



The best and safest way to keep Baby's skin healthy is to use only **BABY'S OWN SOAP**

Pure, Dainty, Delicate. Beware of Imitations.

ALBERT TOILET SOAP CO., Mfrs. MONTREAL.

Reassured.

A learned professor, noted for his power of concentration and for his absorption in the matter at hand, came home one night, says a writer in the Philadelphia Public Ledger, still concentrated on the thought of the evening. He had scarcely pulled the bed-covers over himself when he heard a slight noise.

"Is some one there?" he asked. "No, professor," replied the intruder under the bed, knowing his peculiarity, "there is no one here."

The professor gave a sigh of relief, and turned over to sleep.

"I was almost certain I had heard some one," he remarked to himself.

The Penalty of Overeating

THE LIVER FIRST TO SUFFER, BUT KIDNEY DISEASE COMES LATER —GOOD RESULTS FROM THE USE OF

DR. CHASE'S KIDNEY-LIVER PILLS.

Few people realize that it is not what they eat but what they digest and assimilate that goes to form new blood and repair the waste effected by the act of living.

Hurried eating and lack of proper mastication of the food are among the most common causes of indigestion, and overeating is undoubtedly the beginning of trouble with the liver and kidneys.

Kidney disease and rheumatism are not usually the first indication of a deranged system, but these troubles follow unheeded headaches, constipation and bilious attacks.

Because of their direct and combined action on the liver, kidneys and bowels, Dr. Chase's Kidney-Liver Pills are effective in whatever stage of such derangements they may be used, except when the structure of the kidneys has been wasted away by Bright's disease.

What we would emphasize, however, is the advantage of beginning this treatment at the first indication of trouble with the liver. It is the liver which first feels the result of overeating because of its difficulty in filtering the blood. Keep the liver right by the timely use of Dr. Chase's Kidney-Liver Pills and you do not only prevent headaches, biliousness and constipation, but entirely escape derangements of the kidneys, which are at once so dreadfully painful and fatal.

Reliability is the word most frequently applied to Dr. Chase's Kidney-Liver Pills, as well as to his other medicines, for people have come by experience to know that, as a means of ensuring the regular and healthful action of the kidneys, liver and bowels, there is no medicine to be compared to this.

With these filtering and excretory organs in health, indigestion and bodily pains are unknown and one runs little danger of contracting colds or contagious diseases.

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers or Edman-son, Bates & Co., Toronto.

The Habit of not Feeling Well

Few people realize that their ailments are largely self-induced. They get into a habit of not feeling well. If they get up in the morn- ing with a slight headache, or some other trifling indisposition, instead of trying to rise above this condition, they take a positive pleasure in expatiating upon their feelings to any one who will listen. Instead of combating the tendency to illness by filling the lungs with pure, fresh air, they dose themselves with headache tablets, or some other patent spec- ific 'warranted to cure' whatever ill they think they are suffering from. They begin to pity themselves, and try to attract pity and sym- pathy from others. Unconsciously, by detail- ing and dwelling upon their symptoms, they reinforce the first simple suggestion of illness by a whole army of thoughts and fears and im-

ages of disease, until they are unfitted to do a day's work in their homes or offices.

It is said that man is a lazy animal. We are all more or less prone to indolence, and it is the easiest and most natural thing in the world for young people to accustom them- selves to lying down or lounging on a sofa because they think they are tired, or not well. Much so called 'invalidism' is simply laziness, fostered and indulged from child- hood. There is a great danger that girls who are delicate while growing up, and lounge around the house and lie down when- ever they feel the least out of sorts, will form a habit of invalidism when they reach maturity. How often do we see such girls 'brace up' at once whenever anything happens which interests or excites them! An invita- tion to a reception, or any other pleasant social occasion, acts like a tonic. For the time being an instantaneous cure is effected. They are as well as anybody—until after the entertainment.—'Success.'

How's This?

We offer One 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 15 years, and believe him perfectly honorable in all business trans- actions 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, act- ing directly upon the blood and mucous sur- faces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Drug- gists.

Take Hall's Family Pills for constipation.

The Settler, The School, and the Church.

