

## Good Health and Success GO HAND IN HAND WHEN THE BLOOD IS KEPT PURE AND RICH BY Dr. Chase's Nerve Food.

Red blood means health, strength, courage, cheerfulness, power of endurance and a well-nourished brain that likes to accomplish things.

The secret of health is, after all, in the blood, for with an abundance of rich, red blood the nervous system is nourished and sustained, the lungs, heart, stomach, liver and kidneys are filled with vigor and energy necessary to accomplish their work, and there is no room for weakness and disease.

Dr. Chase's Nerve Food builds up, strengthens and invigorates the whole human body because it actually forms rich, red blood.

Indigestion, sleeplessness, nervous headache, irritability, nervousness, lack of energy and strength and failure of the bodily organs to perform their functions are almost invariably the result of poor, weak, watery blood.

The use of Dr. Chase's Nerve Food completely overcomes these symptoms and by filling the whole system with new vigor gives new hope and confidence and replaces weakness and disease with health and strength.

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.50, at all dealers, or Edmondson, Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase the famous receipt book author, are on every box.

### Humidity in Heated Houses.

Humidity in heated houses has been the subject of observations during the past year by Prof. R. C. Carpenter, of Cornell University, Ithaca, N. Y. The observations were made in his residence, which is heated by direct steam radiation, according to the Engineering News. He found that the humidity of the air in the house during the first half of the present winter ranged from 18 per cent. to 35 per cent. averaging, perhaps, close to 25 per cent. The humidity of the outside air during the same period ranged from 60 to 80 per cent., averaging about 70 per cent. As Prof. Carpenter says, the observations show that the air in his house is extremely dry, probably drier than that in most deserts. These results are identical with results of similar observations made by Dr. H. M. Smith, of New York City, some years ago and reported in a paper read before the Brooklyn Medical Society. Dr. Smith found that in an ordinary heated house the humidity through the winter of 1902 to 1903 was 24 to 30 per cent., while in the same period the average humidity of the outside air was about 73 per cent. He also made an experiment by keeping two adjoining rooms in a different moisture condition, one being at the normal heated house humidity, while the other by artificial moistening had its humidity maintained at about 60 per cent., which Dr. Smith calls "proper degree of humidity." The room with greater moisture was moreover, maintained at a slightly lower temperature, 65 to 68 degrees Fahrenheit, than the dry room, which was kept heated to 72 degrees Fahrenheit, its humidity being about 30 per cent. By getting opinions on the relative temperatures or degrees of comfort of the two rooms from various visitors who were told nothing of the experiment, Dr. Smith found that the room with greater moisture was estimated to be at least 2 degrees warmer than the dry room. He concluded from his experiments that with a proper degree of moisture, say 60 per cent., a room temperature of 65 degrees Fahrenheit is comfortable; 68 degrees is warm and 70 degrees is rather too warm. With rooms as dry as heated houses ordinarily are in winter a temperature of 72 to 73 degrees Fahrenheit is more than warm, and even this always leaves the impression of draughts of air.

### Ingersoll's Visitor.

Amongst the stories which Colonel 'Bob' Ingersoll delighted to tell was the following: While studying law with a firm out West, the Colonel found himself alone in the office one day. He was interrupted by the entrance of a raw-boned, sharp-featured countrywoman, who ambled into the room, leading a freckle-faced, watery-eyed ten-year-old boy by the hand.

"Are you the lawyer?" she began.

On being answered in the affirmative she went on to say that she had brought her boy Jim to town for the purpose of binding him out at the 'lawyer's trade.' She was morally certain, she averred, that Jim was a born lawyer, and that all he needed was a chance. "But, madam," objected the Colonel, "he is entirely too young to begin the study of law." "Too young, indeed!" sniffed the fond mother, contemptuously; "you don't know Jim. He was born for a lawyer."

Much amused, the Colonel asked her on

what grounds she based her hopes of a future at the Bar for her darling child.

"Why," said she, "when he was only seven years old he struck work and he wouldn't do another lick if he got killed for it. When he was eight he got sassy and put on more airs than a prize horse at a country fair; and now, bless me, he jest freezes on to everything he can lay his hands on."

### The "Tenderfoot" Was Game.

"This here town was the same as any new camp; a mile long and 18 inches wide, consisting of saloons, dance halls, saloons, trading posts, saloons, places to get licker and saloons. Might not have been so many dance halls and trading posts as I've mentioned, and a few more saloons.

"I dropped into a joint called The Reception, and who'd I see playing bank but Single Out Wilmer. At the same table was a nice, tender Philadelphia squab, 'bout fryin' size, and while I was watching, Wilmer pulls down a bet belonging to it. That's an old game.

"Pardon me," says the broker; "you have my checks."

