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- "PSYCHINE" is a wonderful tonic. It contains medicinal elements not found in any of the patent medicines. "PSYCHINE" is a regular practicing physician's formula. A tonic for weak people, o for men of business worries, for the tired mother, the pale, languid gifl. Young girls just budding into womanhood; elderly people who feel that weakness due to old age find it a remedy they cannot do without. It restores vitality, creates rich, new blood, removes all impurities, strengthens the nerves. If you need a trial ask druggist for "PSYCHINE,"

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Hints to The Home Dressmaker.

(Boston American.)

The home dressmaker will find that a few little tricks of the trade are a marvellous aid in making up and altering clothes. There is always a right way and a wrong way of doing even the simplest bit of dressmaking. Here are a few right ways.

Make the under part of a sleeve double, so that it can be darned, as this part wears out sooner than the upper.

Don't forget to do plenty of tacking and pressing. To neglect these two points stamps a garment "home-made" at once.

Always shrink a new braid before sewing to a skirt; otherwise the bottom of the skirt will become puckered the first time of wearing in a shower of rain.

In shortening a skirt pattern, always fold a pleat across the middle of the pattern; never shorten from the top or bottom of the skirt, or the shape will be spoiled.

Home dressmakers who have difficulty in pressing curved seams will find a rolling-pin a very good pressing board, if a clean cloth be wrapped around it.

When putting steel or whalebone into a bodice, bend them slightly at the waist before putting into the casing. You will find

the bodice fit to the figure much better. When using a sewing machine, the best way to finish off neatly and firmly is to turn the work round, and work back again a short

way, so that the stitches will be double. When new evening gowns are few and far between, nothing is so useful as either black or white, which by change of flowers or trimming may be altered out of all knowledge.

When putting on a collar, make neck of bodice or blouse slightly smaller than base of collar band, and notch bodice here and there while putting collar on. By so doing you avoid wrinkles.

When cutting out sleeves, to avoid the disaster of cutting both for the same arm, fold the material either face to face or back to back. Place pattern on it and cut both together. A proper pair is bound to be the

If you wish to make a walking skirt just to clear the ground without looking too short adopt the following plan: Measure the person from the waist to the ground, then deduct one and a half inches.

How's This?

We offer Ore Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & Co., Toledo, O. We the undersigned have known F. J. Cheney for the last fifteen years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists Toledo, O. Hall's Catarrh Cure is taken internally, acting directly s pon the blood and mucous surfaces of the ystem. Testimonials sent free. Price 75 cents per bottle. Sold by all

Take Hall's Family Pills for constipation.

OUEBEC THE FRANCE OF AMERICA. Lavergne, M. P., Settles the Destiny of the French Canadians.

Armand Lavergne, M. P., for Montmagny, has just disposed of the French-Canadian race in this part of the contient.

"If we continue," says Mr. Lavergne in Le Nationaliste" in the same course we have followed during the past thirty years we will soon be a race of outcasts. If, however, we resolutely turn to the paths of reform, if we raise our heads and no longer sacrifice our national pride to the pickings of office there is still room for hope. Our destiny would be a proud one, either as a part of the ditions in Chicago are not suitable. Mr. State of the state of the second control of

Canadian confederation or of the American

"For my part I consider it most probable that our English-speaking compatriots will one day quariel with their mother country and abandon Great Britain. These people who should be our friends, do not like us, and most of the time they evince a hatred towards us when we only deserve their pity. They have but one end in view, the fusion of the races and the taking away of our language and our religion.

"I believe that the French-Canadians who have for so many years contained their rancor and accepted the most painful situation in order not to harm one of their own who occupies the first position in the land, will suddenly awaken to the stern reality and seeing that they can no longer count upon their English fellow-citizens they will let them go with joy, happy to remain British subjects for a while longer.

"The day, however, when we will be strong enough, the French race will also, without allying itself to others, become independent, and play in the new world the glorious and sublime role of France in Europe."

ENTHUSIASM OF THE JAPANESE.

Interesting Letter from a Pupil of the Home School at Tokio.

