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Having Repaired and Replaced Machinery, is ready to do First-Class Work at lowest possible prices.

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**DOORS SASH MOULDINGS
HOUSE FINISH SHEATHING ETC.,
STAIR WORK.**

Prices to suit the times.

Estimates given. Orders promptly executed.
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JOHN J. HAYWARD,
BRISTOL, N. B.

MUSICAL HEADQUARTERS.

Pianos

Mason & Risch, Bell,
Dominion, Karn.

Organs

Bell, Dominion, Karn.

Sewing Machines

The New Williams.

Violins, Mandolins, Harmonicas,
Banjos, Accordions. A full line of
first-class strings always in stock.

C. R. WATSON, Agent,
Woodstock, N. B.

CARRIAGE AND SIGN PAINTING.

I have taken the paint shop in the
Marcy building on Connell street where I
will do all kinds of carriage and sign
painting in the best manner and promptly.

F. L. MOOERS,

Marcy Building,
Connell street, Woodstock.

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WHY ARE

THE GRADUATES OF

**FREDERICTON
BUSINESS COLLEGE**

Better trained than those of most other
schools? BECAUSE, unlike most business
college men, the principal had had nearly
TEN years practical office experience before
going into business college work.

Send for free catalogue. Address,

W. J. OSBORNE,
FREDERICTON, N. B.

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VICTORIA HOTEL,
ST. JOHN N. B.

D. W. McCORMICK, - Proprietor

JUNCTION HOUSE,
Newburg Junction

Meals on arrival of all trains. First-class
R. B. OWENS, Proprietor

LIVERY AND HACK STABLE

H. E. & Jas. W. Gallagher, Props

Write for commercial travellers. Coaches in at
arrivals at arrival of trains. All kinds of Livery
Trucks to let at Reasonable Rates.
A First-Class Horse in connection.

Emerald Street, - Woodstock, N. B.

A SAFE DIET RULE.

Eat the Smallest Amount of Food that will
Preserve Good Health.

(Roger S. Tracey in the Century.)

How shall one determine then, how much
food to eat? Too much mystery has been
thrown about this subject. Let your sensation
decide. It must be kept in mind that the
entire function of digestion and assimilation
is carried on without conscious supervision
or concurrence. It should be entirely
unfelt and unknown excepting by the feeling
of bien-etre which accompanies and follows
its normal accomplishment. Satiety is bad.
It implies a sensation of fullness in the region
of the stomach and that means that too much
food has been taken. The exact correspondence,
in a healthy animal, between the appetite
and the amount of food required is
extraordinary. As a rule, the meal, unless
eaten very slowly, should cease before the
appetite is entirely satisfied, because a little
time is required for out lying organs and
tissues to feel the effects of the food that has
been ingested. If too little has been taken,
it is easy enough to make it up at the next
meal, and the appetite will be only the better
and the food more grateful.

No one was ever sorry for having voluntarily
eaten too little, while millions every day
repent having eaten too much. It has been
said that the great lesson in homeopathy
taught the world was this: that whereas physicians
had been in the habit of giving the patient
the largest dose he could stand, they
had been able to see that their purpose was
better subserved by giving him the smallest
dose that would produce the desired effect.
And so it is with food. Instead of eating as
most people unfortunately do, as much as
they can, they should eat the smallest amount
that will keep them in good health.

A SUCCESSFUL GUIDE.

Forty One Sportsmen Handled by M. G. E.

Armstrong of Perth, Last Season.

Mr. George E. Armstrong, the celebrated
hunter and guide of Perth, handled no less
than forty-one sportsmen, including big game
hunters and fishermen, at his camps on the
Tobique headwaters last season. The aggregate
of big game taken by them was 22 moose
6 caribou, and 4 deer, which is a remarkably
good showing. The average antler spread of
the moose was forty inches, and the largest
was fifty-eight inches. Mr. Armstrong personally
guided eight sportsmen during the hunting
season and each got a splendid moose.

The president of the Pennsylvania railroad,
and a party of friends, including Senator
Cochran of Philadelphia, have engaged Mr.
Armstrong to guide them on a canoeing trip
next spring. They will go up the Tobique
and down the Nepisiguit to Bathurst, and
will probably spend a couple of weeks camping
and fishing along the route. Senator Cochran
came to New Brunswick for the first time
last fall as the result of correspondence with
the Fredericton Tourist Association and was
delighted with the country. He made arrangements
while here for the canoeing trip, already
mentioned, and it is safe to say that he
will be an annual visitor to the wilds of
New Brunswick in future. American sports-
men who have made the canoe trip up the
Tobique and down the Nepisiguit unhesitatingly
declare that for wild and rugged
scenery, exciting rapids, and trout fishing,
there is nothing to surpass it on this continent.
—Fenton Herald.

To Cure a Cold in a Day

Take Laxative Bromo Quinine Tablets. All
druggists refund the money if it fails to cure. E. W.
Grove's signature is on each box. 25c.

Tit for Tat.

