

## Business Men's Backs.



Too much rush and bustle, work and worry fall to the lot of the average business man. Kidneys can't stand it; they fail to filter the poisons from the blood properly. Urinary trouble, generally languid and pain in the back are the natural results. A man can't attend to business properly if his back aches — a sure thing.

On your sure remedy that never fails—

## DOAN'S KIDNEY PILLS.

Take a hint from business men who have tried them:

"I have taken Doan's Kidney Pills, which I procured at the Medical Hall here, for rheumatism and pains in the small of my back, with which I have been afflicted for the past six years. They did me so much good that I heartily recommend them as an excellent medicine for urinary troubles and backache." *Charles G. Pinner, dealer in agricultural implements, O. H. H. Ont.*

Doan's Kidney Pills cure backache, lame or weak back, Bright's disease, diabetes, dropsy, gravel, sediment in the urine, too frequent risings at night, rheumatism, and weakness of the kidneys in children and the elderly. Remember the name, Doan's, in all cases. The Doan Kidney Pills, Toronto, Ont.

## LAXATIVE PILLS

work while you sleep without a gripe or pain, curing biliousness, constipation, sick headache and dyspepsia and make you feel better in the morning. Price 25c. at all druggists.

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STAIR WORK.

Prices to suit the times.

Estimates given. Orders promptly executed.

Write or call.

JOHN J. HAYWARD,  
BRISTOL, N. B.

## FREE WATCH

We give a handsome open face, polished Nickel Watch, American Lever Movement for selling only 2 doz. packages of Sweet Pea Seed at 10c. a package. Each package contains a splendid mixture of the most fragrant varieties of all colors. You can earn this fine Watch in an afternoon by selling to work at once. Mail us this advertisement and we will forward the Seeds. Sell them, return the money, and we guarantee safe delivery of your Watch at once. Write to day, as the season for selling seeds is short. Seed Supply Co., Toronto

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with Pure Parchment Paper—we have it in large sheets 24x36 in.

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In Parchment Wrappers—we have them—you may have them either printed or plain.

## THE DISPATCH

Job Printing Department,  
Queen St., Woodstock, N. B.

Subscribe for THE DISPATCH.

## The Way Army Cooks are Trained.

Catering for Tommy Atkins's palate is considerably more difficult than the majority of people imagine, for the cook must be an adept at his art before he can have the honour of serving such an epicure as the British soldier. In the olden days men who knew practically nothing of cooking were told off to prepare the daily meal, but the bad effects of this system became so apparent that the authorities founded the Army School of Cookery at Aldershot some years ago.

At this school forty non-commissioned officers who are being trained as cooks may always be found. Of these thirty represent the Regular forces and ten the Militia. There is no regulation compelling the would-be cook to become a student there, though special advantages are extended to those who do in the form of an increase in salary. After leaving the school they receive sixpence a day in addition to their ordinary pay, and at the expiration of three years' service a further daily increase of threepence. Moreover, unlike their comrades, they can select their quarters outside the barracks if they wish, for their services are only required during the daytime.

The period of training covers four months for the Regulars and three months for the Militia, the difference being that the former have to be initiated into the mysteries of cooking while on active service, which is not necessary for Militia students. The instruction begins in the apparatus department and wash-house, where the novice is taught to handle the gigantic appliances that boil potatoes, roast meat, and bake bread at the same time—in short, they turn out dinners for nearly 2,000 hungry Tommies every day. He also learns how to cleanse pots and pans properly; indeed, everything must be so spotlessly clean that the beginner comes in for more reproof while passing through this, the first, stage than any other. Carving is not forgotten, and he is taught how to dissect a joint properly even before he can cook one.

After three weeks have been spent in this manner he is considered qualified to be handed on to another staff of instructors in order to be made acquainted with the rudiments of plain cooking. The ingredients and directions are given him and he is told to make, it may be, a plum "duff" or a loaf of bread, with the result that the finished article would often fail to tempt the appetite of a starving man, let alone that of a well-fed soldier. But practice makes perfect, and before long the student finds that he is capable of turning out a whole meal as well as the most experienced cook, and then he is ready for the third stage known as "interior economy."

