

THE LOYAL HABITANT.

(Suggested by the enlistment of French-Canadians for the war.)

WRITTEN FOR THE MONTREAL HERALD.

Away hon place call Africaw,
De Breithish hav' wain war;
An' right up here on Canadaw
I read why so she's for.

De Dotchman dere he ees bad crowd,
He's stupid lak wain mule,
An' bime-by, he's get so proud,
Want all Africaw for rule.

De Breithish geev him all de cash,
For mine an' government,
But say, "Ba gosh, I'll go to smash
If I doan me mak' de law."

He tell de Boer "If I mus' pay,
Mus' hav' de school an' vote."
But Oom Paul he's only say,
"I'm not fraid your red-coat."

Joe Chamberlain he's ask him den
For do w'at's right, polite;
But Paul he's ugly message sen',
An' den, Baptême! dey tight.

Dat's mak' me sorry, mak' me sad,
See trouble for Breithish man;
He's treat me well, nevair treat me bad,
I mus' help him eef I can.

An' so, de Canadian habitant,
He's ready now for fight
For Breithish flag an' Breithish law,
For he know dat she ees right.

—H. K. W., Vancouver.

FOOD VALUE OF MEATS.

Eggs Are as Nutritious as Beef—Much Water in Meat.

In summarizing an address of M. Ballard before the Paris Academy of Science, Cosmos says:

The flesh of the fore and hind quarters of the principal mammals used for food (beef, veal, rabbit, mutton, pork, ass, horse and mule) gives, when the fatty layers have been removed, 70 to 78 per cent. of water; 0.5 to 1.25 per cent. of mineral matter: 1.4 to 11.3 per cent. of fat and 3 to 35 per cent. of nitrogen.

The heart, the liver and the lungs contain the same qualities of water and nitrogen as lean meat; the fat remains below 5 per cent. and the mineral matter between 1 and 1.7 per cent. There are traces of manganese in the lungs.

In the blood of beef, veal, mutton and pork there is about 83 per cent. of water, less than 0.5 per cent. of mineral matter, traces of fat and about the same quantity of nitrogen as in the meat of the fore and hind quarters, which contain less water than the blood.

Boiled or roasted meat contains, when dry, about the same quantities of nitrogen, fat and saline matters as raw meat in the same condition; but as, after cooking, the proportion of water falls to 64 or even to 42 per cent., according to the thickness of the piece and the time of cooking, the result is that, for equal weight, broiled or roasted meat is richer in nutritive principles than when raw.

Boiled meat, such as is served in the Parisian eating houses, loses not only water during cooking, but also soluble nitrogenous matter, fat and mineral matter, which passes into the bouillon; but for equal weight it still is more nourishing than the raw meat, which contains a larger amount of water.

The flesh of birds (ducks, goose, chicken) contains the same nutritive elements found in the flesh of mammals, but in slightly greater proportions, for the percentage of water in the former approaches 70. The diminution of water, outside of the facts noted above, for butcher's meat, would seem to be connected with the mode of feeding; in roast fowl it approaches 52 per cent.

Hens' eggs merit special mention. The white and the yolk, taken separately, are of very different composition; the first contains 86 per cent. of water with 12 of albumin and 0.5 of mineral matter; the second, 51 per cent. of water, with 15 of nitrogenous matter, twice as much fat, and 15 per cent. of mineral matter. The egg as a whole is 75 per cent. water, and therefore furnishes 25 per cent. of nutriment. Two eggs, without the shells, weigh, on an average, 100 grams [1543 grains], so that 20 eggs represent quite exactly the food value of 1 kilogram [2.2 pounds] of meat. A fowl, in a few days, thus furnishes her own weight of food substance; she is a veritable manufactory of edible products, and the breeding of the best-laying varieties of fowls can not be too highly commended. In 1898 there were declared at the Paris *octroi* [city tax offices] 538,299, 150 eggs, representing (allowing 50 grains to the egg) 16,914,956 kilograms [about 27,000 tons] of food substance, equivalent to the quantity of beef (without the bones) furnished by 168,200 oxen of 400 kilograms [880 pounds] each, or two thirds the number of oxen entered at Paris in 1898."

TOOTHACHE CURED

Dr. Low's Toothache Gum cures toothache promptly, and does not blister the gums, lips or cheeks Price 10c.

The French Soldier.

