though you have no name and address on a post card will bring you our latest catalogue. Send for it. Address W. J. OSBORNE, Principal.

Fredericton, N. B.

# It's a strong Statement

#### Turning the Joke on Herrmann.

When Bill Nye, in collaboration) with James Whitcomb Riley, was touring the country as a lecturer, he stopped at a wellknow Chicago hostelry one evening, and was escourted to a place in the big room directly across the table from a dark man with heavy, black mustachios and Mephistophelian goa-

tee. Nye recognized his vis-a-vis as Herrmann, the magician, but beyond a quizzical stare gave no sign that he knew the eminent prestidigitator. Hermann was very well aware that the bald man opposite him was Bill Nye, but did not indicate his recognition by word or manner. Herrmann had, in fact, prepared a little surprise for the humorist, and several others seated at the table were in the secret.

Nye was about to lance a leaf from his salad, when he espied, lying beneath it, a superb and scintillant diamond, set in a very fine gold ring. Without showing the least surprise he lifted the ring from the saladbowl, slipped it on his finger, conscious all suppleness; a body symmetrically beautiful the while that every eye was upon him, and, turning to Riley, who sat next to him, re marked, with his dry, inimitable drawl:

"Strange how careless I am getting to be in my old age, James. I am forever leaving my jewellery in unlikely places."

Herrmann was dumfounded at the sudden manner in which the trick had miscarried, but he was destined for a still greater shock, for when the darkey waiter who presided over the table brought on the next course, Nye turned to him and soberly handing him the gem set ring, said:

"You are a very good waiter, Joe."

"Yes, sah. I guess I is, sah."

"And you always will be a real good waiter, Joe?"

"Yes, sah. I'm boun' ter do ma best, sah." "I believe you, Joe, I believe you, and as an evidence of my faith in you I want you to accept this little trifle. Wear it, and always remember the man who most appreciated your services."

fork rattled to the floor, and he tugged at his great mustachios, but was far too clever to cut in with an explanation at such an inopportune moment. There were half supintention of attending a business college. Your pressed titters all around the board during the rest of the meal, which the professor of occult art did not appear to enjoy. At a late hour that night Herrmann was heard in loud argument with the dusky recipient of the

# diamond ring, trying in two languages to convince him that it was all a joke on the

### FOR BEAUTY OF FIGURE.

Physical Culture the Best Medicine .-Should be Taken in Moderation .-- Walking Good Exercise.

All women are desirous of possessing a beautiful form. While a pretty face is no doubt an attraction, the fair sex realizes that a symmetrical form is admired far more by the men. Yet both may be attained measurably, at least, by a judicious course of physical training.

The first important rule for women who take up physical culture-not as a fad, but as an aid to health and beauty-is moderation. The great trouble with the sex is that it is apt to overlo along this line of work as along many others which have but recently opened up to it. The result is always disastrous.

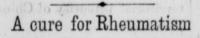
Women must bear in mind that they are not training as prize fighters, they are striving to get their bodies into good physical condition. Their efforts are for health, strength, and free from all superfluous flesh, a mind alert, tranquil and not easily ruffled. These alone are the objects of physical culture.

Walking is superb exercise. There is no other can equal it for all around good results. But in order to develop symmetrical beauty of limb, arm and muscle, other exercises must be added to it.

The best thing for a woman anxious to try physical culture is to take a few lessons from a thoroughly competent teacher, as it is almost impossible to accurately describe the different exercises without practical illustration. Then she can practice them at home. The best time to exercise is just on stepping out of bed in the morning.

Be sure to have plenty of fresh air when exercising; otherwise you do yourself more harm than good. Never exercise to the point of fatigue. Continue each exercise until the muscles used in that particular exercise are fatigued. Then desist and try the next. Be sure and adopt a system of ex-The darky's eyes bulged. Herrmann's ercise that will equally develop the upper

and lower parts of the body. Do not develop legs and muscles to the detriment of chest and waist; always remember that symmetry is beauty.



Mr. S. Mann, Stittsville, Carleton Co., Ont. vrites: "I was afflicted with rheumatism, had sey writes: repains in the knees, hips joints, across the back. Rheumatism remedies did not help me and I began using Dr. Chase's Kidney-Liver Pills, which have since completely cured me. There is not the least trace of rheumatism left and I am no longer sub-ject to biliousness, headache and stomach sickness

# KIDNEY DISEASE FOR TEN YEARS.

A Glen Miller Man's Terrible Trial.

# He Found a Cure at Last in Coan's Kidney Pills.

Mr. P. M. Burk, who is a well-known resident of Glen Miller. Hastings Co., Ont., was afflicted with kidney trouble for ten years.