Canadian immigration this year bids fair to be largely in excess of even the greatest ex- pectations. The passenger agent of one of the great railway corporations of the United States, speaking at Chicago the other day of the exodus of farmers from Indiana, Illinois, Ohio, and Michigan into the Canadian North- west, said that already this year the traffic is ahead of any previous season, and that not only a larger number but a superior class will cross the boundary at Portal and build homes in Saskatchewan and Alberta. From personal knowledge he testified that among those settlers there are no failures and no paupers. They are the most enterprising and progressive farmers in the four States named, and many of them begin life in Canada with from \$5,000 to \$100,000 of ready money. The labor conditions in the cities, where the rigid rules of the labor unions make it difficult for newcomers to find a footing, are not inviting to young men from the farm; and the high price of land makes it impossible for a farmer to establish his sons in a desirable agricultural neighbor- hood. The result is, according to this well- informed and trustworthy railway official, that many thousands of American farmers, some of them ex-Canadians, are transplanting themselves and their families to the Canadian West.

One of the managers of a great land com- pany whose business it is to handle lands in the western States and in Alberta stated quite frankly that the social conditions on the Canadian side where the greatest attrac- tion. "What surprises and pleases our best settlers," he said, "is that even in new communities in your western Provinces they find good schools and large, well-filled, and strongly-named churches. I speak from first-hand knowledge when I say that merely as a piece of immigration policy it would pay your Canadian Government to aid in every possible way the Home Mission Committees of the churches in Canada that are establish- ing the institutions of civilization and religion in those new settlements. Where our land agents can show a free, self-sporting, well attended church the prospective settler decides that such a community is a good one in which to bring up his family."

This whole problem of the pioneer settle- ment and the incoming settler is full of opportunity and responsibility for all who have to do with building up Canadian nation- hood. There are no better settlers than those who come from the finest agricultural States in the Union with British blood still in their veins or with appreciation of Cana- dian institutions strong in their minds, and the churches of Canada are doing great service in liberally supporting and strongly manning the aggressive work of their mission- ary organizations.

Discarding Chinese in B. C.

British Columbians do not say very much about their yellow peril. They take the Chinaman philosophically. He cooks and washes for them, he makes an increasing proportion of their clothes. In the salmon canneries he cleans, weighs and seals the fish. The wealthier part of him walks the streets in the dignity of white men's clothes and the

splendor of a silk elongated pigtail, which tickles his calves as he slips thru the crowd. In Vancouver City, for "three bits" you may see and hear him on the stage of his own theatre—a mournful experience which you must not miss and which you do not want to repeat. All the time you wonder what will happen, anyway, and what might have hap- pened if immigration were for him the easy thing it used to be. Occasionally you find yourself comparing what you see with what is printed about his brethren toiling under the British flag on the Rand, well manacled by indentures which are foreign to the spirit of the most exclusive legislation of this con- tinent.

Sign of a change has just come from the Island of Vancouver. Chinamen abound in and around Nanaimo. For several years the Cheminus Lumber Company has been using Chinamen, who work long and steadily for pay which white men will not accept, albeit the Celestial finds it better than the dreams of avarice in his own land. But the com- pany has had enough of the yellow worker, who is being entirely replaced by white labor. In the long run, the speaker of pigeon-English is costlier and less productive than his more complaining competitor.

The excessive gregariousness of the China- man is against real development. Chemainus did not seem to grow. Ten or fifteen China- men living in one house meant stagnation to an otherwise promising neighborhood. So out the yellow fellows have had to go, a few at a time. Since the change began seven new houses have been built at Chemainus. There's progress.

South Africa Relics.

The Dominion Government has received a limited number of Mauser rifles, trophies of the South African war, from the imperial government for distribution to centres in which an active part was taken in supplying men for the several contingents which left Canada during the war.

It is proposed to distribute them as fol- lows: Military museums, military institutes, Dominion and provincial libraries, public libraries, militia units from which men were enrolled for South Africa, athletic associa- tions, Y. M. C. A.'s historical societies.

Applications for rifles should be made through the officer commanding the military district. Issues will be made after the first day of May next.



Be In Pocket SHOES

and you will be in friends. And the best way to be in pocket is to be careful in your spending. Careful buyers find this an ideal store at which to purchase

SHOES

for every penny spent here buys value. Any

FOOTWEAR

bought here will prove that good quality and low prices have at least been combined.

WALLACE GIBSON,

Corner Main and Queen Streets, Woodstock, N. B.

