

**A Clear Skin and
A Bright Eye**

Usually Indicate Health.

**Wheeler's
Botanic
Bitters**

Insures good health by Clean-
sing the Blood, Stomach and
Liver. Cures Constipation,
Dyspepsia, Bloating, Head-
ache, Dizziness, Kidney Trou-
bles, and all Irregularities.

A GENUINE VEGETABLE SPRING
MEDICINE AND REGULATOR.

PRICE 25 CENTS

AT ALL DEALERS.

And wholesale by all
Wholesale Druggists.

How Japan Feeds Her Heroes.

Upon just what food the Japanese soldiers do their marvelous fighting and the exact method of its preparation and preservation can be learned from a letter which appears in London Truth. The regular ration, it says, consists of rice and dried fish. The rice is boiled until quite thick and glutinous. Next it is placed on a ceramic slab, rolled out, and cut into squares. The squares are then placed in the sun to dry and often turned. When hard as sea biscuit and greatly reduced in weight they can be stored. A certain number are allowed each day to the soldier. All he has to do is to break up a square in boiling water and to add the dried fish. In a few minutes he has what seems to him a delicious thick soup. If he cannot procure boiling water he simply eats his rice cake dry. In the fruit season he substitutes fruit, when he can obtain it, for the fish. According to the same authorities the Japanese soldier has muscles like whipcord, is a sure shot, and has an eye for landmarks and a memory for locality. He can do with three hours of sleep in a day, he is naturally cleanly, obeys sanitary instructions with willingness and intelligence, is ardently patriotic, holds his life cheap, and runs up hills like a goat. He costs the Japanese government ten cents a day and thinks himself well treated and well off. From all this one can learn something about the Japanese soldiers, but the suggestion that it gives valuable hints as to the best way to feed white soldiers is nonsense. To thrive on a diet like that is possible only for those whose ancestors have lived in much the same way for countless generations.

The American so fed, would simply starve to death, partly because of the insufficiently of the ration to meet his needs, which are not the less real because they are the results of the long enjoyment of a more generous fare, and partly because distaste for an unmitigated diet of rice and dried fish would

**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.

prevent him from getting out of those sub-
stances such nutriment as even for him they
would contain. And yet, in commenting
on the description, American Medicine says
with entire truth that "in buckling down to
discipline and philosophically accepting the
hardships of war in the way of rations and
sanitary requirements, the armies of the
world can learn from the Japanese. Their
military and medical records in this war are
proof of such statement. Thousand of cases
of typhoid fever among our volunteers in
1898 could have been prevented by a discern-
ing acceptance of the stern realities of
campaigning."

ROJESTVENSKY.

How the Russian Admiral Sank Three
Turkish Ships and Won His St.
George's Cross for Bravery.

"The story of how Admiral Rojestvensky,
commander of Russia's second Pacific squad-
ron, won his St. George's cross for bravery is
told differently in Russia from the way it is
here," said Dr. M. W. Pickard recently. Dr.
Pickard is a Russian by birth and spent
several years in the Imperial Naval Academy
at Odessa. "The story I learned at the ac-
ademy," he said, "tells of sinking three Turk-
ish vessels in his first engagement."

"The boat Vesta was a little vessel, not
more than 150 feet long, and was engaged in
carrying munitions of war from Russia's
larger cities to the Danube. Capt. Popoff
was in command, with Rojestvensky second.
One day in 1877 this little vessel was steam-
ing along toward a point on the Roumanian
coast, traveling through a fog and mist.
Suddenly it came in sight of a ship and as
usual cleared its deck for action. The Vesta
carried few guns, just enough to protect it in
case of attack.

"The Vesta started into the big ship, but
when it drew nearer it found itself confront-
ing a Turkish battleship which had two obso-
lete vessels with it. The battleship turned a
broadside loose at the Vesta, and at the first
shot Capt. Popoff was killed. Rojestvensky
took command and fought out the battle.
His gunners did their work so well that the
battleship and the two smaller vessels were
sunk. The Vesta itself was disabled, but
managed to get back to the island of Pheo-
donis, or Snake Island, where it was beached.
It was afterward raised and taken to
Odessa and repaired. For a number of years
it was used in passenger service in the Black
Sea. It was ever afterward known as the
Rojestvensky ship.

"A peculiar feature of the Vesta history
was its ending. In 1887, while sailing near
Roumania, it ran into a storm and went down
with all on board. The ship sunk not ten
miles from where it had fought its fight with
the Turkish vessels.

"The Russians look upon Rojestvensky
as one of their bravest and most expert
commanders."

Unimportant.

A Princeton man tells of a conversation
that took place between the coach of a foot-
ball eleven and one of the players. An im-
portant game was soon to be played; and
the coach was, of course, most anxious that
every player should be in the best of physical
condition. But to his disgust one of the
men, upon whom a great deal depended if
the great game were to be won, seemed to
be in "bad form." Taking him aside, the
coach had the following "heart to heart talk"
with the recalcitrant:

"See here, you're not looking so good!
Muscles flabby and wind bad—awful bad.
What's the matter? Been drinking anything?"