Says an English magazine, the Nineteenth Century: On Monday, for instance, there will be a military march in the morning; on Wednesday the company will go to the shooting grounds; on Thursday and Friday the men will go out far into the country and practice service in the field. The general routine of life is somewhat different, Saturday the men have a bath in the morning, and come down fully equipped to daily parade. The band is there and the colonel is present to see his regiment. After parade the men

go their rooms, where they spend two or three hours in washing and scrubbing whatever can be washed or scrubbed. Then they prepare for the review, for there is always a review on Saturdays. Perhaps the lieutenant wants to see how the arms are kept, or it may be that the Captain wishes to inspect the clothing, the knapsacks and straps of his men. Sometimes a general is coming to review the soldiers in these rooms before seeing them in the barrack yard. Then windows are cleaned until they become invisible, and old boards are scrubbed as white as snow. Every one knows that the custom in France is to have well polished floors. The floors of the soldiers' rooms must accordingly be polished, and as the men have no wax the diligently rub them with the bottoms of old bottles. The effect is magical, and the non-commissioned officer in command is well repaid for his men's troubles when he sees the general walking gingerly on the slippery floor testifying thus the excellence of the polish.

The French soldiers work hard, but who can say he is unhappy? Of course he would prefer to be at home, but after all, he is well clothed, well fed, and furnished even with tobacco. He gets only a half-penny a day from the state, but we must not forget that in an army in which all classes are to be found the rich are more or less bound to go shares, with their poorer comrades. Besides, there is not a mother in France who will not send her boy a little pocket money, even if she has to work and stint herself to do so.

STANDS FIRST AND HIGHEST.

PAIN'S CELERY COMPOUND

A NOTED PHYSICIAN'S PRESCRIPTION FOR THE BANISHMENT OF DISEASE.

Physicians, druggists and those competent to judge, candidly acknowledge that Paine's Celery Compound has called forth the most reliable and the strongest testimonials ever published in the press of the country.

Each letter of testimonial tells of the extermination and banishment of rheumatism, neuralgia, kidney troubles, skin diseases, dyspepsia and headaches. The good work done by Paine's Celery Compound brings satisfaction, joy and peace because the cures are always permanent. Thousands of the best men and women in Canada today, can give to weary and despondent sufferers the blessed assurance that "Paine's Celery Compound make sick people well."

Paine's Celery Compound, the wonderful discovery of America's greatest physician, is now within reach of every ailing person, young and old, and should be used before sickness and disease are aggravated by the coming hot weather.

If you entertain doubts regarding the curative and life-giving virtues of Paine's Celery Compound, speak to your druggist about it or consult your friends and neighbors who have been cured by it.

Lay Table Cloths Carefully.

If tablecloths are handled carefully when laying and removing them, a considerable item will be cut from the laundry bill, besides giving the table a much better appearance. After a meal the tablecloth always should be laid away in its own folds. It keeps it smoother and enables one to handle it better in laying it the next time. When ready to do so unfold the tablecloth down its entire length on the table, taking care to put the fold that marks the centre on the width down the centre of the table. When that is ready unfold the tablecloth in the width, and it will be sure to hang evenly without any pull about to make it straight.

Mr. John R. Smith Lake Stream, N. B. says: "From my own personal experience with them I willingly testify to the good effects of Laxa-Liver Pills for Sick Headache and constipation."

Not a Hero.

The Hamilton Spectator does not think that the corporal who refused to parade men for drink need be made a hero of, and makes a point worth noting: "The fact is, that on occasion of that sort, every man is permitted to choose his own drink. He may take beer if he will, or may take pop or ginger ale, or a cigar, or nothing just as he pleases. There is no compulsion. There is no outrage. It is simply an invitation to drink, and the corporal is appointed to march the men, not to see that they drink, but to see that they do not join the procession twice or more, and get more than one drink."

Hoarseness is a common trouble during the summer with those having weak throat or lungs. It can be readily cured, and the throat and lungs strengthened by Dr. Wood's Norway Pine Syrup. Price 25c.

Carrying an invalid can easily be managed by two people of average strength. They should join their hands crosswise, so as to form a firm seat. If the invalid is lifted on to this, and puts his arms round the neck of the two persons, he may be carried with perfect safety up and down stairs.

SALT RHEUM.

A Severe case Permanently Cured by



"I had Salt Rheum in my face and hands for three years and could not get anything to cure me till I used Burdock Blood Bitters.

"On taking the first bottle there was a great change for the better and by the time the second bottle was finished I was completely cured and have had no return of the disease since.

"I have great faith in B.B.B. as a cure for blood and skin diseases." Miss Maud Bruce, Shelburne, N.S.

"This beautiful pipe was given me for Christmas" said the grave-looking man to the department store clerk. "I believe it was purchased here. May I exchange it for a badly needed pair of shoes?"

A PAINFUL SCALD.

