

Constipation

Baked sweet apples, with some people, bring prompt relief for Constipation. With others, coarse all-wheat bread will have the same effect. Nature undoubtedly has a vegetable remedy to relieve every ailment known to man, if physicians can but find Nature's way to health. And this is strikingly true with regard to Constipation.

The bark of a certain tree in California—Cascara Sagrada—offers a most excellent aid to this end. But, combined with Egyptian Senna, Slippery Elm Bark, Solid Extract of Prunes, etc., this same Cascara bark is given its greatest possible power to correct constipation. A toothsome Candy Tablet, called Lax-ets, is now made at the Dr. Shoop Laboratories, from this ingenious and most effective prescription. Its effect on Constipation, Biliousness, Sour Stomach, Bad Breath, Sallow Complexion, etc., is indeed prompt and satisfying.

No griping, no unpleasant after effects are experienced, and Lax-ets are put up in beautiful lithographed metal boxes at 5 cents and 25 cents per box.

For something new, nice, economical and effective, try a box of

Lax-ets

Economy That Costs too Much.

A Paris bank clerk, who was carrying a bag of gold through the streets, dropped a ten-franc piece, which rolled from the sidewalk. He set his bag down to look for the lost piece, and, while he was trying to extricate it from the gutter, some one stole his bag and ran away with it.

I know a rich man who has become such a slave to the habit of economizing, formed when he was trying to get a start in the world, that he has not been able to break away from it, and he will very often lose a dollar's worth of valuable time trying to save a dime.

He goes through his home and turns the gas down so low that it is almost impossible to get around without stumbling over chairs. Several members of his family have received injuries from running against half open doors or stumbling over furniture in the dark; and once, while I was present, a member of the family spilt a bottle of ink upon a costly carpet in passing from one room to another in the darkness.

This man, although now wealthy, tears off the unused half-sheets of letters, cuts out the backs of envelopes for scribbling paper, and is constantly spending time trying to save little things which are utterly out of proportion to the value to him of the time thus consumed.

He carries the same spirit of niggardly economy in his business. He makes his employees save strings from bundles as a matter of principle, even if it takes half as much time as the string is worth, and practices all sorts of trifling economies equally foolish.

True economy is not stinginess or meanness. It often means very large outlay, for it always has the larger end in view. True economy means the wisest expenditure of what we have, everything considered, looking at it from the broadest standpoint. It is not a good thing to save a nickel at the expenditure of twenty-five cents' worth of time.

Woman's Strength Is Overtaxed

BY WORK AND WORRY, BUT GOOD HEALTH IS RESTORED BY

Dr. Chase's Nerve Food.

With her strength overtaxed by too much work many a woman finds herself weak, nervous and exhausted, subject to indigestion and headaches and spells of discouragement and despondency.

Under such circumstances Dr. Chase's Nerve Food comes as a blessing of great value, bringing new hope and confidence and restoring vitality to the blood and nerves.

Dizziness, heart disturbance, pale, bloodless appearance, smothering, choking sensations, heavy heart beating and palpitation are some of the symptoms which give way before the persistent use of this great food cure. The appetite is sharpened, digestion is improved, the form is rounded out to healthful proportions and gradually and certainly strength and vigor replace weakness and disease.

MRS. ANDREW HEWEY, St. John Street, Fredericton, N. B., states:—"Last spring I had a sickness which left me in a very run down, nervous state. In fact, for a number of years I had suffered to a great extent with nervousness, and frequently had attacks of headache and dizziness. I also seemed to be very weak and was distressed with pains in the small of my back. I have spent a great deal of money for medicine but obtained little or no relief until I began taking Dr. Chase's Nerve Food and Kidney-Liver Pills, and can say that the results of this combined treatment have been most remarkable. I never had any medicine build me up like the Nerve Food and I give the credit for curing the pains in my back to Dr. Chase's Kidney-Liver Pills. I cannot speak too well of these remedies since they have done me so much good."

For men who are suffering from headaches, indigestion and sleeplessness, for women who besides these symptoms suffer from weaknesses and irregularities of the delicate feminine organism, for children who are pale, weak and puny, there is, we believe, no preparation extant which will bring about such satisfactory results as the use of Dr. Chase's Nerve Food; 50 cents a box, 6 boxes \$2.50, at all dealers or Edman, Bates & Company, Toronto.