"Not a drop."

"Then you must be smoking."

"Haven't touched a pipe, cigar or cigarette
since the training began."

"Studying?"

"Well, yes—a little."

Whereupon the coach gave vent to a snort
of disgust. "See here! You've got to stop
that! Do you want us to lose the game?"

SOME WITTY RESPONSES.

Some entertaining impromptu witticisms
of the English dramatist, Douglas Jerrold,
are recalled by "T. P."

On one occasion, on being asked to contrib-
ute to a subscription fund for a needy
author, he impatiently inquired the sum
needed for relief.

"Well," was the response, "I think just
four and two naughts," will put him straight."

"Put me down for one of the naughts,"
was the reply.

A lawyer, replying to the toast of his
health drunk at a dinner of artists, stammered
out that he did not expect the honor, as
law could hardly be considered one of the
arts; whereupon Jerrold interjected one word
only—"Black."

"There's one son in—," remarked a
musical bore to Jerrold, speaking of a popular
opera "which always carries me away."

"Would that I could sing it!" ejaculated
Jerrold.

It is related that on another occasion a long
winded friend stopped Jerrold, who was
hurrying on urgent business along Regent
street, with the question, "Well, Jerrold,
my boy, what is going on?"
"I am," retorted, Jerrold, shooting by
without further response.

Wild Flowers in The Home.

(Candace Wheeler in the May Atlantic.)

Not every one has a flower garden, but
every one who spends even part of the sum-
mer in the country has freedom of the road-
sides, pastures, meadow, and woods; the
wind gardens which belong to every man and
no man, where every one is free to gather,
and no one to forbid. Of course it is by
courtesy and custom that this freedom
extends to the fields and woods, and perhaps
the unacknowledged obligation enhances the
privilege of leaving the long narrow road,
side flower beds and looking for rarer and
more effective things along fences and hedges
and in shadowed and solitary places.

If one has acquired the habit of wild
flower gathering and the knowledge of what
to gather and how to bring her gleanings
safely home; and the still further knowledge
of the best decorative effect to be gotten from
them she has reached a possibility of great
satisfaction and everyday happiness.

A Literal Solution.

The words "bear," "bees" and "boys"
were written on the blackboard by the teach-
er, who asked her pupils to write sentences
containing those words.

One young miss handed in the following:
"Boys bees bear when they goes in swim-
ming!"

Beauty.

A poetess asks, "Oh, where does beauty
linger?" We think that we are breaking no
confidence when we reply that in these artistic
time it generally lingers on the toilet table
until the girl puts it on with a brush and a
power puff—London Tit Bits;

Sceling Is Believing.

Rosenbaum—I dined wit Eckstein last
night. Very swell affair—silver spoons.
Cohen (incredulously)—Not real silver?
Rosenbaum—Real solid silver, s'velp me!
Cohen (still incredulous)—Show us one.—
The Tatler.

Canada's Opportunity.

"Canada," according to Collier's Weekly,
"may become the most glorious and enduring
land which has found its political creation in
the genius of empire with which Britain has
enveloped the world. She has an opportunity
such as no other nation has ever had, for no
other has ever had at once a rich and almost
vacant land as large as Europe, and all the
resources of twentieth century science for its
development."

During a discussion in the British House
of Commons last week, the Secretary to the
Admiralty said that places such as Halifax
and Esquimalt would not now be considered
likely to form a part of the field of operations
in the event of a declaration of war, and,
therefore, ships were not kept there as a
base, and Arthur Hamilton Lee, Civil Lord
of the Admiralty, added that regarding Hal-
ifax arrangements were being made through
the colonial Governments for their Works
Department to carry out the mere neces-
sary repairs and maintenance. Sir S. Colomb
said that the speech of the Secretary of the
Admiralty showed clearly that the Admiralty
was shutting its eyes entirely to the enor-
mous development of sea power in the United
States.

"You cannot keep me down," shouted the
great orator at a public meeting; "though I
may be pressed below the waves I rise again
you will find that I come to the surface,
gentlemen."
"Yes," said an old whaler in the audience
"you come to the surface to blow."—Chicago
Journal.

**How's
Your
Appetite?**

Don't enjoy what you
eat? Don't care whether
you eat or not? Feel un-
comfortable after eating?
What a different person
you'll be after taking just
one bottle of

**Royal
Tonic**

You'll hardly know your-
self. ROYAL TONIC
puts an edge on the app-
etite—makes things taste
good—helps digestion—
drives away that "blue"
feeling—gives you all your
old time vim and energy.

ROYAL TONIC is the
finest old French Cognac
Brandy and aromatic tonic
herbs. Delightful to the
taste.