To prove the importance of this department it is necessary first of all to give the average menu set before defenders of the Empire. For breakfast: bacon, bread, and tea or coffee. Dinner: soup, roast meat (12oz.), bread, potatoes, and pudding. Tea: bread, butter, jam, and tea. Calculating the cost of this allowance per man, and even taking into consideration the vast numbers catered for, it is impossible to realize that the nation is only called upon to lay out 5½d. per man per diem, with an additional farthing for coal. Yet this is all, and the system known as interior economy is the cause of it.

This consists of using every atom of edible material in the ingredients supplied, which are measured out so exactly that there is absolutely no waste. Bones are employed for making soup, half a hundredweight going to feed five hundred men, and upon leaving the pot they are sold. The fat extracted from the meat in making brawn is likewise a saleable article, and with the old bones brings in £25,000 per annum!

When the soldier has learnt all these things and knows something about field cookery on active service, including the purification of water for culinary purposes, he is called upon to pass an examination. After this he may assume the rank of sergeant-cook, and returns to his regiment to supervise the work of his comrades who have not taken advantage of the free instruction the school offers. Moreover, the sound knowledge of all matters appertaining to the art which has been instilled into him during his period of training often stands him in good stead when, in after-life, he throws aside his uniform and dons civilian attire once more.

**A modern weapon in the battle for health.**—If disease has taken your citadel of health, the stomach, and is torturing you with indigestion, dyspepsia and nervous prostration, South American Nerve is the weapon to drive the enemy from his stronghold "at the point of the bayonet," trench by trench, but swift and sure, it always wins.—4 Sold by Garden Bros.

## The Smile of Defeat.

A Young Englishman once failed to pass the medical examination on which he thought his future depended.

"Never mind," said he to himself. "What is the next thing to be done?" and he found that policy of "never minding" and going on to the next thing, the most important of all policies for practical life. When he had become one of the greatest scientists of the age, Huxley looked back upon his early defeat and wrote:

"It does not matter how many tumbles you have in life, so long as you do not get

dirty when you tumble. It is only the people who have to stop and be washed who must lose the race."

Twenty years ago Lindon Bates of Chicago was compelled through lack of funds to discontinue his course at the Sheffield Scientific School and begin work for a railroad. Some years later he secured the contract for building two miles of the Chicago drainage canal, and invented for use there a dredging-machine which attracted immediate attention. Today the Volga River is being dredged by his machines, a dozen rivers and ports of Australia and Tasmania, the difficult harbor at Calcutta and another at Antwerp. The International Congress of Navigation recently awarded him a gold medal; and upon hydraulic engineering in navigation he is ranked as the highest living authority.

To assert that present defeat is not incompatible with future success is merely to repeat one of those fundamental truths which, like submerged piers, support the bridge of life. The stone which turns the brook into a wider channel is not an obstruction. Defeat is as different from failure as the two points in the adventure of the diver: One when, a beggar, he prepares to plunge; one when, a prince, he rises with his pearl.

## A Flourishing Institution.

Over twenty-one years ago the Canadian Order of Foresters began doing business in the Province of Ontario, and in later years it has been enlarging its operations until now it has branches in every Province in the Dominion, having at the present time upwards of 40,000 members. During those years upwards of \$2,225,000 has been paid to the members and their dependents, and at the end of January last it had over \$1,001,000 of a reserve fund in its insurance department. The fees payable by policy holders, from which this surplus has been saved, after paying all death claims, are as follows, payable monthly in advance:

Between the ages of	On \$500	On \$1,000	On \$1,500	On \$2,000
18 to 25.....	.35	.60	.90	\$1.20
25 to 30.....	.40	.65	.98	1.30
30 to 35.....	.45	.70	\$1.05	1.40
35 to 40.....	.50	.85	1.28	1.70
40 to 45.....	.55	\$1.00	1.50	2.00

All the money received from the monthly insurance fees is placed into the Insurance Fund, and no portion of this fund or the interest accruing therefrom can be used for any purpose whatever other than the liquidation of death claim certificates. Not a fraction can be used for managing expenses.