Comparatively few people have a healthy view of what real saving, or economy, means. I have seen a lady spoil a pair of fine gloves trying to rescue a nickel from a mud puddle. Several people have been run over by street cars or teams in New York while trying to rescue a dropped package, a hat, an umbrella, or a cane.

I know a young man who has lost many opportunities for advancement, and a large amount of business, by false economy in dress and smallness regarding expenditures. He believes that a suit of clothes and a necktie should be worn until they are threadbare. He would never think of inviting a customer or a prospective customer to luncheon, or of offering to pay his car fare, (if he happened to be travelling with him.) He has such a reputation for being stingy, even to meanness, that people do not like to do business with him. False economy has cost this man very dear.

I used to travel with a business man who was much better off financially than I was, yet he would never take a sleeper at night, and never go into a dining car for his meals, but he would take his luncheon with him, or live on sandwiches or what he could pick up at lunch counters on the route. The result was that, when he arrived in far western cities, he would be so used up and tired out, and his stomach so out of order from irregular eating, that it would take him several days to get straightened out, and he lost a great deal of valuable time.

No man can afford to transact important business when he is not in prime condition, and it pays one in health and in comfort, as well as financially, to be very good to oneself, especially when health and a clear brain are our best capital.

There is no greater delusion than that cheapness is economy. I have watched for some time a New York sky-scraper erected years ago under contract. The owners dickered with a great many builders, finally letting the contract to the one who bid the lowest. The original estimate, made by a reliable builder, for a thoroughly substantial, first class building, was cut down over a hundred thousand dollars by this cheap concern. The result is that, in their grasping greed to save, the owners overreached themselves, and the building has been a source of anxiety to them ever since its erection. Everything about it is cheap, shoddy, or rickety. There is scarcely a day that something is not out of order somewhere. The walls crack, the floors settle, the doors warp, and the windows stick. There is constant trouble with cheap elevators, and with steam and electric fittings, and the boilers and all the machinery are out of order every little while. In the winter the building is cold, the pipes leak because of cheap plumbing, and the furnishings are constantly being damaged. As a consequence the occupants get disgusted and move out. Although the building is in a locality where rents are high, it is impossible to keep reliable tenants very long, because they become so exasperated. It attracts a class of people just like itself—cheap, shoddy, unreliable—and the loss in the rents and in constant repairs, in the rapid deterioration, to say nothing of the wear and tear on the nervous system of the owners, will be greater than the amount saved by the cheap contract.

Anyone who tries to get superior results from inferior methods, from cheapness in quality of material or service, deludes himself. Cheap labor means cheap product and cheapened reputation. It means inferiority all along the line. The institution run by cheap help is cheapened, and means a cheaper patronage.

Some people never get out of the world of pennies into the world of dollars. They work so hard to save the cents that they lose the dollars and the larger growth—the richer experience and the better opportunity.

Everywhere we see people wearing seedy, shabby clothes, stopping at cheap, noisy hotels or boarding houses, sleeping on uncomfortable beds, riding for days in cramped positions in day coaches in order to save the price of a parlor-car chair or a Pullman seat, sitting up all night to save the expense of a sleeper. All these are economies which cost too much for those who can possibly afford better.

If "taken at the Sneeze Stage" Preventics—a toothsome candy tablet—will surely and quickly check an approaching cold or Grippe. When you first catch cold—or feel it coming on—take Dr. Shoop's Preventics, and the prompt effect will certainly surprise and please you. Preventics, surely supply the proverbial "ounce of prevention." Sold in 5 and 25 cent boxes by all dealers.

Clever Repartee in Parliament.

There must be few of our legislators who can remember Major O'Gorman, the man of stupendous girth and volcanic voice, in his glorious prime. 'He was indescribably funny' says Toby, M. P., 'the real Irishman in flesh and blood (and a good deal of both) whom Charles Lever used to draw. When he stood up the House began to laugh. If he coughed it hilariously cheered. When he cried, "Hear, hear," everybody roared.' He was the only man who could always be relied on to make Dizzy's sphinx like face relax into a smile.

The Major (there was only one Major in his day) said many a witty thing, but the cleverest of them all was his retort to a mem-

ber who querulously demanded in the House, 'Why are Irishmen always laying bare the wrongs of their country?' 'Because,' thundered the O'Gorman, 'they want them redressed.'