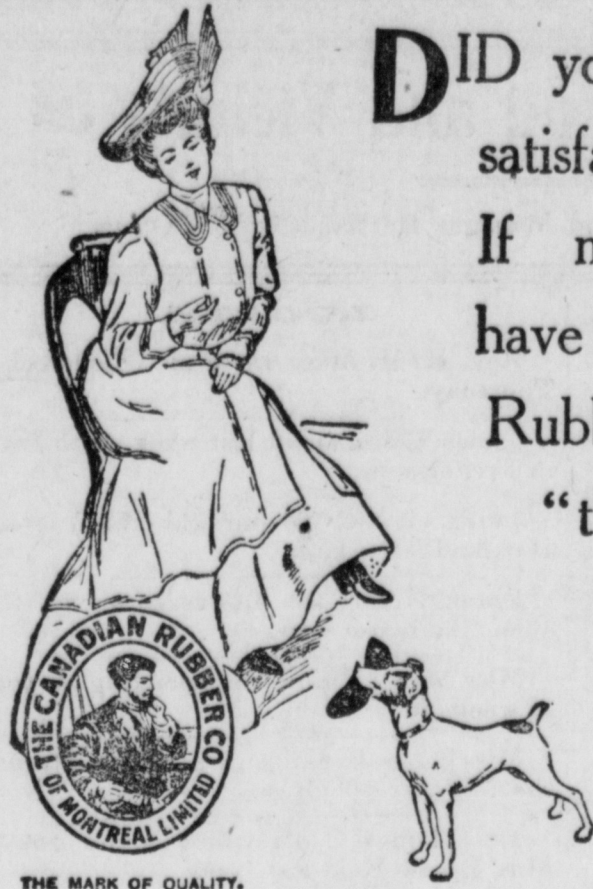
Your Carriage Or Waggon

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 take it out.

I have plenty of storage room.

F. L. MOOERS,

over Loane's Factory, Connell street, Woodstock



DID your rubbers give you satisfaction last season? If not, they couldn't have been "Canadian" Rubbers. Be sure of "the mark of quality" when buying—it is only on the genuine.

"CANADIAN" RUBBERS



The only nourishment that bread affords: is that which the flour contains.

Bread baking is merely putting flour in appetising form.

Flour making is merely putting the nu- tritious part of wheat in shape for bread making.

Good milling is the kind that takes from the wheat all that is nutritious, nothing else.

Royal Household Flour

is made from carefully selected Manitoba Hard spring wheat.

Every pound is almost a pound of food; clean, white, pure and nutritious.

It goes farther, does better baking and is more satisfactory in every way than any other flour.

Your grocer knows he cannot keep store so well without Ogilvie's Royal Household.

Ogilvie Flour Mills Co., Limited, MONTREAL.

"Ogilvie's Book for a Cook," contains 130 pages of excellent recipes, some never before published. Your grocer can tell you how to get it FREE.



It is important that persons placing **FIRE INSURANCE**

should select strong and reliable companies. This being the case it would be impossible perhaps to find four stronger and more reliable companies represented in Carleton County in one office than the following companies for whom the undersigned is agent, namely: CALEDONIAN, the Oldest Scottish Fire Office, NORWICH UNION, Established in 1797. ATLAS, Founded in the reign of King George III and the QUEEN. I shall be pleased to see intending insurers.

LOUIS E. YOUNG, Woodstock, N. B.

TEACHER WANTED.

A second or third class female teacher for Dis- trict No. 18, Parishes of Kent and Aberdeen, to begin in April. Apply stating salary to R. J. LEE, Secretary Trustees, Beaufort, Carleton County. Feb. 7, Tins.

FOR SALE.

That desirable residence at Bristol occupied for years as office and residence by the late Dr. Atkin- son. Part of purchase money to be paid in cash; the rest may remain on mortgage. Information may be had from MRS. SANKEY H. ROGERS, Bristol. Feb. 21, 3 mo.

CAUTION.

Every person is liable to a penalty of Twenty Dollars who upon any part of any span of any bridge which exceeds forty feet in length rides or drives or permits to be driven any horse, horses or cattle at a pace faster than a walk. It shall be the duty of every constable, policeman and other peace officers to strictly enforce this act by prose- cuting as by law directed any person found violating the same. Supervisors of Great Roads, Highway Commissioners and Caretakers of any bridge are also constables, ex-officio, for the pur- pose of this act. Extract from act for protection of bridges.

For Sale at Florenceville.

Store and dwelling combined, substantial and roomy stable, and small shop furnished inside with wood and outside with steel, also one acre of land around the building. There is a slaughter house on the premises with a good refrigerator in con- nection.

This property is situated in one of the best local- ities in Carleton County for business, being at the junction of the highway passing through Florenceville and the road leading to East Florenceville. Convenient to churches and school and good neighbors. Terms cash or part at time of sale and remainder on mortgage.

VERNON NICHOLSON. 3 mo Feb. 7.

Butter Paper for sale at this office.

To Cure a Cold in One Day

Cures Grip in Two Days.

Take Laxative Bromo Quinine Tablets. *E. H. Grover* on every Seven Million boxes sold in past 12 months. This signature, *E. H. Grover* box. 25c.