The surplus funds are all invested in the Dominion of Canada in the best class of securities, or on deposit in the best monetary institutions in Canada.

The operations of the society being confined to Canada, the death rate is very low, being for 1899 only 4.43 per 1,000 of the membership, and the average death rate since the organization of the society, only 4.92 per annum per 1,000 of the membership.

A Sick and Funeral benefit department is also conducted by the order, which is an optional feature, in which upwards of 22,000 of the members are enrolled. The benefits are \$3.00 per week for the first two weeks of illness, and \$5.00 per week for the following ten weeks, altogether \$56.00 in any one year, and a funeral benefit of \$30.00. In case of continuous illness, \$56.00 is paid each year. The fees for same, payable monthly in advance, are as follows:

Between 18 and 25 years.....	25 cents
" 25 and 30 years.....	30 cents
" 30 and 35 years.....	35 cents
" 35 and 40 years.....	40 cents
" 40 and 45 years.....	45 cents

All physically and morally qualified males between 18 and 45 years of age, who are not debarred on account of occupation, are accepted for membership.

For further particulars enquire of any of the officers or members of the Order, or address: Thos. White, High Secretary, Brantford, Ont.; R. Elliott, H. C. R., Ingersoll, Ont.; or Ernst Gartung, S. O., Brantford, Ont.

Colonel Kekewich, during the siege of Kimberley, was approached by a private who asked: "Colonel, when do you expect we are going to get something to eat?" "Eat!" exclaimed the Colonel, "did you join the army merely to get something to eat?" "Well, that's about the size of it." "Here," calling an officer, "give this man something to eat and then have him shot." The officer understood the joke, and replied: "All right, Colonel." The private, exhibiting no alarm, said: "Boil me a ham, cap'n, stew up a couple of chickens, bake two or three pounds of potatoes, and fetch a gallon o' beer, and load yer guns. With such inducements the man what wouldn't be willing to die is a blithering idiot." A hearty meal was prepared for the soldier, but he still lives.

## Literary Notes.

In variety and value of contents McClure's MAGAZINE for April will be a notable number. Timeliness, literary worth, historical researches, analysis of character, studies in natural history, and life next to the soil, in the metropolis, in the Orient, all these and more will distinguish the forthcoming issue, and it will be adorned throughout with illustrations contributed by the best artists and reproduced with the extreme of skill in art-process.

A vivid light will be thrown on the actual moral status of the police in New York City by Josiah Flynt's article to appear in McClure's for April, under the title "York, a Dishonest City." The present agitation of this subject attaches particular interest to the contribution, while the manner in which the famous author has gained his materials—by close association with the criminals themselves—will make his conclusions of extraordinary value.

THE S. S. McCLURE CO.,  
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## A Terrible Cough.



If people would only treat coughs and colds in time with Dr. Wood's Norway Pine Syrup, there would be fewer homes desolate.

The severest coughs and colds, bronchitis and croup, and the first stages of consumption yield readily to this powerful, lung-healing remedy.

Read what Mrs. Thos. Carter, Northport, Ont., says: "I caught a severe cold, which settled on my throat and lungs, so that I could scarcely speak above a whisper. I also had a terrible cough which my friends thought would send me to my grave. I tried different remedies but all failed to do me any good until I took Dr. Wood's Norway Pine Syrup, and the contents of one bottle completely cured me."

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Woodstock

## Assessors' Notice.

Notice is hereby given, that the undersigned have been appointed Assessors of the Rates in and for the Town of Woodstock for the present year. All persons owning property in the town may within Twenty Days give in a statement of their property and income as provided by law.

Dated at Woodstock, March 6th, 1901.  
CHARLES COMBEN,  
EMERSON L. HAGERMAN,  
HARRY NASH.

The following resolution was passed at a meeting of the Town Council: That no assessment be changed by this council after it is placed in the hands of the Town Treasurer except the ratepayer fully complies with the requirements of the law relating to appeals from assessments.

Barber (insinuatingly): "Your hair is a trifle thin, sir."  
Victim (grimly): "So is your chance of selling me a bottle of your hair-restorer."

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Individual instruction in Book-keeping, Shorthand, Typewriting, Commercial Law, Banking, Etc.

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