

LA GRIPPE

This distressing and unfortunately very common malady easily takes rank among the very "meanest" of the diseases to which people living in this climate are liable.

La Grippe is no respecter of persons; it attacks the young and the old, the rich and the poor with the utmost impartiality.

Except in the cases where Pneumonia develops, La Grippe is seldom directly fatal; the real danger lies in the after effects. Even when the patient has fairly well recovered from an attack (and it is very hard to tell just when he has fully recovered) the muscles are relaxed, the nerves unstrung, the heart and lungs weak, the throat and bronchial tubes irritable and tender and the whole system depressed, run-down and in no condition to resist the attack of any other disease to which it may be exposed.

This condition is fraught with danger and demands instant and intelligent attention, the system must be built up and restored to a normal and healthy condition—advice easy to give, often very hard to follow.

The appetite is liable to be poor and the digestion impaired so that it is almost impossible to consume and digest sufficient ordinary food to do the work quickly and effectively. What is required is a concentrated food, palatable, easy to digest and containing the elements necessary to repair the waste which La Grippe has committed.

Just such a food is found in

FERROL

a scientifically prepared emulsion of Cod Liver Oil, Iron and Phosphorus, palatable, digestible and effective. FERROL contains just what the run down system needs and all it requires. Cod Liver Oil to restore the lost flesh and make what is left firm and healthy, Iron to enrich the impoverished blood and restore elasticity and firmness to the relaxed muscles, Phosphorus to tone the nerve and brain as nothing else will.

Two or three bottles of FERROL, taken after the acute stage of La Grippe has passed, will do more to repair damages than can possibly be accomplished in any other way. Try it and see.

The Merits of Mulching.

The merits of mulching are as yet but little understood. Between mulching and cultivating, I should nearly always choose mulching, provided the material necessary for that purpose were present. In the case of a tree, I should without exception prefer the mulch. With bush fruits, it is the same. The capabilities of the blackberry and the raspberry will never be known until they have been grown under a heavy mulch. The abundance, plumpness, and juiciness of the berries will be a revelation. But the difficulty and cost of procuring mulching material set a limit to this form of plant feeding. Mulching has become popularized chiefly through its universal application to strawberries, but its benefits to all other forms of growth have not been widely tested. In this article I wish especially to speak of the mulching of young trees and shrubs in the yard and where it is not possible to cultivate them. No form of young tree life will grow fast and vigorously in a sod. The sod itself is a drain upon the soil both as regards its moisture and its fertility. It intercepts the rain and the plant food that the water makes available. The tree will usually make but a weak and feeble growth, and its condition will invite the attacks of insect enemies, who are always on the alert for helpless victims.

It is of course impossible to cultivate where there is a permanent sod. The thing to do, then, is to mulch. If it be in the fall, apply coarse manure in a circle four or five feet in diameter. In the spring, in order that the yard may look neat and smooth, the coarser parts may be removed and replaced with cut lawn grass during the summer. A mulch is the very best thing to employ in case it becomes necessary to water a tree or plant. Watering in hot, dry weather often does more harm than good. A crust is formed, the water does not soak in far until it is all evaporated, and the crust continues to drain the soil moisture that would otherwise have been left in it. All these evil effects are avoided if a mulch is used. Pour the water on the mulch and it will go through, and all soak gradually into the soil, which is cool and protected from the sun. No crust can form, and the plant or tree gets the full benefit of the water applied. If the ground were already in sod, I should not break it up, but set at once, mulching around the trees heavily enough to smother all growth of vegetation. If, however, the ground were not in sod, I should mulch the trees, and then cultivate the middles, destroying weeds and laying up a store of humus by sowing and turning under leguminous crops until the trees were of bearing age. I should then sow with grass, mow often enough to keep down rank growth, and place all or part of the cuttings, according to quantity, around the trees. The vigor of the grass must be maintained at a pitch that will insure a heavy cutting for mulching, and if necessary, I should top-dress with stable manure or commercial fertilizers. Growth under the tree would be partially subdued by heading them so low that the lower limbs, in the case of spreading varieties, when burdened with a crop, would rest upon the ground. Then, with spraying and judicious thinning, I should expect to have an orchard that would give maximum returns with a minimum of

outlay, and that would have no off years, except when the inclemency of the season made bearing impossible.—[L. R. Johnson, in Country Gentleman.]

Bloodlessness or Thin Blood.

