

**Why Not Eat What You Like ?**

Dr. Woods Hutchinson in 'McClure's' takes a fall out of the dietetic fads in showing that instinct is a better guide to diet than faulty reasoning. Here are some of his conclusions condensed:

Men should eat what they like, and a good deal of it. 'Give our age, sex, size, horsepower and the work to be done, the suitable fuel is only a question of cost and accessibility.'

Fish is no richer in phosphorus than many other foods. Even if it were it would not therefore be 'good for the brain,' as some suppose.

Spices do not 'heat the blood.' That notion confounds the 'hot taste with actual heat. Spices are antiseptic. The Egyptians preserved mummies in spices. In tropical countries people eat more spices than in cold ones, and the diet does them good.

Pork is all right. It digests slowly, but that is an advantage. The more rapidly digested foods are not the most healthful. The digestive machinery must have work to do like the rest of the body.

Vegetarianism is 'the diet of the enslaved, stagnant and conquered races'; a diet rich in meat is that of the dominant races.

Few people who eat much meat ever become consumptive. 'Tuberculosis sweeps like a pestilence through the grass-and-grain eaters—cattle, antelopes, chickens, pheasants, turkeys—but it is decidedly rare among meat-eaters—dogs, cats, tigers, lions, civets, badgers, hawks, eagles, crows.'

Breakfast foods are well enough if you must have them, but 'be sure and eat your breakfast first.'

White bread 'is the best, most healthful and most nutritious food which the sun has ever grown from the soil.' Wars have always been fiercest for the possession of the great wheat-growing plains. No nation eats brown bread when it can get white. Instinct is here also correct. Whole wheat meal, or 'graham,' contains more nitrogen than white, but the white has more 'available' nitrogen.

'Mush makes a superb "sour mash" in a weak stomach.' 'The tortures of the chronic dyspeptic are aggravated and in very many cases chiefly caused by the very foods which he takes for their cure.' The chief value of 'mush and-milk' (meaning also other coarse cereal foods) is in the milk and sugar.

Eat slowly, eat what you like, what agrees with you and as much as you need, seem to be Dr. Hutchinson's idea.

**Easy to Let  
A Cold Run On  
UNTIL IT DEVELOPES INTO PNEUMONIA OR CONSUMPTION—EASY TO CURE A COLD IF YOU USE  
DR. CHASE'S SYRUP OF  
LINSEED AND  
TURPENTINE.**

It is easy to let a cold run on. You may say with others that you always let a cold take care of itself. There is a danger of following this plan once too often. At this season of the year the lungs seem to be unusually susceptible to disease, and before you suspect it pneumonia or consumption has seated itself in your system. It is possible you have tried the cough mixtures which druggists offer to their customers. These may do well enough for slight colds or tickling in the throat, but they are powerless in the presence of serious disease.

Dr. Chase's Syrup of Linseed and Turpentine is far more than a cough remedy. It cures the cold as well as loosening and easing the cough. It takes the pains out of the bones, and reaches the very seat of disease when there is a pain and tightness in the chest. It would not be too much to say that Dr. Chase's Syrup of Linseed and Turpentine has saved thousands of people from pneumonia and consumption. There is not a village or hamlet in Canada where this famous family treatment is not recognized as a most unusually effective cure for croup, bronchitis, asthma, coughs and colds.

Mrs. R. D. Turner, Broadview, N. W. T., writes:—"We have seven children and have used Dr. Chase's Syrup of Linseed and Turpentine for every one of them and with good results. We get four bottles at a time and find it a good remedy to break up cold on the lungs."

Don't take anything said to be "just as good." There is no throat and lung medicine just as good as Dr. Chase's Syrup of Linseed and Turpentine. Remember this when buying, and insist on having Dr. Chase's; 25 cents a bottle. All dealers or Edmanson, Bates & Co., Toronto.