The equipment and preparedress of the Japanese at the front is almost equalled by the measures which they have taken for caring for the families of killed or disabled soldiers. Kosuke Torneoko, of the Home School at Tokio, writes in the current issue of Charities, as follows:

Sympathy and enthusiasm abound in every direction, and relief accommodations are planned and projected, not only by those who are willing among the people, but also by the State itself, which has issued an 'Imperial Ordinance Concerning the Relief of Soldiers' and Sailors' Families,' and has established the means of helping those who have no relatives and friends to help them.

Most picturesque of the relief work in the towns and villages is the Secret Ploughing Society of the young men of Nakagawa village. Either at night, or when nobody knows, these young men go out and plough, for those who are away at the front, the farms which would be unploughed and unsowed on account of their cultivators' absence, and thus help labor of their families left behind. In Meiji village tillaga has been helped and agricultural work satisfactorily accomplished. In Kuze County the school children after school is over, have helped in the tillage of the farms of those who are at the front. In some places farms are gratuitously lent out to the soldiers' families for tillage, or manures and other things are bought together at wholesale prices and distributed to them; or capital is either lent out or given, so that they can devote themselves to the manufacture of straw articles which are by-products of tarming; or some work in tea-making, or silkworm raising is found out, and given to them.

In describing the work of relief through employment, a few words must be added about the arrangements lately started for taking care of young children during the daytime for the sake of those who could not otherwise devote themselves to work. The Tokio Kyobashi-Ku Nursing Place for Young Children of Those Serving at the Front, the Osaka Women's Charity Society, the Osaka Philanthropic Relief Society, the Kobe Women's Public Service Society, and the Hiroshima Women's One Heart Society are reaping good results in these day nurseries.

Besides these societies of local relief, there are those of universal relief, such as the Association for the Relief of Those Serving in the Army and Navy, the Ladies' Patriotic Society, and so forth. . The former association which is under the leadership of Count Jonue and Count Matsugata, and supported by the well-to-do classes, both native and foreign, has already property amounting to more than one million yen.

Mayor Dunne's Proposal.

(Montreal Gazette.)

Mayor Dunne, of Chicago, is no longer a municipal ownership man. He was elected on a platform which pledged him to take over the existing street railways of the Windy City, and operate them in the interests of the citizens. Mr. Dunne has, however, since his election been doing some of the thinking he should have done before making his appeal to the people of Chicago. He has had the disinterested advice of the general manageer of the Glasgow municipal street railway system, and if there is anyone on earth who favors and should favor municopal operation it is Mr. Dalrymple. But Dalrymple had only to study the conditions in Chicago superficially to see that if that city undertook tooperate its own street railway lines as it runs the other and more natural municipal services, the record would be one that would forever condemn the cause of municipalization. Reflection has shown Mr. Dunne that Mr. Dalrymple was right, and that the con-

WOODSTOCK, N. B., JULY 26, 1905. Dunne being pledged to something, now proposes to drep municipal ownership, and give the franchises the people voted to operate themselves to a friendly corporation of five men, who will practically become trustees for people who desire to invest their money in street railway stock. These five men will see that the investors receive a fair dividend on their stock, and that the surplus is employed for the benefit of the people who use the street cars. Mr. Dunne calls this municipal ownership. It is, of course, nothing of the kind. It is something better, the best thing of all, operation by a private corporation in the interests of its shareholders to the limited extent to which they can benefit, and beyond that in the interest of the citizens. Mr. Dunne is merely seeking for the spirit of operation which should distinguish every franchise-holding corporation, and which is unfortunately possessed by too few. Corporations operating public utilities have a right to earn a fair return on their capitalization, and to make provision for the physical maintenance of their properties from the earnings. Over and beyond this the earning should be applied to an improvement of the service supplied on reducing the cost to its customers. Mr. Dunne may be able to find five men in Chicago commanding the capital required, who will consent to invest it in this way. If he is, he will have provided Chicago with exactly as much as municipal ownership could have provided, and without any of the many risks attending the practice of that theory.

How You Can Reach Your Normal Weight.