Daniel O'Connell was another Irishman who had a pretty, and at times destructive, wit of his own. A certain member, one Thomas Massey, who loathed the Pope and all his works, once brought in a bill to abolish the Popish suffix 'mas' from our language and to convert Christmas into Christide, Michaelmas into Michaeltide, and so on. No sooner had he sat down that O'Connell rose and said: 'Since the honorable gentleman is so anxious to wipe out the abnoxious "mas" from the English vocabulary, why does he not make a commencement by Saxonizing his own name? In that case he would be known as Thotide Tidey. The House roared with laughter, and that was the last that was heard of Mr. Massey's bill.

The great Burke once suffered a terrible oratorical collapse from a similar cause. In the height of an eloquent speech against France in parliament, he drew a dagger and flung it in on the floor in dramatic challenge to the enemy. The House looked on in startled awe, until a voice exclaimed, 'Yes, that's the knife. But where's the fork?' when uproarious peals of laughter turned the tragedy into farce.

'Mr. Speaker,' once demanded a solemn and pompous new member, in his maiden speech, 'have we laws or have we not laws? If we have laws and they are not observed, to what end were these laws made?' and with down. Then arose another member and with a triumphant glance around the House he sat three portentous 'hems' and mimicking the speaker's voice, said: 'Mr. Speaker, did the honorable gentleman who spoke last speak to the purpose or not to the purpose? If he did not speak to the purpose, to what purpose did he speak?'

In one of his speeches John Bright quoted in a spirit of banter and ridicule the well-known lines written by Lord John Manners in his callow youth:—

Let wealth and commerce, laws and learning,
die,
But leave us still our old nobility.

Lord John, who was present, immediately got up and pulverized the great Tribune by retorting: 'I would rather be the foolish young man who wrote those lines than the malignant old man who quoted them.'

Disaster also once befel Canning when he ventured on a quotation in a debate on the extension of the franchise. Canning declared that the system of nomination boroughs was an essential part of the British constitution, and had 'grown with its growth and strengthened with its strength,' quoting from Pope's 'Essay on Man.' Sir Francis Burtett, in his reply, contending that nomination boroughs were 'rotten boroughs,' said: 'The right honorable gentleman has forgotten to quote the first line of the couplet:—

'The young disease, which must subdue at length,
Grows with our growth and strengthens with our strength.'

Canning had the graciousness to admit that the correction was as effective as it was happy.

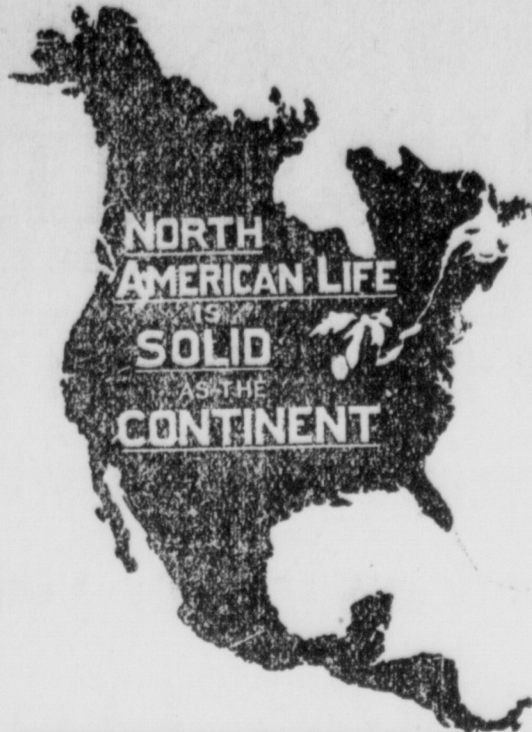
More amusing was the repartee credited to Mr. James Lowther when Chief Secretary for Ireland. Mr. Lowther had risen from his seat, and was hurrying out of the House just as Mr. Synan, an Irish member with a stentorian voice, was declaiming about the wrongs of his country. 'Hi, hi! Lowther,' bellowed the indignant orator, 'where are you going?' Mr. Lowther, just before vanishing from view, turned round and placidly replied, 'I am going on to the Terrace to hear Synan.'