**Feudal England in the Twentieth Century.**

Mr. Alfred Coudrey of Dunton Green, near Sevenoaks, England, has recently had an extraordinary experience of the feudal system of land tenure, which still exists in

that country. Last year he purchased a small estate of two and a half acres at Dunton Green for £1,700. It is situated in the Manor of Otford, the lord of which is Earl Amherst. The estate is held under what is known as "customary freehold," and the lord of the manor is entitled to a heriot on every change of tenancy. As the heriot he may seize the tenant's best live beast or in the absence of a beast he is entitled to the modest fine of 3s. 6d.

The "customary freeholder" from whom Mr. Coudrey bought the property, says Truth, possessed no beast, and consequently Earl Amherst only got the 3s. 6d.

A short time ago Mr. Coudrey sold half an acre of the land for £180. A few days later he received a visit from Earl Amherst's deputy steward, Mr. Knecker. A horse and trap was standing in the yard, and Mr. Coudrey was asked if the horse were his.

He replied in the affirmative, whereupon the deputy steward cut some hairs from the animal's mane and, placing his hand on its shoulder, said: "This horse is now the property of Lord Amherst."

The deputy steward's action actually made Earl Amherst the owner of the horse. Mr. Coudrey was allowed to redeem it on payment of £11 11s.

If he had kept a motor car instead of a horse he would only have had to pay 3s. 6d. instead of £11 11s.

In a recent interesting book on "The Manor and Manorial Records," Mr. Nathaniel J. Hone mentions a case in 1872, in which a lord of the manor seized as a tenant's best beast a racehorse worth between £2,000 and £3,000.

In some manors not only a live beast, but some of the tenant's goods and chattels may be taken as a heriot, and it is related that Sir Robert Peel was at one time apprehensive that a valuable picture of his (a Rubens now in the National Gallery) would be seized as the customary heriot for which he was liable as the copyhold tenant of a certain manor. Sir Robert averted the danger by purchasing the lordship of the manor.

**Cheapest Place in the World to Live.**

(From the Columbus Dispatch.)

"Antioch," said a traveller, "is the cheapest place in the world in which to live. At one time I passed a winter there."

"Although I leased a fine house and kept three servants, my expenses ran only to \$4 a week."

"Situated upon the Asia shore of the Mediterranean Sea, the city has a splendid winter climate, much like that of Palm Beach or Los Angeles."

"Rent of the house cost me \$5 a month. Each servant received 50 cents a week. Excellent mutton was to be had in market for three cents a pound, and eggs cost two cents a dozen."

"For chickens I paid 5 cents apiece, and the price of fish was one-fifth of a cent a pound."

"The finest of fresh fruits and vegetables were so abundant that such articles were not sold in quantity."

"For so much a week you got all you wanted. Twenty-five cents a week kept my household supplied."

"An American resident of the city informed me that he and his family lived there comfortably on \$175 a year."

**Strange News.**

Our coal supplies are exhaustible, but may outlast requirements, says the "Scottish Critic." Professor Frederick Soddy, lecturing in our midst on "The Internal Energy of Elements," said that if uranium, which disintegrated to the extent of a thousand-millionth part annually, could be made completely to disintegrate in the course of a year, a ton of uranium, costing less than £1,000 would produce more energy than was supplied by all the electric supply stations of London put together. Can that little step in disintegration be compassed? It seems so easy in imagination compared with all that has been achieved. "We are starting the twentieth century," said Professor Soddy, "with the prize in full view." Mr. Soddy won his spurs at McGill College as assistant to and collaborator with Professor Rutherford, F. R. S., who has just received the honorary degree of D. C. L. from the Philadelphia University.

Recently at Huenhin, Germany, near the Swiss frontier, a fire broke out. A fire engine from Basle, Switzerland, rushed to offer help. Owing, however, to the Customs officers ill will to the Swiss they would not allow the fire engine to pass unless duty was paid on it! The buildings on fire, which were only 100 yards from the Custom House, were consequently utterly destroyed.