Most persons weigh either more or less than nature intended them to weigh. They are either too fat or too lean, according to the standard set for them at birth.

How to ascertain and, having learned, to keep your weight at the normal standard, is a discovery Professor Ludwig Schweik, an eminent Swiss physician, claims to have made. The secret, Professor Schweik says, is dietary. He prescribes the amount of food to be taken daily as fourteen ounces of solid and sixteen ounces liquid refreshment. For breakfast he permits two ounces of rolls of the kind known as hard pigs, one cup of coffee or milk and a quarter of an ounce of

Luncheon may consist of two ounces of scraped apple, eight ounces of scraped almonds, one tablespoonful of honey and a raw cereal, as oatmeal, or whole or shredded wheat, one soft boiled or hard boiled egg, according to taste, and one cup of soup, the soup taken at the end of the meal.

Wayside Observations.

The smooth talker is not given to slips of

Some men were born rulers and nearly all he rest think they were.

The lion is said to be the king of beasts, but the social lion is not always a king among To the financially embarrassed youth with

his best girl, a sodawater sign is a danger A wise guy is one who knows when not to.

Some women may not be good in mathematics, but dressmakers are good at figures. The style of ball dresses must have been

set by the Venus de Milo, since they are usually sleeveless. Education is like varnish - it doesn't change the material. It only polishes the

The only time a girl doesn't suspect every man is trying to propose to her is when it is the one she wants to.

Rouse up your Sleeping Energy

If you've lost your old time grip on things -if you don't seem to get the old time pleasure out of life-rouse up vigor and vitality with

Royal Tonic

It gives snap and vim and energy-sharpens the appetite - makes you enjoy what you eat -sends you to bed to a quiet, restful night's sleep.

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DEPARTURES.

(QUEEN STREET STATION). 6.10 A MIXED—For Houlton, McAdam Jct. M St. Stephen, St. Andrews, Fredericton, St. John and points East; Vanceboro, Bangor

Portland and Boston. 9.50 A MIXED-For Aroostook Junction, and M intermediate points.

11.35 A EXPRESS—For all pionts North, M Presque Isle, Edmundston, Riviere du

2.50 PMIXED—For Perth Junction, Plaster M Rock and intermediate points. P MIXED—For Fredericton, etc., via Gib-M son Branch.

5.35 PEXPRESS—For Houlton, St. Stephen, M (St. Andrews after July 1st), Frederic ton, St. John and East; Vanceboro, Sherbrooke, Montreal and all points West, Northwest and on Pacific Coast; Bangor, Portland, Boston, etc. ARRIVALS.

11.35 A. M.—EXPRESS—From St. John and East; St. Stephen, (St. Andrews after July 1st), Boston, Montreal and West.
12.35 P. M.—MIXED—From Perth Junction and Plaster Rock.
12.15 P. M.—MIXED—From Fredericton, etc., via Gibson Branch

Gibson Branch.
5.35 P. M.—EXPRESS—From Fort Fairfield, Cari bou, Presque Isle, Grand Falls, Edmundston and Riviere du Loup.
4.10 P. M.—MIXED—From Aroostook Junction.
11.00 P. M.—EXPRESS—From Fredericton, S
John and East, St. Stephen, St. Andrews, Houlton, Vanceboro, Bangor, Portland and Boston, etc.

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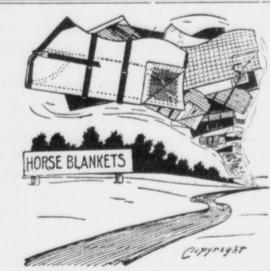
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Needs painting. It will tend to preserve it as well as to improve its appearance. Please bring it in early so that I can have plenty of time to do a good job and give the varnish plenty of .time to harden before you

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over Loane's Factory,

Connell street, Woodstock

"I have heard," stammered her timid admirer, "that you are engaged. Is it-er-

"I'm not engaged yet," replied the fair giri, "but I hope to be soon."

"Er-how soon?" he asked. "In a few minutes," she replied with shining eyes .- Philadelphia Ledger.

When a man has a good appetite his wife thinks it is because he has such a happy