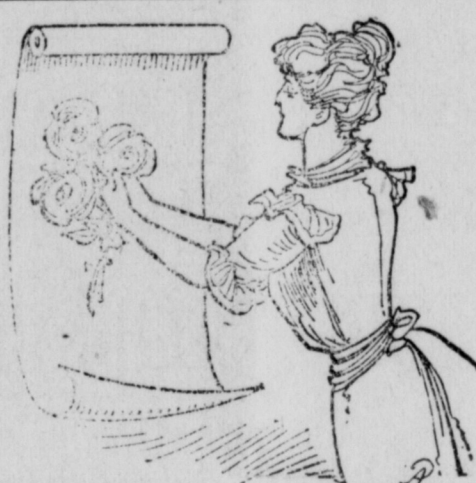
Mrs. T. Wannamaker, Frankford, Ont., says: "I scalded my hand very badly, then took cold in it. It swelled and was very painful, but half a bottle of Hagyard's Yellow Oil cured it completely."

California ranks fourth among the States of the Union in petroleum production.

FOR SALE.

At a bargain. My Photo Studio at Fort Fairfield Maine one of the lively towns of Aroostook Co Address,

F. S. S. SMITH,
Caribou, Me



Our New Wall Paper!

Has arrived. The prices range from

5 Cents a Roll, to
50 Cents a Roll.

Newest Designs and Colors with Borders to Match. All the New Shades of Ingrain.

Mrs. J. LOANE & CO.

Opp. Carlisle Hotel,
Woodstock.

"All Dunlop Tires in 1900"

Your guaranty of goodness in a Dunlop tire is the guarantee from the makers.

"The Dunlop detachable tire is guaranteed against all defects of workmanship, materials or design, for one year from date of purchase."

No other tire is guaranteed thus.

Dunlop tires on all good wheels without extra charge.



"The only tools."

The Dunlop Tire Co., Limited,
Toronto,
Montreal, Winnipeg, St. John.

CANADIAN PACIFIC RY.

SUMMER TOURS.

Commence June 1st.

WRITE FOR 1900 TOUR BOOK.

The famous fast train, "Imperial Limited" to the Pacific Coast will be put in service commencing June 11th, 1900.

NEW ROUTE TO QUEBEC.

Commencing June 5th, there will be a combination first-class and sleeping car leave St. John at 4.10 p. m., week days, and run through to Levis, P. Q. via Megantic. A. J. WEATH, D. P. A., St. John, N. B.



"Can't Afford to Paint."

The man who says that, forgets that painting properly done is economy, and the fact is he can't afford NOT to paint.

How often you require to paint is largely dependent upon the paint you use.

THE SHERWIN-WILLIAMS PAINTS

out last others. They are the most economical paints you can use, because they cover most and wear longest. Add to this their good appearance, and you have perfect paints—The Sherwin-Williams Paints.

They are made for many different kinds of painting. Whatever it is you want to paint—a house, or anything in or out of the house—we make the right paint for that particular purpose—not one slap-dash mixture for all.

W. F. DIBBLEE & SON

ARE SOLE AGENTS FOR THE

—FOR THE—

Sherwin-Williams Paint

They have just received a full carload. They also have in stock Church's Alabastine for walls and ceilings. Whitewash and Paint Brushes in great variety.

We Have Practically Revolutionized the Clothing Business.

We have successfully demonstrated that Clothing of Quality made from honest fabrics and in a tailor like manner, can be sold at prices never before quoted by any other clothier but

R. B. JONES.

A few of our Ready Sellers:

Black and Blue English Twill Suits, in 3-Button Cut Away Skirts, Finely Trimmed,..... \$12.00

Fancy English Tweed Suits, \$6.50. \$7.50, \$8.50 and \$10.00.

Fine Black Sack Suits for Young Men up to Size 35 and 36, \$8.50.

THESE ARE PLUMS.

Woodstock, May 8, 1900.

Without doubt the finest display of

CARRIAGES

Ever seen in Carleton County, are exhibited in the Chestnut and Hipwell warerooms, Woodstock. The designs comprise:

Axtell Road Carriage, Business, Handy, Bluenose, Concords, Top Cornings and Stanhope.

All the latest, neatest patterns that are on the American market. These Carriages were consigned to the Henderson & Gallagher Bros. from the Nova Scotia Carriage Co and every carriage is guaranteed. They will be sold at very small margin to clear. An inspection of these goods will convince you that they cannot be excelled.

HENDERSON & GALLAGHER BROS.

CONFEDERATION LIFE ASSOCIATION. OF TORONTO.

Established 1871.

Income \$1,200,000.

Policies Unconditional. Extended Insurance and Paid Up Policy after TEN years. Low Rates. Profits Unexcelled.

WENDELL P. JONES,
Special Agent.

G. W. PARKER,
Gen. Agent.