**A Lesson on the Value International Concord.**

Our coal supplies are exhaustible, but may outlast requirements, says the "Scottish Critic." Professor Frederick Soddy, lecturing in our midst on "The Internal Energy of Elements," said that if uranium, which disintegrated to the extent of a thousand-millionth part annually, could be made completely to disintegrate in the course of a year, a ton of uranium, costing less than £1,000 would produce more energy than was supplied by all the electric supply stations of London put together. Can that little step in disintegration be compassed? It seems so easy in imagination compared with all that has been achieved. "We are starting the twentieth century," said Professor Soddy, "with the prize in full view." Mr. Soddy won his spurs at McGill College as assistant to and collaborator with Professor Rutherford, F. R. S., who has just received the honorary degree of D. C. L. from the Philadelphia University.

**A Lesson on the Value International Concord.**

Our coal supplies are exhaustible, but may outlast requirements, says the "Scottish Critic." Professor Frederick Soddy, lecturing in our midst on "The Internal Energy of Elements," said that if uranium, which disintegrated to the extent of a thousand-millionth part annually, could be made completely to disintegrate in the course of a year, a ton of uranium, costing less than £1,000 would produce more energy than was supplied by all the electric supply stations of London put together. Can that little step in disintegration be compassed? It seems so easy in imagination compared with all that has been achieved. "We are starting the twentieth century," said Professor Soddy, "with the prize in full view." Mr. Soddy won his spurs at McGill College as assistant to and collaborator with Professor Rutherford, F. R. S., who has just received the honorary degree of D. C. L. from the Philadelphia University.

**Farmers' Field Meetings.**

The cost of labor in fighting weed, insect and fungus pests, which like the poor are ever with us, is one of the most serious problems with which farmers have to contend. The Seed Control Act has had the effect of increasing the price paid to farmers for their pure seed and of reducing the price for their low grade seed. An even greater discrimination in prices is likely to follow. New weeds continue to be introduced. The trade in agricultural seeds has been a fruitful means for spreading them. The shipment, for feeding purposes, of screening from Western grown wheat to points in the Eastern Provinces is another source of immediate danger that should not be overlooked. The noxious nature of new weeds that are being introduced in various ways is seldom well understood or their danger appreciated by farmers until they have become well established.

The Dominion and Provincial Departments of Agriculture are more than ever alive to these dangers which threaten to become a serious loss in crop production, and in the Eastern Provinces they are co-operating again this year in holding field meetings during the month of June, when weeds, insects, fungus diseases and plant growth are most in evidence.

Seventy of these field meetings are being arranged by Supt. G. A. Putnam, in connection with the Farmers' Institute System of Ontario. The services of Prof. Lochhead of the McDonald Agricultural College at Ste. Anne de Bellevue have been secured to conduct similar farmers' nature study meetings in the three Maritime Provinces.

Here is provided an opportunity for farmers to get at first hand, information that cannot be given or demonstrated in hall meetings during the winter months.

Mark Twain told the spectators at the New York billiard tournament last evening, for the benefit of the San Francisco sufferers, what he knew about the game, and kept them laughing while he talked, says The World. He said:—"The game of billiards has destroyed my naturally sweet disposition. Once when I was an under-paid reporter in Virginia City, whenever I wished to play billiards, I went out to look for easy marks. One day a stranger came to town and opened a billiard parlor. I looked him over casually. When he proposed a game, I answered, "All right." "Just knock the balls around a little so that I can get your gait," he said, and when I had done so, he remarked, "I will be perfectly fair with you. I'll play you left-handed." I felt hurt, for he was cross-eyed, freckled and had red hair, and I determined to teach him a lesson. He won first shot, ran out, took my half dollar and all I got was the opportunity to chalk cue. "If you can play like that with your left hand," I said, "I'd like to see you play with your right." "I can't," he said, "I'm left-handed."