A Former commodore captain of a famous
Transatlantic line, while friendly and polite
to his passengers when below, was very much
the reverse if approached when on duty.
As he happened to be on deck one fine afternoon,
a lady, quite unaware of this peculiarity,
accosting him with some trifling query as to
the probable duration of the favorable
weather, was both surprised and indignant to
get curtly answered:—

"Don't know, ma'am—don't know. Better
go and ask the cook."

The lady, though somewhat taken aback,
was quite equal to the occasion, and rejoined:
—

"Oh, I beg a thousand pardons, Excuse
me, pray. I thought I was addressing the
cook!"

Fire Drills.

There can be no fire drills in the case of
theatre audiences, but the advantage of a
well-practiced fire drill, such as is familiar in
many schools in our large cities, and ought
to be familiar in all, is illustrated by a fire in
Toronto last week. A three-story school
house, with six hundred children, caught fire
the day school opened after the holidays. Smoke
was observed coming from the walls
about the registers on the second floor; the
teacher telephoned the principal on another
floor; he made a speedy investigation and
sounded the fire-gong, which was the signal
for a fire drill of the pupils. They responded
immediately. None of the teachers or
scholars was in a panic, and in less than two

minutes the whole school was on the street,
without their wraps. Then the larger boys
went back and secured the wraps from the
lower story, but the whole building was in
flames, and half the children lost their outer
clothing. Not a single life was lost, not one
child injured, although the building was
totally destroyed. That one experience was
enough to justify and repay all the trouble
that had been had in fire drills during a
dozen or more years. Doubtless if the audience
in the Chicago fire could have been as
cool as these drilled children there would
have been few, if any, lives lost. They do
some things well in Canada.—New York 'In-
dependent.'

Brain Controls Every Muscle.

Injury to Brain or Nerves,
Deficiency of Nerve Force,
Mean Paralysis and Help-
lessness.

Dr. Chase's Nerve Food.

Every muscle of the body controlled by
the will is connected with the brain, and
every muscular action is originated by nervous
force, generated in the brain and trans-
mitted along the nerves to the muscles.

When the nerves are injured or diseased,
when there is a deficiency in the supply of
nervous energy, paralysis, locomotor ataxia
or some form of helplessness results because
the brain no longer has control of the
muscles.

It may be weak heart action, inability to
digest food, failure of the lungs to purify the
blood or impaired action of any of the vital
organs, but the cause of trouble is with the
nerves.

The restorative action of Dr. Chase's Nerve
Food is soon felt throughout the entire sys-
tem, because it restores the vigor and vitality
of the nerves—fills them with new nerve
force, the vital power of the body; weakness,
nervousness, irritability, sleeplessness and
low spirits disappear and new energy and
strength take their place.

Mrs. C. Corkey, 32 Main street, St. John,
N. B., states:—"I had been in very poor
health; and, in fact, when I began using Dr.
Chase's Nerve Food I had just got up from a
bed of sickness, my nerves were in a bad
state, I was weak and could not sleep. Now
I am getting up in years, and of course, could
not look for immediate results, but must say
that I have been delighted with the use of
this preparation, as it has done me a great
deal of good. I am now able to sleep very
much better, my nerves are steadier and my
strength is gradually increasing."

Dr. Chase's Nerve Food, 50 cents a box,
6 boxes for \$2.50, at all dealers, or Edman-
son, Bates & Company, Toronto. To protect
you against imitations, the portrait and signature
of Dr. A. W. Chase, the famous receipt
book author, are on every box.

Not an Unknown Tongue.

Both the girls who figured in the dialogue
which follows were chewing gum, says the
Chicago "Tribune," but unfortunately this
kind of conversation, which is too common,
is not confined to gum-chewing girls, nor is
the habit of gum chewing responsible for it:

"Aincha hungry?"
"Yeh."
"So mi. Less go neet."
"Where?"
"Sleeve go one places nuther."
"So dy. Ika neet mo stennywhere.
Canchoo?"

"Yeh. Gotcher money?"
"Yeh."
"So vy. Gotcher aptite?"
"Yeh. Gotchoors?"

"Yeh. Howbout place crosstreet?"
"Nothin' teet there. Lessgurround corn-
er."

"Thattledoo zwell zennyware. Mighta
thoughta that 'furst. Getcher hat."
"Ima gettinit. Gotcher money?"

"Yeh. Didnt'cheer me say I had it?
Already?"
"Yeh."

"K'mon."

"Messenger" Stories.

Stories, illustrations and anecdotes are
perhaps the main features of attraction in
the Northern Messenger. But the stories
are so carefully chosen that they exercise a
sweet influence in the lives of old and young.
Then there are special departments devoted to
Temperance, the Sunday School, the Little
People and the Home. The paper is so
popular that a vast number of Sunday Schools
in Canada and the United States are using it
to great advantage, insuring a more regular
attendance, besides extending their scholars.
The Northern Messenger is probably read
every week by well on to a quarter of a million
people, and for that reason the price is
extremely low. Samples free on application.
12-16 pages weekly 30c. a year. S. S.
Clubs at 20c. a year. John Dougall & Sons,
Publishers, Montreal.

