

Observance of the Sabbath.

A bill to provide for the better observance of Sunday is on the Dominion Government's programme for the coming session of Parliament. It will be on the lines of the measure submitted to the Government by the Sabbath Observance Association of Canada, with varying needs of the respective Provinces. It is in the framing of a law applicable to the country as a whole that the lawmakers of Canada find the greatest difficulty. We cannot have a special act for each Province, and yet in no two are conditions exactly the same or the views on Sabbath observance entirely in harmony. In the extreme west people have very broad views with respect to how the Sunday should be spent, whereas sentiment favors greater restraint the farther east you come. Ontario has very decided views that Sunday should be observed as a day of rest, and this feeling is even stronger in the Provinces by the sea. On the other hand, in Quebec the opinion is numerously entertained that their religious duties having been discharged in the forenoon of Sunday, people are free to enjoy recreation in a rational way. Moreover, the custom has grown up of doing on Sunday after Mass some things which are innocent in themselves, and yet conflict with the idea of Sabbath observance. However, on this question the Roman Catholic hierarchy are in accord with their brethren of the Protestant faith, and it will be surprising indeed if in response to their united demand some law is not placed on the statute book which will prove satisfactory to the great body of people who desire to provide against the introduction in Canada of anything savoring of the Sunday that is seen on the continent of Europe.

Are Your Nerves in Health?

STUDY HERE THE INDICATIONS OF A FAILING NERVOUS SYSTEM.

Dr. Chase's Nerve Food.

It is surprising what hosts of people are suffering as the result of an exhausted nervous system and do not know the nature of their ailment.

They cannot sleep at nights—are restless and fidgety in the daytime—their tempers are easily irritated—little things worry them—they cannot concentrate their minds, and find their memories failing—there are spells of nervous headache—the digestion is impaired—pains and aches of a neuralgic nature afflict them—feelings of discouragement and despondency come over them at times, and they get in the way of looking at the dark side of things.

If this describes your experience you will be interested in Dr. Chase's Nerve Food, for this great food cure gets at the very foundation of nervous troubles and cures in the only natural way, by enriching the blood, revitalizing the wasted nerve cells, and building up the system generally.

Diseases of the nerves take different forms in different people, but they slowly and surely lead to nervous prostration, locomotor ataxia or paralysis—to weakness and helplessness of mind and body.

Mrs. ROBERT BUSTARD, Maxwell, York County, N. B., writes:—"I can say that Dr. Chase's Nerve Food entirely cured me of what I believe was the beginning of locomotor ataxia or paralysis. My nerves were very bad and at night I could not sleep at all, nor could I control my arms and legs. They seemed to fairly jerk me off the bed.

"For six months I was in this way and cannot describe what I suffered but now I am entirely cured thanks to Dr. Chase's Nerve Food. It is a pleasure to recommend this great medicine to anyone suffering as I did from nervous disease."

Dr. Chase's Nerve Food acts strictly in accordance with the laws of nature in creating nerve force in the body, and you can use it with positive assurance that every dose is at least of some benefit to you. Prove this by noting your increase in weight. 50 cents a box, at all dealers, or Elmhurst, Bates & Company, Toronto.

Breaking A Log Jam.

It is doubtful if there is any occupation of peace, even that of the fireman whom you highly resolved to be soon after you first wore breeches, that is attended with such danger as that of the log driver. With his spikenail boots, his steelshod peavey, his powerful but gaunt frame and generally picturesque unkemptness, your lumberman as he risks death in the jam is a figure which well lends itself to romance and poetry. Every year in Maine, in Michigan, in Canada, there are hairbreadth escapes in the spring drive, and every year there are a few more poor devils, perhaps the most adroit of all, who are sent to their long account amid the whirling waters and the grinding, crashing logs. Sit at night beside your warm campfire with a Maine guide, and he will tell you stories of the great spring drive, of men risking their lives for others, that will make your spine thrill as keenly as at any tale of

the deeds of Japanese and Russians on the hills of Port Arthur.