**STATE OF OHIO, CITY OF TOLEDO, } ss.  
LUCAS COUNTY.**

Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of Hall's Catarrh Cure. FRANK J. CHENEY.

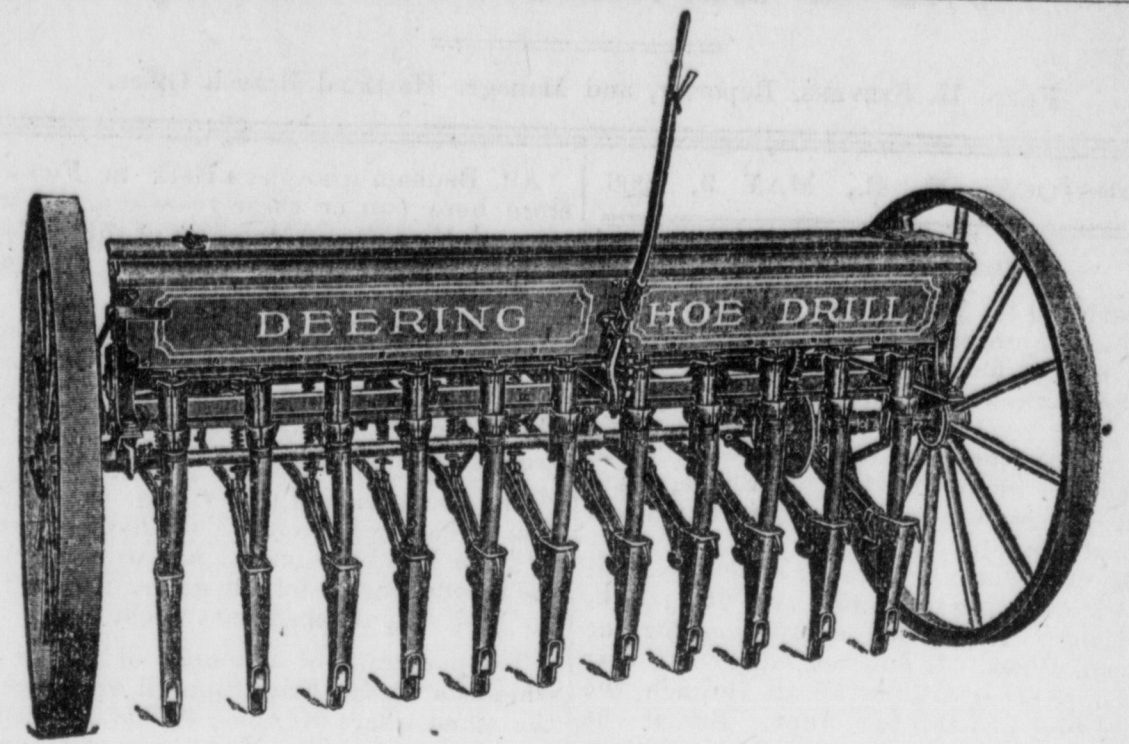
Sworn to before me and subscribed in my presence, this 6th day of December, A. D., 1886.

(SEAL) A. W. GLEASON,  
NOTARY PUBLIC.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials free.

F. J. CHENEY & CO., Toledo, O.  
Sold by all Druggists, 75c.  
Take Hall's Family Pills for constipation.

"The oldest body of any human being now reposed in the Egyptian Gallery of the British Museum. It is the body of a man who was buried in a shallow grave hollowed out of the sandstone on the west bank of the Nile in Upper Egypt. This man must have hunted along the banks of the Nile before the time of the earliest mummied king which the museum possesses—before the time of Menes, who was supposed to have ruled Egypt at least 5000 B. C. There were previous to that time two prehistoric races, one the conquerors and the other the conquered, from which sprang the Egyptian race of the earliest dynasties. It is with these remote stocks that this man has to do. Considering the condition in which he was found, it is evident that he was associated with a late period of the new stone age of Egypt. He was buried in a characteristic neolithic grave, with his neolithic pots and instruments of flint about him. There is, of course, no inscription of any kind on the pots, knives, or grave, all having been made long before the invention of any written language."—The American Antiquarian.