In full pint bottles, only
\$1. At all dealers.

THE LEEMING, MILES CO., Limited, MONTREAL.

**Lipton's Pickles, Malt Vinegar,
Marmalade Cocoa,
Potted Meats, Jams and Jellies.**
FOR SALE BY
HOLYOKE & BROWN,
Sole Agents in Woodstock



**Unloaded Last Week, One Carload
Sharples Tubular
Cream Separators.**

These are selling like hot cakes, and will not last long.
Prices are such that you cannot afford to do without
one. Buy now.

C. H. ESTEY, **N. S. DOW,**
Agent at Wicklow. Agent at Woodstock.
May 3, 3m

NOTICE.
You Have Some Plumbing
You want done before winter. Why not
get it done now? I can do it for you
promptly, thoroughly and neatly, and at
a reasonable price. Don't delay this work
till the cold weather is here. Orders from
out of town promptly attended to.
J. P. PICKEL,
Plumber.
Connell St. Woodstock.

**It Pays Better to Save
Money Than to Earn it.**
You can save money by doing business with the
**Anglo-American and
Equitable Fire Insurance Co's**
BOTH ARE NON-TARIFF.
THE NORTHERN
Is one of the best Life Assurance Companies in
the Dominion. Its percentage of savings last
year was unprecedented.
Good terms to agents.
GEO. L. HOLYOKE,
Manager for Carleton, Victoria and Madawaska.
Office and Residence, Victoria Street,
Woodstock, N. B.

A Just Rebuke.
A young bride was invited to a bridge
whist luncheon and, after spending a deligh-
tful afternoon, was told by her hostess that
she was in debt \$75.
Mrs.—, unaware that she had been play-
ing for money, was horrified at the idea of
having to ask her husband for the necessary
amount.
She mournfully confided her woes to him,
and he immediately wrote a check for \$76.50
and sent it to the hostess.
The hostess, believing that a mistake had
been made, informed him that he had sent
\$1.50 too much.
Mr.—, however, returned it with the curt
statement that the \$75 settled the bridge
score and the balance was for his wife's
luncheon.

The members of the British Medical Asso-
ciation at its recent meeting declared it
essential to teach the people that "alcohol
is a luxury rather than a necessity, and that
in general hospitals it should be prescribed
as little as possible."
The late "Manny" Friend, the New York
criminal lawyer, thus described one phase of
the law's mysterious workings: "The coun-
sel for the defence told me this story long
after the case was forgotten. A man was on
trial for murder in a small Western city.
Testimony of the most incontrovertible and
damaging sort was piling up against the
accused. Despairingly the prisoner's counsel
made his closing speech; in growing misery
he listened while the prosecution ruthlessly
rent asunder his fragile fabric of defence and
while the judge 'summed up' strongly against
his client. As the jury filed out, the verdict
of 'murder in the first degree' seemed stamp-
ed on their faces. The prisoner's counsel
managed to whisper to the foreman in passing:
'Five hundred dollars if you make it "man-
slaughter"!' For two interminable hours the
jury remained closeted. At last they filed
in, and the foreman glibly handed up the
desired 'manslaughter' verdict. 'I tell you!
exclaimed the foreman, later, as he pocketed
the defence's \$500, 'I had a lot of trouble
earning that cash. The other eleven all held
out for acquittal, and it was a couple of hours
before I could talk them around to "man-
slaughter"!'—Saturday Night.
On her wedding day a girl always imagines
that she has her mother beaten to a stand-
still in the selection of a husband.



IT'S AN ILL WIND
that blows no good to some one. We
have a large quantity of
Fine Horse Blankets
A pair of them should be a part of
your horse's outfit. We have too
many and make it an object for you
to relieve us of some. You will ad-
mit the value of the blankets the
minute you see them. And the small-
ness of the prices, too.

FRANK L. ATHERTON
(At the Sign of the White Horse)
King Street, Woodstock

**You Look
Very Nice**
In that Suit and Hat. Would it
not be a good time to get those
Photos taken? You know you have
promised your picture to at least a
dozen friends. For the Latest in
Cards, the Lowest Prices and High-
est Values, don't forget that we
lead. Call
WILSON'S,
Cor. Main and Connell Streets.

Custom Carding.
Having put in a first
class Carding Machine
in my Carding Mill, I am
now ready to receive
wool for carding. All
work promptly executed.
H. A. CONNELL,
NOTICE TO THE PUBLIC.
The Carleton Creamery Co. have leased their
business buildings and appliances to Mr J F
Tilley for the present season and until Jan 1st
1906 and the business will be carried on under
the firm name of Tilley & Dow. The factory is now
running, being in charge of Mr L S Crawford of
Sussex, N B, who is a competent man, having had
a valuable experience in the business. The prop-
rietors hope to see all former patrons of the
factory ready to supply us with milk and cream
and hope to do business with many new patrons
during the coming season.
TILLEY & DOW.