THE CAUSE OF PALLOR AND WEAKNESS—DEFINITE AND CERTAIN BENEFIT BY USE OF

Dr. Chase's Nerve Food.

Because it actually forms a certain amount of blood each day, Dr. Chase's Nerve Food is an unqualified success as a treatment for bloodlessness or anaemia, as it is sometimes called.

Lack of blood is indicated by paleness of the lips, gums and eyelids, and is usually accompanied by weakness, tired feelings, indigestion and low spirits.

Anaemia is generally very difficult to overcome, but you can be certain that every dose of Dr. Chase's Nerve Food is doing you at least some good, because of its blood-forming qualities, and that persistent treatment will be rewarded by thorough cure.

Science has discovered the elements of Nature which go directly to the formation of new, rich blood, and these are most happily combined in Dr. Chase's Nerve Food, which has in hundreds of thousands of cases proven its marvellous power to create new blood and build new, firm flesh and tissue.

MISS VITALINE TULIP, Lower Neguac, N. B., writes:—"Since the age of twelve I have been subject to spells of weakness which would come on me two or three times a week. I would be obliged to go to bed and was almost unconscious. I had pains in my stomach and back and no medicines seemed to be of much benefit to me. My sister Eva was also in very poor health so we began the use of DR. CHASE'S NERVE FOOD and continued the treatment for seven months. During that time I gained about thirty pounds in weight and am now strong and well and entirely freed of those dizzy spells. My sister gained nearly as much as I did and we believe there is no treatment for pale, weak girls so good as DR. CHASE'S NERVE FOOD."

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.50, at all dealers, or Edman-son, Bates & Co., Toronto.

Trained to Pursue.

The training of bloodhounds to run down fugitives from justice is carried on with great care in some parts of the South. While they are called 'bloodhounds,' few of the Southern dogs are of full blood. The original ones were brought to America from eastern England a century ago, and the packs now owned by Southern law officers are descendants of this breed, but usually have a strain of some other blood, such as that of the rabbit hound. Whether of full blood or mixed breed, however, some of the packs in Tennessee and Texas are noted throughout the Southern States for their record of captures. The pack owned by the prison authorities at Rusk, Tex., has done duty throughout the south-west chasing men in the great swamps south of the Brazos river, as well as across the prairie and through woodland. The Phipps pack, as it is called, includes several of the few pure bloodhounds now in the South.

They are owned by Deputy Sheriff Phipps, of Chattanooga, and are trained just as dogs are trained for 'flushing' birds and the hunting of game.

When a few months old the bloodhound pup is 'put on the scent.' A negro boy is usually hired to take the part of the fugitive. The blood of an animal or some other substance which has considerable odor is smeared on his feet, and he starts away along a road or over a field. Then the blood or other substance is held to the dog's nose. He is led to the point where the boy started, and thus put on the trail. Care is taken to give the boy ten or fifteen minutes' start. The run is usually only a mile or two long, and at the end of it is a tree which he can easily climb. Seldom is the dog thrown off the scent, even if it is the first chase, and although the negro may have reached the tree before the dog starts, in a few minutes the latter is beneath it baying to announce his discovery.

After a few runs of this sort the dog becomes so skilful that he can follow the fugitive merely by his natural scent. Then a course is laid out which is far more difficult. It passes over sand, which will retain little of the scent; is laid across a stream of water, so that the dog has to run up and down the bank on either side before he can recover the scent he lost in crossing. Thus he is trained until he can follow the boy, sometimes a day after the scent has been laid.

On one occasion a 'racket' store in a little town of northern Alabama was found broken open. Flour, sugar and other provisions had been taken away. There were no footsteps or other signs to indicate the direction in which the thieves had gone. Sheriff Phipps and two of his dogs were summoned by telegraph, and reached the place on the afternoon of the day on which the robbery had been discovered. The dogs were turned loose inside the store, and after running around for a moment or so, sniffing at the broken boxes and barrels, they started for the door and headed for the railway track which runs through the town. The sheriff, the town constable and other citizens followed in the rear of the dogs, which were held with cords. For mile after mile they went over the track. Night set in but it was decided to keep up the pursuit. Finally a long trestle was reached, over which the dogs picked their way, the men following as best they could at the risk of tumbling into the ravine beneath. Finally, at about midnight the hounds left the track, and, running to the side of a water tank, uttered a series of short, sharp barks.

"That ought to mean that the thieves are in the tank, but I suppose it's full of water," said Sheriff Phipps.