**DEERING HOE DRILLS,  
DEERING DISC DRILLS,  
DEERING BROADCAST SEEDERS.**

The name Deering is a guarantee of merit, and these machines are the latest and most up-to-date of anything in that line offered for sale.

These celebrated Seeders are sold at low prices and on favorable terms, and only by us and our agents.

If you are thinking of putting in a new machine look over the Deering, consult us or one of our agents and get the latest and best.

**BALMAIN BROS.**



When you plan your meals you never think of bread, yet you always have it, and if it is left off the table it is the first thing that is missed.

You can live without bread, but you can live without any other food with less hardship—think along these lines and the absolute necessity of bread comes home to you.

And because it is a necessity, its quality should be the best—quality in bread depends largely upon the flour.

Royal Household Flour has convinced the women of Canada that it is the best for pastry as well as for bread.

Try Ogilvie's Royal Household. Your grocer recommends it, because it gives such good results.

Ogilvie Flour Mills Co., Ltd.  
Montreal.

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

**Season 1906.**

A Horse that combines Size, Speed, Gameness, Breeding, Beauty, The Whirlwind Pacing Stallion,

**ALFONDLY 0149**

Two-year-old record, 2:25; Three-year-old record, 2:12 on half-mile track. Trial on half-mile track in 2:07. Undoubtedly the fastest and soundest horse in this section. One quarter the blood of famous old Blue Bell 75. One quarter the blood of George Wilkes 519. Fine crosses of American Eclipse and Mambino Chief 11.

Alfondly will be at Mars Hill, Me., every Tuesday, and at Boyer's Stable, Woodstock, every Thursday and Friday until 3 p.m. The remainder of the time he will stand at my stable, Centreville. Season will start May 1st and end August 1st.

To place his services within the reach of every one the terms will be: \$10 for the season, \$3 to be paid at time of first service, note for balance payable on 1st of September. \$15 to warrant mare with foal, \$3 to be paid at time of first service in every case balance when mare proves with foal. Mares sent from a distance will be carefully looked after; all mares at owners' risk. Mares disposed of considered with foal. Mare and colt held for service of horse.

Two year old race record 2:25, three year old race record 2:12. As a two year old he started in seven races, winning six of them. As a three year old he started in twelve races, winning eleven of them and getting third place in the other against all ages.

Alfondly has a full sister, "Faustina Smith," with a three year old race record of 2:19 1/2.

Alfondly's colts are all good size and those from well bred mares are showing exceptional speed. The one advantage claimed for Alfondly over all other standard bred stallions in this section, is that bred to ordinary mares he produces good sized, well made general purpose colts.

Alfondly will be at John Mallory's, Jacksonville, every Wednesday night, and at William Davis's, Waterville, every Friday night during season.

Alfondly is an exceptionally fine individual and his breeding is perfect. Always bred to the best. For further information and extended pedigree write or telephone

**F. D. TWEEDIE,  
Centreville, N. B.  
HOUSES FOR SALE.**

A great chance to earn a home, either on Main St., Broadway, Chaple St. or Connell St. My terms are easy, drop in and see me, J. W. ASTLE, Gen. Ins. and Real Estate Agt., Queen St. Woodstock, N. B.