A poetess asks: "Oh, where does beauty
linger?" We think we are breaking no con-
fidence when we reply that in these artistic
times it generally lingers on the toilet-table
until the girl puts it on with a brush and a
powder-puff.

Our Rule Is To Sell All Goods Out Clean.

We carry little or no stock over from year to year.

Now we have left a very few Sleighs and Pungs,
a small quantity of Fur Coats and Ladies' Jackets, and
a few Robes.

These will be sold at price that you
know to be right.

If you want a trade that is a Real Bargain,
come in.

BALMAIN BROS.

Jan. 27, 1904.

CONTINUED PROGRESS.

During the last few years the North
American has made marvellous strides
in all Departments tending to its up-
building, which can readily be seen by
the following figures, showing a com-
parison:

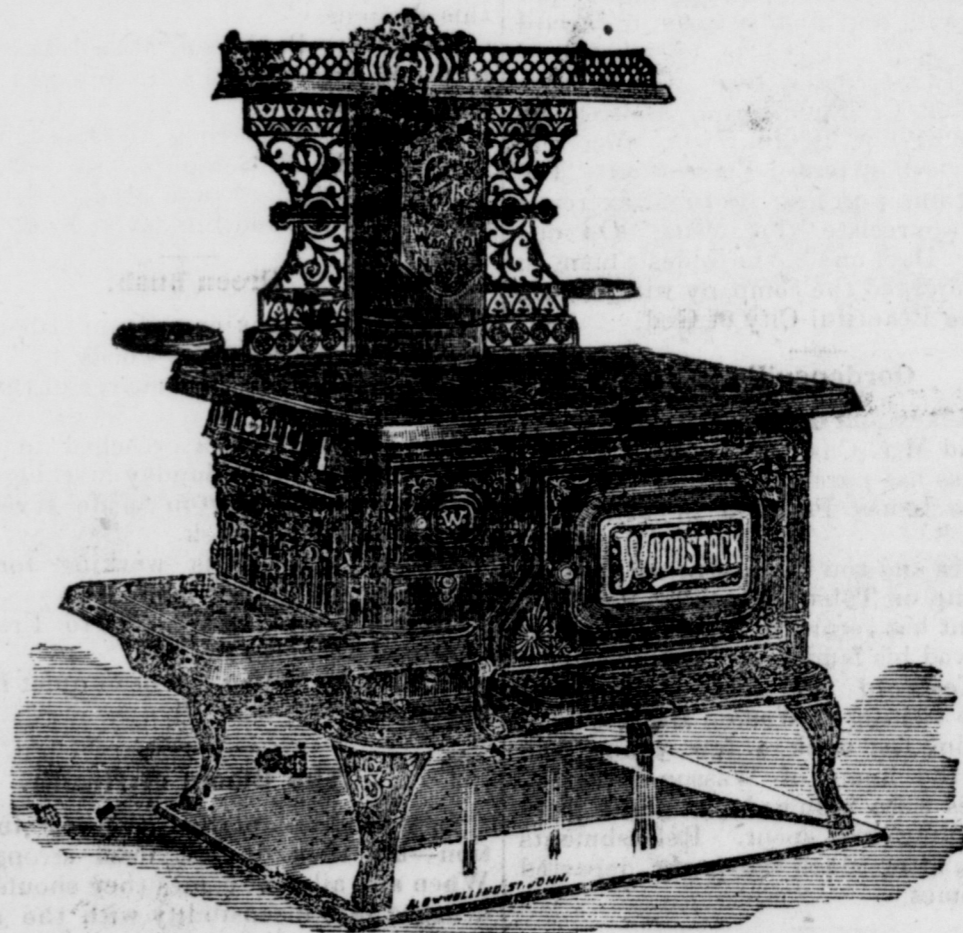
THREE SEPTENNIAL PERIODS.

Year.	Cash income.	Assets.	Policies in force.
1881	\$39,613	\$88,763	\$1,221,712
1888	263,691	666,919	7,927,564
1895	581,478	2,300,518	15,779,385
1902	1,270,840	5,010,813	30,927,961

A strong progressive Canadian Company giving
excellent returns to its policy holders, therefore mak-
ing it a desirable Company for agents to represent.

WRIGHT & EVERETT,
PROVINCIAL MANAGERS,
ST. JOHN, N. B.

THE WOODSTOCK RANGE.



The Methodist Parsonage, Jacksonville, Carleton Co., N. B., Oct. 11th, 1903
Messrs. Small & Fisher, Woodstock:

Gentlemen,—After upwards of thirty years experience with a large variety of
cook stoves, none has ever given the satisfaction derived from your "Woodstock". It
is a perfect heater and baker, keeps the water tank hot day and night, with less fuel
than any stove we have ever had in our parsonages.

Yours faithfully,

JOHN C. BERRIE.

P. S.—I kept the fire going night and day from the 1st of October to the end
March with less than five cords of hardwood.—J.C.B.

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WOODSTOCK, N. B.

FULL SET OF TEETH

\$5.00

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At DR. MANZER'S Office, 29 Main St., Woodstock.