"I reckon they might be," said one of the men in the party, "that tank sprung a leak some time ago and has not been used since. There is an iron ladder down the inside, and anybody could climb into it easily."

"We'll, we will soon see," said Phipps. "The rest of you form a circle around the tank. I will climb to the top and take a look inside."

The officer wriggled up to the top of the cylinder, and, striking a match, held it inside and leaned over.

"The dogs were right," he exclaimed. "They're in here."

So were the stolen provisions.

Healing Properties of Water.

(From the 'National Magazine.')

There is no remedy so easily obtained as water, and yet nine persons out of ten will pass it by in an emergency to seek for something of less efficacy. There are but few cases of illness where water should not occupy the highest place as a remedial agent.

A strip of flannel or a napkin folded lengthwise and wrung out of hot water and applied around the neck of a child who has croup will usually bring relief in a few minutes. A towel folded several times, then quickly wrung out of hot water and immediately applied over the seat of the pain in toothache or neuralgia will afford prompt relief. This treatment in colic works like magic. Cases on record having resisted other treatment for hours have yielded to the treatment in ten minutes.

Pieces of cotton batting dipped in hot water, then applied to all sores and new cuts, bruises and sprains is the treatment now generally adopted in hospitals. Hot water taken freely half an hour before bedtime is an excellent cathartic in the case of constipation, while it has a soothing effect on the stomach and bowels. This treatment, continued for a few months, together with proper attention to diet will alleviate mild cases of dyspepsia.

DR. A. W. CHASE'S CATARRH CURE... 25c.
 Is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. Blower free. All dealers, or Dr. A. W. Chase Medicine Co., Toronto and Buffalo.

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Hard Pine Flooring and Finish.

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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.....	\$87,827,606.00
Income.....	1,663,854.13
Assets.....	6,958,013.66
Net Surplus.....	570,010.43

C. S. EVERETT,

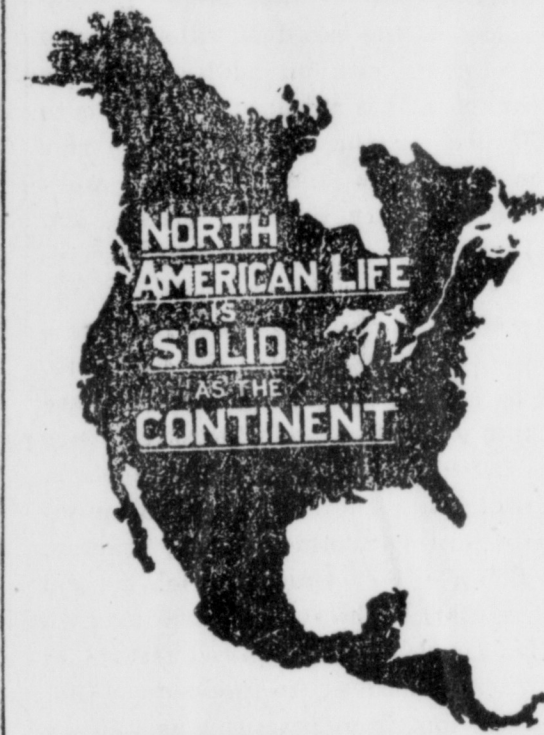
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Revisors Notice.

Notice is hereby given that the Electoral Lists for the coming year are now open for inspection at the stores of George F. Smith, Wellington Ward, C. A. McKeen, King's Ward, and H. G. Noble, Queen's Ward. The revisors will meet for the final revision on Thursday, October 23th, of which all persons are hereby notified. All names to be added or removed must be furnished the revisors on or before that date.

JOSEPH FEWER, Chairman, E. J. CLARKE, JAMES B. BREWER.

Woodstock, September 17, 1906.

Tablets, Foot Stones, Head Stones, Family Monuments.

We make every everything in this line of work, in either Black, Red or Grey Granite or White or Blue Marble. We buy in car load lots for spot cash and our prices can't be beaten. Our materials and workmanship are the best and we guarantee satisfaction.

Those wishing to buy anything in this line would do well to call and examine the work we have in stock and ask for prices; or if they will write to the firm, Mr. Gallagher will be pleased to call on them with samples of materials, designs, and quote prices.

J. GALLAGHER & SON, MONUMENT WORKS, WOODSTOCK.

WANTED.

We need several boys to work as apprentices in the moulding shop. A liberal offer made to apprentices. Also want a boy to work in nickel plating department.

CONNEL BROS., Ltd.