The danger is the breaking of log jams in midstream in a rocky rapid. The logs always pile up against the rocks that are not covered by the flood and form a long pile two or three rods wide, anywhere from one to thirty rods long, and perhaps six or eight logs deep. Thus a jam may contain five or ten thousand logs. To break a jam of this kind the "boss" sends or takes out three or four of the best men in the log-driving crews. These experts are men known as "white-water men," because of their ability to ride standing up on a log through water that is splashing and foaming over the rocks. They land at the upstream end of the jam, where one of the men remains with the boat, while the others go the lower end of the jam to pick away with their peaveys or leavers, the logs close to the rock against which the jam rests. They seek for the "key log" which, when pried out, starts the jam moving so that it either "hangs up" again or breaks to pieces. When the men see that it is really breaking they run over the heaving, bounding tangle of logs to the boat at the head of the jam. A slip or a misstep means a fall between the grinding and tossing logs. The logs may become so separated that it is impossible to reach the boat. If this happens the "white water man" must make good his name by making his way to the shore with out getting wet, or maybe killed. Perhaps the floating timber spreads apart to such an extent that he is compelled to stick to a single log, and here it is that he best shows his ability as a log driver. He balances himself upon his spike shoes and steers clear of the rocks before him. The men on shore stop to watch. He may ride to safety and he may not.

Some years ago, on the West Canada creek, in the Adirondacks, a foreman of a log driving crew, who would never send his men where he did not dare go himself, went out with two volunteers to break a jam in exceedingly swift and rough water, says the New York Tribune. With some difficulty they reached the pile of logs, and after a time succeeded in starting them going. The logs started much faster than expected and were soon scattered in such a manner that the two men could not get to the boatman and boat at the head of the jam. They did the best they could to keep their feet and to work their way toward shore. The foreman was the more skilful of the two and kept his log fairly steady, but the other man was having a hard time to keep on top. Having come within fifteen or twenty yards of the shore, the foreman braced his peavey against the other man's log and then gave it a shove, which sent it toward shore with the man. In doing this the foreman's log was sent far out into the raging stream. He had intended to work his way back, again, while he was "cutting" his log to stop it rolling, but it struck a rock. He was hurled into the air and came down head foremost upon the boulder. His body was found some days later a mile down stream.

Although the "white water man" is skilful in riding a log, it is obvious that he cannot ride over a waterfall or through an extremely rough rapid. When a jam forms above a water fall or rough rapid, as is often the case, the danger of "busting" is greatly increased, since here it is absolutely necessary to get to the boat or to the shore. When one considers that in breaking jams the drivers are often compelled to ride to shore on a log, the danger can readily be seen.

Gene McBeth, one of the best drivers that ever rode a log, met his death on Mill creek in just such a situation. A "wing jam," so called because extending from shore into the stream, had "hung up" above rapids that could not be passed even by a boat. With two other men McBeth went out on the logs and began picking them loose, in search for the "key log." After working an hour, all at once the jam leaped forward and was in full motion. The men turned and started up the jam, McBeth in the lead. When they reached the single place over which they could pass, McBeth stopped to help his less able companions and to let them pass ahead of him. It was a fatal move on his part, for the other two men had just time to jump ashore, into the water waist deep. When his turn came it was too late. He had saved his friends but now there was a ride for his life over the tangled mass of groaning and tossing logs. When he saw what it all meant he turned about, held the peavey as a balance pole tight in both hands and faced the hopeless fight for life. The men on shore ran along the stream unable to render him aid, and watched the greatest log riding they had ever seen. At times he would jump waist-high to another log that he might get nearer shore, or to avoid a tumbling wave with a log on its back. Again he would jump from one tossing log to another, and once, as a log swung about, which would have struck his

knees, he jumped clear over it as it passed under him and landed on his log. Once he fell to his hands, but was on his feet in an instant. The men on shore were unable to run as fast as the stream, and when they last saw him he was still on his feet, now jumping, now riding, with all his strength and agility, ever trying to near the shore. When they found the poor man a week later, all his limbs were broken, some of them twice, and numerous bruises covered his body, but some way of another not a scar disfigured his face.—[Springfield Republican.

The Extended Popularity of DIAMOND DYES

Induces Speculators to Introduce Weak and Worthless Imitations.

DIAMOND DYES, true home helpers and money-savers for mothers and wives, are dear to every woman's heart.

Recently, speculators have gone into the package dye trade with the view of gaining a share of the immense and ever-increasing trade held by the manufacturers of the DIAMOND DYES, but all such efforts will, as in the past, result in failures.

The crude and worthless dyes brought out in opposition to the DIAMOND DYES, can never become popular, for the simple reason that they have not one good quality to boast of. The merchants of Canada who were induced to buy these adulterated package dyes now find them dead and worthless stock.

The progressive and busy druggists and dealers of Canada sell only the DIAMOND DYES, which have an established reputation of over twenty-five years. The modern merchant has not the time or inclination to encourage the sale of worthless and deceptive goods.