'Humble animal as I am,' once said Sir Patrick O'Brien, with a contemptuous gesture towards the Parnellites, 'I am not about to assume the character of a lion. If I were to do so I should select as my jockey the honorable member for Wexford.' 'Why?' clamored the delighted Radicals. 'Why?' repeated Sir Patrick, in a voice of thunder, 'because I scarcely ever speak without his calling out "Order!"'

When Mr. Charles Lewis, one night in Committee of Supplies, girding at the Irish members, sarcastically expressed the hope that the vote before the committee 'would not prove another fly in the ointment to spoil the digestion of honorable gentleman opposite.' Mr. Delahunty, member for Waterford City, promptly retorted, 'Mr. Chairman, we have many peculiarities in Ireland, but we don't eat ointment.'

It was another Irishman who once interrupted the oratory of an enemy of his country

Piles get quick relief from Dr. Shoop's Magic Ointment. Remember it's made ALONE for Piles—and it works with certainty and satisfaction. Itching, painful, protruding, or blind piles disappear like magic by its use. Try it and see. All Dealers.



Twenty-Fifth Annual Stater

North American Life Assurance Company

For the year ended Dec. 31st, 1905.

Standing as at Dec. 31st, 1905:

Insurance in force	837,827,606.00
Income	1,663,854.13
Assets	6,958,013.66
Net Surplus	570,010.42

If you require any information regarding life or endowment insurance, kindly send to address given below, your age next birthday, when full particulars will be furnished.

C. S. EVERETT,

PROVINCIAL MANAGER,

ST. JOHN, N. B.



The Only School in Maine or New Brunswick That Has Found a Position for Every Graduate.

It means a great deal to you to go to work direct from school, instead of after a long wait.

A. O. HODGINS, Prin.,

Houlton, Me.

"QUEEN" Top Draft Heating Stoves.

Come in and see it at our store. It would astonish you. Absolutely air tight and the cleanest stove in the world, no ashes, dust, &c., can get out, and you never require to remove the ashes more than once or twice a month. It saves the expense of splitting wood as it burns it in large chunks. It makes a regular heat and lasts longer than any stove on the market. Made in different sizes.

For sale by

W. F. DIBBLEE & SON,
Woodstock & Centreville



by ejaculating, 'Ass!' 'The honorable member,' came the lightning retort, 'flatters me too much in claiming me as a kinsman.'

To give but one more example of repartee in parliament. A scion of a noble house, when defending his order, asked, 'Is it not right that in order to hand down to posterity the virtues of those who have been eminent for their services in the country, their descendants should enjoy the honors conferred on them as a reward for such services?' 'By the same rule,' chimed in Mr. Labouchere, 'if a man is hanged for his misdeeds, all his posterity should be hanged too.'

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BATH ROOM

I have on hand the very latest goods

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Aqueduct Pipe,

Hardware, Etc.

Semple Bros.

East Florenceville.

Canadian Pacific Railway

Effective October 16th, 1906.

(Trains daily, except Sunday, unless otherwise stated.)

DEPARTURES.

(QUEEN STREET STATION.)

6.45 A. MIXED—For Houlton, McAdam Jet, St. John and points East; Vancoboro, Bangor, Portland and Boston; Pullman Parlor Car, McAdam Junction and Boston. Pullman Parlor Car, McAdam Jet, to Boston. Palace Sleeper, McAdam Jet, to Halifax. Dining Car, McAdam Jet, to Halifax.

9.50 A. MIXED—For Arnsbrook Junction, and intermediate points.

12.06 P. EXPRESS—For all points North: Fort Fairfield, Caribou, Presque Isle, Plaster Rock, Edmundston, etc.

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

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

11.40 P. M.—EXPRESS—From Fredericton, St. John and East; St. Stephen, St. Andrews, Houlton, Vancoboro, Bangor, Portland, Boston, etc.

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

ARRIVALS.

12.06 A. M.—EXPRESS—From St. John and East; St. Stephen, St. Andrews after July 1st, Boston, Montreal and West.

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

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

4.30 P. M.—MIXED—From Arnsbrook Junction, St. John and East; St. Stephen, St. Andrews, Houlton, Vancoboro, Bangor, Portland, Boston, etc.

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

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Barrister-at-Law, Woodstock, N. B.

WANTED.

Girl to learn type setting. Apply at this office.

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets.

Seven Million Boxes sold in past 12 months.

This signature, E. W. Grove

Cures Grip in Two Days.

on every box. 25c.