So pleased is he at having found in Doan's Kidney Pills a cure for his ailments, which he had began to think were incurable, that he wrote the following statement of his case so that others similarly afflicted may profit by his experience: " I have been afflicted with kidney trouble for about teu years and have tried several remedies but never received any real benefit until I started taking Doan's Kidney Pills. My back used to constantly ache and my urine was high colored and milky looking at times. Since I have finished the third box of Doan's Kidney Pills I am happy to state that I am not bothered with backache at all and my urine is clear as crystal. I feel confident that these pills are the best kidney specific in the country."

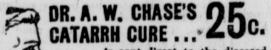
man he will all too soon leave her. She should make the most of him while she has him.

She should encourage outdoor exercise or sports, and she should not forget to train him with proper regard for his personal appearance.

She should never allow him to form such habits as coming to the table in his shirt-sleeves, neglecting his nails or teeth, or carrying soiled handkerchiefs about with him.

She should never nag him, or for get that he is a creature of reason, not an animal that requires to be driven. She should not try to break her boy's will, but be thankful that he is man enough to have a mind of his own and devote herself to training it to the noblest uses.

She should not fail to instil in him a distaste for all that is vulgar.-Sel.



# Notice of Sale.

To Mirian E. Prosser, of the Parish of Brighton, in the County of Carleton and Province of New Brunswick, Farmer, and to the Heirs, Execu-tors and Administrators of Eva M. Prosser, de-ceased, in her life time wife of the said Mirian E. Prosser, and to all others whom it may con-

NOTICE IS HEREBY GIVEN that under and by virtue of a Power of Sale contained in a certain Indenture of Mortgage bearing date the second day of December in the year of our Lord one thou-sand eight hundred and eighty-five and made be-tween one Jarvis W. Shaw of said Brighton in the said County of Carleton, Farmer, and Marian his wife, of the one part, and Alice Vernon late of Saint John in the said Province, Widow, of the other part, and registered in the office of the Registrar of Deeds in and for the said County of Carleton in Book E. number three of records on pages four hundred and ninety, four hundred and ninety-one, four hundred and ninety-two and four ninety-one, four hundred and ninety-two and four hundred and ninety-three, there will for the pur-pose of satisfying the money secured by the said Indenture of Mortgage default having been made in the payment of the same, be sold at public auction in front of the office of the undersigned, Wendell P. Jones, Barrister-at-Law, on Queen street in the Town of Woodstock in said County of Carleton on MONDAY the FIFTH DAY of NOVEMBER payt at the hour of elven of elven NOVEMBER next at the hour of eleven o'clock in the forenoon, the lands and premises mentioned and described in the said Indenture of Mortgage

as follows:---"A tract of land situate in said Parish of Brighton and bounded as follows, to wit:-Beginning on the western bank or shore of the north branch Beccaguimac River at a point distant one chain measured up stream in a northerly direction from an ash tree standing at the north east angle of lot number twenty three granted to Samuel B. Orser in Northville, thence from aforesaid point running by the magnet along the northern, side of a reserved road north seventy-two degrees and fifteen minutes west sixty-three chains and fifty links thence north twenty-one degrees and thirty minutes west with a rectangular distance of fifteen chains, thence south seventy-two degrees and fifteen minutes east sixty chains to a spruce tree standing on the western bank or shore of the north branch Beccaguimac River aforesaid and thereof down stream in a southerly direction to the place of beginning. Containing one hundred acres more or less and distinguished as lot number twenty-two in Northville, western side of the North Branch Beccaguinac River, being lands granted to said Jarvis W. Shaw by grant dated twenty-first September, 1885, excepting therefrom about four and one-half acres conveyed by said Jarvis W. Shaw and wife to Bela B. Shaw, together with all the buildings and improvements thereon and appurtenances and privileges to the

same belonging or in any wise appertaining. Dated the second day of October, A. D., 1900. WENDELL P. JONES, Assignee of Mortgagee.

MONEY TO LOAN **On Real Estate.** APPLY TO D. M'LEOD VINCE, Barrister-at-Law, Woodstocn, N. B. HAYING

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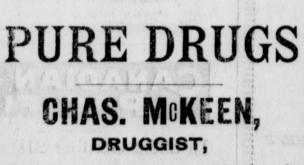
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part of Mr. Nye. Finally, after disbursing a tip of more than customary liberality, Herrmann got back his ring. He afterward avowed that the stone alone was worth \$2, 000, and that Bill Nye's nonchalant presentation of it to a grinning menial had spoiled a whole evening's performance in legerdemain.