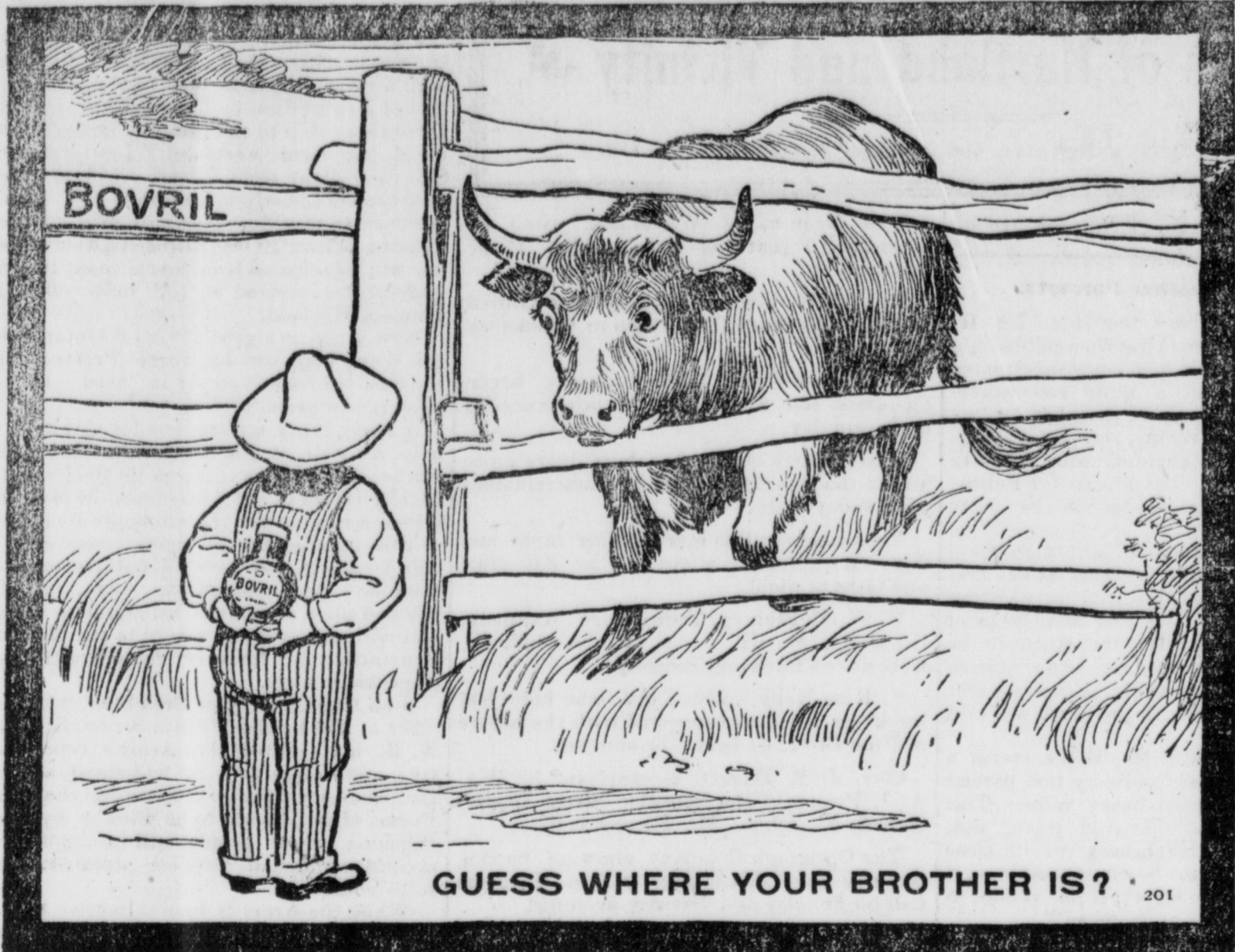
If our Canadian women desire full, brilliant and fast colors, they should at all times ask for the DIAMOND DYES, the only guaranteed package dyes in the world. When buying package dyes, see that the words DIAMOND PACKAGE DYES are on each packet handed out by your dealers. WESS & RICHARDSON CO., LIMITED, MONTREAL P. Q., will send free to any address their New Dye Book, Card of Dyed Samples, and new book in verse entitled "The Longjohns' Trip to the Klondike." This little book is interesting thousands.

A Heroic Method.