"What?" growls Single Out; "I knowed this game before you quit nursin' Bright Eyes. I can protect my own bets."

"That's right," chimes the dealer, who I seen was Curly Budd, Wilmer's pardner.

"Do you really think you had ought to play this? It's a man's game," says Wilmer nasty.

"I expected to see the youngster dog it. Nothin' of the kind.

"That's my bet!" he says again.

"Single Out just looks black and snarls at the dealer. 'Turn the cards!'

"Oh, very well," says the cheako, talking like a little girl.

"Somebody snickered, and, thinks I, 'I'll tarry awhile and see 'em sinze the fowl."

"Well, by and by Wilmer shifted another stack belonging to the easterner.

"The lad never begged his pardon nor nothin'." His fist just shot out and landed on the high corner of Wilmer's jaw, clean and fair. Of all the cordial, why-how-do-you-do-mule kicks handed down in rhyme and story, that wallop was the adopted daddy.

"When he struck, I hopped the bar, for I see Curly garb at the drawer, and I have aversions to witnessing gun plays from the front end. The tender foot riz up in his chair, and snatchin' a stack of reds in his off mit, dashed 'em into Curly's face just as he pulled trigger. It spoiled his aim, and the boy was on to him like a mountain lion, follerin' over the table.

"Curly let go of that 'six' like he was plumb tired of it, and the kid welshed him over the ear just once. Then he turned, and took in the line-up at a sweep of his lamps:

"Any of you gentlemen got ideas on the subject?" he says.

"It was all that finished and genteel that I speaks up without thinkin' 'You for me, pardner!'

### For Young Married People To Try.

Try to be satisfied to commence on a small scale.

Try to avoid the too common mistake of making an effort to begin where "the parents ended."

Try not to look at richer homes and covet their costly furniture.

Try buying all that is necessary to work with skilfully, while adorning the house at first with simply what will render it comfortable.

Try being perfectly independent from the first, and shun debt in all its forms.

Try to cultivate the moral courage that will resist the arrogance of fashion.

### How Speer Silenced a Rowdy.

Judge Emory Speer, who presides over the United States Circuit and District Courts for the Southern District of Georgia, and whose decision in perjury cases have recently attracted wide attention throughout the country, is the possessor of a nimble and facile wit. In earlier days, before he had attained the eminence, Judge Speer was a politician and a power on the stump.

Shortly after reconstruction he ran against Allen D. Chandler for Congress. Speer was a Republican, and his politics sufficed to bring him unpopularity among a large majority of the white population. It was his wit, his good humor, and his unfailing courage that carried him through the campaign without a serious difference, and finally brought him to victory.

On one occasion when the young candidate was addressing a very democratic and hostile audience, a brawny countryman was observed fighting his way through the crowd to the speaker's rostrum. It was evident that he had spent the preceding night with John Barleycorn, for his clothes were rumpled, his hair dishevelled, and his face of a fiery red

that rivalled the noonday sun in brilliancy. Shaking a belligerent fist under the nose of the orator, he exclaimed:

"Sir, you are a demagogue!"

The crowd howled, but Speer was not disturbed. He waited for the noise to subside and then, with a smile and in a tone of entire good humor, rejoined:

"And you, sir, if you would wrap a few wisps of straw about you, would be a demagogue."

The delighted audience roared with appreciative laughter and the discomforted patriot slunk away. It is said that in no voting precinct of the district was Speer's majority larger than that in which this happy retort was made.—[Saturday Evening Post.

### Loubet and his Mother.

The private secretary of President Loubet, of France, told me of one of his frequent visits to his mother (who died a few days ago, at the great age of ninety-two.) It was between two stormy sessions of the Chamber of Deputies. I suppose the destiny of France hung in balance, for, in fact, the destiny of France always does hang in the balance. In the peaceful interval, Loubet slipped down to Marseanne, and walked out to the farm. The good dame was in the huge brick-floor kitchen, kneading bread. She flung her doughy arms around his neck and kissed him.

"Really, mother," said the President, "you should give over this heavy work."

"And trust some slatternly maid?" cried the old dame. "No, no, but I admit it is not as easy as it used to be."

"Well, today, you must trust me," her son said, "so sit down and fold your hands and talk to me."

He took off his coat, rolled up his sleeves, and kneaded the bread, while the good mother told him the news and gossip of the farm. This is the sort of thing that Emile Loubet would do quite naturally. Having kneaded the bread, Monsieur Loubet returned by special train to Paris and went on saving France.

### Beware of Ointments for Catarrh that Contain Mercury.

As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75c. per bottle. Take Hall's Family Pills for constipation.

### Hard to Get at.

An English barrister, arguing before the criminal court, says Answers, remarked with much solemnity to the presiding justice:

"My lord, there is honor among thieves."