The great majority of wise and prudent women collect and examine their old dresses skirt, capes, jackets, shawls, busband's and children's suits this month with the view of having them cleaned and dyed so as to fit

them for autumn and winter wear. The Diamond Dyes (prepared specially for home use) have a wealth of variety, beauty and brilliancy possessed by no other make of dyes. They produce all the new and fashionable colors for fall and winter wear-colors that will not fade in the strongest sunlight. Every packet of Diamond Dyes is warranted, and will give perfect results when simple directions are followed. There are imitations; avoid them if you delight in good colors and value the safety of your materials. The use of poor dyes means ruin of goods and loss of money.

## On Both Sides.

A lawyer who had been baffled by a feminine witness he was cross-examining, at last said, with an air of mystery:

'Now, Madam, having got to the street where you reside, will you please answer frankly, which side of the road you live on? 'On both sides,' quickly answered the wit

'How can that be?' thundered the lawyer. 'Why, if you are going up' the street, I live on the right side; but, if you are going down the street, I live on the left side.

## Polish for Brown Shoes.

Lemon juice and milk well rubbed in make an excellent polish for brown shoes. Afterward rub with a soft duster. Stains may be removed by rubbing with methylated spirit. Polish afterward either with the lemon juice and milk or with the fol lowing cream: One ounce of muriatic acid, half an ounce of alum, half an ounce of lavendar, half an ounce of gum arabic and half an ounce of skim milk.

which formerly attacked me frequently." One pill a dose, 25 cents a box.

## What He Had In Hand.

In the court house a tramp stood charged with stealing a watch. He stoutly denied the impeachment, and brought a counter accusation against his accuser for assault committed with a frying pan.

The judge was inclined to take a common sense view of the case, and regarding the prisoner said: "Why did you allow the prosecutor, who is a much smaller man than yourself, to assault you without resistance? Had you nothing in your hand to defend yourself?"

"Yes, your honor," answered the tramp; "I had his watch; but what was that against a frying pan?

#### A true Story From Blarney.

Two ladies recently visited Blarney Castle, and on reaching the top grew slightly nervous owning to the height. A gentleman-a stranger-arrived shortly afterwards, and asked the ladies to point out the real Blarney stone. One of them immediately complied and owning to the nervousness, added. 'Oh, please don't kiss the stone while I'm here.' The stranger, it is hinted, politely acceded to her request.

#### The Quaker and the Queen's Beach.

'Pray, sir,' said a Judge in the Queen's Bench, angrily, to a blunt old Quaker, from whom no direct answer could be obtained; do you know what we sit her for?' 'Yes, verily I do,' said the Quaker' 'three of you for £6 each a day, and the fat one in the middle for £4,000 a year.'-English Paper.

#### Things a Mother Should Not Do.

The Household makes a number of valuable suggestions under the above head, which we give below. If carried out they will be found to vastly improve the atmosphere of many

home: She should not forget that if she treats her boy as a gentleman, she will do much toward making him a gentleman.

She should not treat her boy to perpetual frowns, scoldings and fault- ONE POUND PRINTS findings. "Sugar attracts more flies than vinegar." Love wins her boy to a noble manhood.

She should never be so busy or hard pressed for time that she cannot listen to him. If he lives to be a







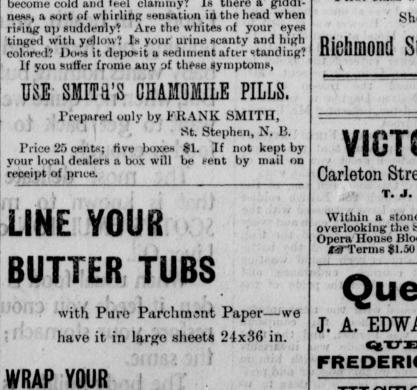
Do you have pains about the chest and sides, and sometimes in the back? Do you feel dull and and sometimes in the back? Do you feel dull and sleepy? Does your mouth have a bud taste, espec-ially in the morning? Is your appetite poor? Is there a feeling like a heavy load upon the stom-ach? Sometimes a faint, all-gone sensation at the pit of the stomach, which food does not satisfy? Are your eyes sunken? Do your hands and feet become cold and feel clammy? Is there a giddi-nees a sort of which food sometime in the head when

ness, a sort of whirling sensation in the head when rising up suddenly? Are the whites of your eyes tinged with yellow? Is your urine scanty and high colored? Does it deposit a sediment after standing? If you suffer frome any of these symptoms,

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