A claim was once placed in the hands of Judge Peters, of Bangor, Me., for collection. A notice was sent to the debtor, who called and promised to pay the following Saturday. The Judge said: "Now, don't say you will pay Saturday night unless you mean to; just take a few more days and be sure. Say you will pay next Wednesday." "All right," said the man, if I live until next Wednesday I will pay that bill." Wednesday came, but no man appeared to settle the bill, whereupon the judge wrote out a notice of the death of the man and put it in the daily paper. The next day the bill was settled.

February.

(Pauline Frances Camp in February St. Nicholas.)
I am a little fellow,
Though I'm always up to date.
The days I hold within my hand are only twenty-eight;
But I must save my moments up,
And count them o'er and o'er,
Till in four years I've saved enough to make up one day more.
But little folks that kindly are, and pleasant in their play,
May save enough in far less time to make a happy day.



BLATCHFORD'S FILL THE BASKET POULTRY MEATS.

The best poultry tonics and true supplemental nutriment only. Composed of choice beef meal, Sunflower seeds, specially prepared oyster shells, Albuminous Compounds, Iron, Red Pepper, Ginger and Oil, in the correct proportions. Just what poultry require in one unequalled convenient food. Geo. W. Miller of Green Creek, N. Y. says:—"We raise a few chickens for our own use, about 30. Between Thanksgiving and Christmas was getting an average of two eggs a day. I commenced feeding the FILL THE BASKET POULTRY MEATS on Dec. 5th, but saw no results until about the 15th. Then got three, four, five and eight a day until Christmas and since then until January 4th an even dozen per day. So now I know from personal experience it is a good thing. I feed $\frac{1}{2}$ and $\frac{3}{4}$ cracked corn."

Mrs. K. W. Durfee, Fosterville, N. Y. "I have been using Blatchford's FILL THE BASKET POULTRY MEATS this winter (1905) for the first time and get such good results that I don't like to get along without it. I am the only one in the neighborhood who realizes anything from their hens this winter."

For sale only by W. F. DIBBLEE & SON.

Woodstock and Centreville.

The Great Stock Food. PURE SUGAR AND FLAXSEED.

Composed of three elements necessary for profitable feeding, viz: OIL, SUGAR and ALBUMINOUS COMPOUNDS. Just the elements the ordinary food is lacking in.

The OIL keeps the bowels regular and the coat slick and glossy. The SUGAR obtained from Locust Beans only increases the appetite, aids the digestion and is a great energy producer.

The ALBUMINOUS COMPOUNDS, Gentian, Foenugreek, etc., enrich the blood, cause the animal to put on flesh and fat rapidly and tone up the system.

BLATCHFORD'S PURE SUGAR AND FLAXSEED containing pure flaxseed with the oil all in it, contains twice as much oil as the best oil meal.

There is no Molasses or Grain Hulls used in BLATCHFORD'S SUGAR and FLAXSEED. It does not ferment, mould or cause diarrhoea and stomach trouble.

"The best food for stock at one fourth the price of Stock Foods" is what progressive stock owners say.

WHAT IT DOES.

1. Puts a bloom and finish on cattle and horses intended for the Fairs, Shows, etc., or for sale, that nothing else does.
2. That it considerably increases the flow of Milk in Dairy Cattle as much as 18 per cent. in some instances.
3. That it is excellent for horses, keeping the bowels regular and the coat always slick and glossy. It is used in the U. S. Army, by many Fire Departments, Breweries, large Teaming Concerns, and amongst Coachmen where it is desirable that the horses should have a fine showy appearance.
4. That it is very healthful food to give to Hogs. It keeps their bowels regular, tones them up and puts new life into them. Little pigs thrive remarkably upon it. NOTE. The LOCUST BEAN is called the Swine Bread of the East.

For Sale Only By,

W. F. DIBBLEE & SON,
WOODSTOCK AND CENTREVILLE.

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.

Out of Date.

The Brute—"This hat of mine," stormed the wife, "has been out of date for ten solid years."

"I should certainly have thought," responded her shameless husband, "that the styles would have swung back to it at least once in that length of time."—Louisville Courier Journal.

Tit for Tat.

"Oh, George, dear," she whispered, when he slipped the engagement ring on her tapering finger, "how sweet of you to remember just the sort of stone I preferred. None of the others were ever so thoughtful."

George was staggered for but a moment. Then he came back with "Not at all, dear, you overrate me. This is the one I've always used."

She was inconsistent enough to cry about it.

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets.

Seven Million boxes sold in past 12 months.

This signature, E. W. Brown

Cures Grip in Two Days.

on every box. 25c.