The justice looked at him severely. "There is gold in sea-water," he replied. "But it cannot be exacted in profitable quantities.—Go on, sir."

Sir Hiram Maxim believes a flying machine should not cost more than its weight in silver, though at present it costs more than its weight in gold.

## If Your Liver is Wrong You are Wrong all Over

A torpid, inactive liver goes hand in hand with constipation. Such a chronic condition requires a systematic effort to overcome it and establish good health and perfect body drainage. Smith's Pineapple and Butternut Pills, containing the two needed elements to increase liver activity and muscular action go accurately to the sluggish liver and bowels, restoring them completely.

Suppose your bowels failed to move for a week or ten days. Don't you know you would be quickly prostrated? It is just the same, differing in degree, when your bowels do not move at least once a day. You know you soon become languid and tired, your blood gets bad and you feel mean and sick all over. You should have a full, healthy passage daily. Don't let serious conditions develop. Smith's Pineapple and Butternut Pills will drive bowel poison out of your system and establish regularity. They are purely vegetable, and cure in one night. We will send you a generous sample of these pills Absolutely Free, sealed and postpaid, that will convince you beyond doubt of their wonderful curative properties. Address, W. F. Smith Co., 185 St. James Street, Montreal, Canada.

Smith's Pineapple and Butternut Pills cure Constipation, Biliousness and Sick Headache in one night. All dealers 25 cents. A Cure at the People's Price.



## Sunshine Furnace

**DOUBLE FEED-DOORS**

Just about the meanest thing a furnace can have is a dinky little door. Ever have one? Hit the edge as often as the hole? One has to be an expert stoker to shovel coal into some furnaces. If you're not an expert you'll get as much on the floor as in the furnace.

The Sunshine furnace is equipped with a good, big door. You can put your shovel in and drop the coal just where it is wanted—no trouble, no taking aim, no missing, no scattering, or annoyance.

Everything about the Sunshine furnace is on the same scale of thoughtfulness.

Sold by all enterprising dealers. Write for booklet.

## McClary's

LONDON, TORONTO, MONTREAL, WINNIPEG, VANCOUVER, ST. JOHN, N. B.

H. E. BURTT, Sole Agent, Woodstock, N. B.



## THE "FAVORITE" CHURN.

This is the churn that is the favorite with every user. Very simple in construction; very easy to operate strong and durable. A large stock of these celebrated butter makers now landing.

Among other seasonable goods we are now offering are Deering Seeders, Deering Drills, Bluenose Spring Tooth Harrows, Spike Tooth Harrows, Disc Harrows, Fine Carriages, Road Wagons, Harness

## Balmain Bros.

## WOODSTOCK WOOD-WORKING COMPANY, LIMITED,

MANUFACTURERS OF

Doors, Sashes, Blinds, School Desks, Sheathing, Flooring and House Finish of all kinds

We employ a first-class Turner, and make a specialty of Church, Stair, and Verandah work. Call and see our stock or write for prices before purchasing. All orders promptly attended to.

Just imported, a consignment of No. 1 White Wood.

Clapboards for sale.

**Hard Pine Flooring and Finish.**

N. B. Telephone No. 68-3.

Union Telephone No. 119.

## Record for 1904 of the North American Life Assurance Company.

Policies Issued.....	\$6,530,825
An increase over 1903 of \$645,935.	
Insurance in Force.....	\$35,630,128
An increase of \$3,005,095.	
Income.....	\$1,504,063
An increase over 1903 of \$122,700.	
Payment to Policy Holders.....	\$561,136
An increase over 1903 of \$137,918.	

The financial position of the Company is unexcelled.

A good Company for both Policy-holders and Agent.

Applications invited for Agencies and unrepresented districts.

**C. S. EVERETT,**

PROVINCIAL MANAGER.

ST. JOHN, N. B.

**A. C. CALDER,** Barrister-at-Law

District Agent,

Woodstock, N. B.

### Farming and Woodland for Sale.

In Grafton opposite Woodstock 280 acres of farming and woodland, 60 acres cleared, in high state of cultivation, buildings comparatively new, house finished throughout, modern improvements, and supplied with running water. Fruit and ornamental trees. For particulars apply to J. D. BAIRD, Grafton, N. B.

### NOTICE.

I have on hand a first class flock of hens, thoroughbred Plymouth Rocks and Rhode Island Reds, and I can supply any parties with eggs for setting. Also, any one wishing to get thoroughbred of either kind can get them. I am paying cash for butter, eggs and poultry of all kinds for dressing. T. W. EBBETT, Veazey House, 184 Main Street, Woodstock, N. B.

## To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. *E. W. Linn* on every box. 25c.

Seven Million boxes sold in past 12 months. This signature, *E. W. Linn*