**Notice of Sale.**

To Joseph W. Scott, formerly of the Parish of Woodstock, in the County of Carleton and Province of New Brunswick; the heirs of John W. Scott, late of the Parish of Woodstock, in the County and Province aforesaid, deceased, and Sarah A. Scott, wife of the said John W. Scott, deceased, and all others whom it may in any wise concern:—

NOTICE is hereby given that by virtue of a power of sale contained in a certain Indenture of Mortgage bearing date the first day of December in the year of our Lord one thousand and nine hundred recorded in the Carleton County Records in Book "C" No. 4 on pages 556 and 557 and made between the said Joseph W. Scott, John W. Scott and Sarah A. Scott his wife of the one part, and Mary J. Hayward wife of Jarvis Hayward of Ashland in the County of Carleton and Province aforesaid, of the other part: There will for the purpose of satisfying the moneys secured by the said Indenture default having been made in the payment thereof, be sold at Public auction in front of the law office of Louis E. Young on Main Street in the Town of Woodstock in the County of Carleton on SATURDAY the NINETEENTH day of MAY next at eleven o'clock in the forenoon all the mortgaged lands and premises in the said mortgage described as follows:—To-wit, "All that tract of land situate, lying and being in the Parish of Woodstock in the County of Carleton and Province of New Brunswick known and distinguished as the upper half of lot number 50 in block 4 in the first tier of lots from the River St. Johns deeded by C. E. Grosvenor and wife to the said John Scott and bounded as follows, viz., on the upper part by land owned by the said John Scott occupied by Joseph Scott, on the lower part by the lower or southerly half of said lot on the East by the River St. John, and on the West or rear by vacant Crown lands containing one hundred acres more or less, being land now occupied by the said John W. Scott and described as above in the C. E. Grosvenor deed.

Together with all and singular the buildings and improvements and the appurtenances thereunto belonging.

Dated this fourth day of April, A. D., 1906.

MARY J. HAYWARD,  
Mortgagee.

LOUIS E. YOUNG,  
Solicitor for Mortgagees.  
April 11-61.

**Canadian Pacific Railway**

Effective October 8th, 1905.

(Trains daily except Sunday unless otherwise stated.)

**DEPARTURES.**

(QUEEN STREET STATION.)

6.45 A MIXED—For Houlton, McAdam Jct., M. St. Stephen, St. Andrews, Fredericton, Portland and points East; Vanceboro, Bangor, Portland and Boston; Pullman Parlor Car, McAdam Junction to Boston; Palace Sleeper, McAdam Junction to Halifax; Dining Car, McAdam to Truro.

9.50 M MIXED—For Aroostook Junction, and intermediate points.

11.51 A EXPRESS—For all points North: Plaster Rock, Edmundston, etc.

4.30 P MIXED—For Fredericton, etc., via Gibson Branch.

5.20 P EXPRESS—For Houlton, St. Stephen, M. Fredericton, St. John and East; Vanceboro, Bangor, Portland, Boston, etc. and Sherbrooke, Montreal, and all points West, Northwest and on Pacific Coast.

ARRIVALS.

11.51 A. M.—EXPRESS—From St. John and East: St. Stephen, Boston, Montreal and West.

12.31 P. M.—MIXED—From Fredericton, etc. via Gibson Branch.

5.20 P. M.—EXPRESS—From Fort Fairfield, Caribou, Presque Isle, Grand Falls, Edmundston, Plaster Rock and all points North.

6.05 P. M.—MIXED—From Aroostook Junction and intermediate points.

11.10 P. M.—EXPRESS—From Fredericton, St. John and East: St. Stephen, St. Andrews, Houlton, Vanceboro, Bangor, Portland, Boston, etc.

F. R. PERRY, D. P. A., C. P. R., St. John.  
E. E. USSHER, G. P. A., Montreal.

**Season of 1906**

The Pure Bred Percheron Stallion

**ST. LAURENT,**

better known as Dunlop stallion, will make the season of 1906 between Centreville and Woodstock. At Queen Hotel stable, Woodstock, Saturday and Monday forenoon. Wednesday at Centreville, and remainder of time on road between these places.

The Insurance Press, of New York, says: "The United States has become a Republic of Sorech, and fifty miles out at sea. It is time for the people to return to sanity."

**To Cure a Cold in One Day** Cures Grip in Two Days.  
**Take Laxative Bromo Quinine Tablets.** on every box. 25c.  
Seven Million boxes sold in past 12 months. This signature, *E. W. Grove*