

Girlhood and *Scott's Emulsion* are linked together.

The girl who takes *Scott's Emulsion* has plenty of rich, red blood; she is plump, active and energetic.

The reason is that at a period when a girl's digestion is weak, *Scott's Emulsion* provides her with powerful nourishment in easily digested form.

It is a food that builds and keeps up a girl's strength.

ALL DRUGGISTS, 50c. AND \$1.00.



Country Hygiene.

In comparing the health of country people and city dwellers, one is often impressed by the very slight difference between the two.

One would naturally suppose that the inhabitants of large cities subject to overcrowding, dirt and dust and smoke, and the severity of the struggle for existence inseparable from life in such communities, would fall ready victims to disease; and that their country brethren, enjoying the isolation, the pure air and bright sun, and the more simple life would escape the germ-diseases at least, or would be better able to resist them if attacked.

Consumption, especially, to which pure air is such a foe, ought to be a disease of the city only—as purely a town disease as yellow fever is a disease of the tropics. The farmer spends much of his time in the open air, and his house stands by itself, exposed to the air on all sides and usually bathed in sunlight the greater part of the day; yet tuberculosis prevails alarmingly in many rural districts, and scourges the family of the farmer as relentlessly as it does the dwellers in city tenements.

The evident reason for this is that there is many a farm house which, although it has pure air all about, is a sealed box. The men of the family are outdoors in summer from sunrise to sunset, but from sunset to sunrise many families sleep in a house from which air is excluded as carefully as if it were poison—as indeed, the night air is believed by many to be.

The women are housed most of the time, and many of them being "good old-fashioned housekeepers," they are at pains to keep the windows closed to exclude dust, and the shades drawn to keep out the sunlight, which fades their carpets.

Many a farmhouse is indeed a germs' paradise. Once a case of consumption starts, and it is a miracle if any member escapes.

Things are improving in the country, for modern farmers are good readers, and are learning of the wonderful properties of fresh air, but there is still need of hygienic missionaries to preach open windows day and night.

The water-supply is another source of disease too often ignored in the country. Typhoid fever is as much a disease of the country, in its inception, as consumption is a disease of the city. If proper care were exercised by country dwellers to secure a pure water-supply, and to prevent the pollution of soil and streams, the mortality statistics of the cities would show a remarkable improvement, as city people must get water from rivers and streams fed by the drainings of rural communities.

Perhaps He Meant It.

P—is usually a self-possessed young man; but the other day when dining out he was unexpectedly called upon to say grace, and the best he could do was to deliver himself of the following:

"O Lord, bless our sins and forgive this food. Amen."

—January Lippincott's.

Getting Over It.

"What's the matter, child?" asked the bride's mother.

"I'm afraid he-d-doesn't love me any more," the sweet girl sobbed. "At the dance last night he marked off only the first, second, fourth, sixth, eighth, ninth, 11th, 13th, and 14th, for h-h-himself." —Chicago Record Herald.

"I'm very sorry, madam," said the new boarder, "but I have arranged to leave at the end of the week."

"Indeed!" rejoined the landlady. "Are you going to leave the city?"

"Oh, no," replied the n. b. "I'm merely making a change on account of the water."

"Why, what's wrong with the water here?" queried the landlady.

"It's impure," answered the other. "I frequently detect a slight flavor of coffee in it."

Chamberlain's Cough Remedy a Safe Medicine for Children.

In buying a cough medicine for children, never be afraid to buy Chamberlain's Cough Remedy. There is no danger from it, and relief is always sure to follow. It is intended especially for coughs, colds, croup and whooping cough, and there is no better medicine in the world for these diseases. It is not only a certain cure for croup, but when given as soon as the croupy cough appears, will prevent the attack. Whooping cough is not dangerous when this remedy is given as directed. It contains no opium or other harmful drugs, and may be given as confidently to a baby as to an adult. For sale by All Dealers.

Those Useless Questions.

How many of our words are absolutely superfluous, serving no end but the waste of time.

A man stood before a mirror, his face well lathered and his razor in hand.

In came his wife. She looked at him and inquired, "Are you shaving?"

"No," he retorted fiercely; "I'm blacking the kitchen range. Where are you-out driving or at the matinee?"

Exhausted Nerves Lead to Insanity.

IT IS WISE TO KEEP THE NERVOUS SYSTEM IN FULL HEALTH AND VIGOR BY USING

Dr. Chase's Nerve Food.

The leading artist of a great New York paper committed suicide recently because on his return home he found his apartments in disorder, the painters and decorators being in possession.

This is an illustration of overwrought nerves leading to insanity, and, whatever may be the last straw to unbalance the mind, there can be no doubt that exhaustion of the nerves is always a cause of mental collapse.

Diseases of the nerves are common to all walks of life, and the earlier symptoms are sleeplessness, nervous headaches, loss of memory, inability to concentrate the mind, indigestion, tired, languid feelings, discouragement and despondency.

Dr. Chase's Nerve Food cures diseases of the nerves in the only natural way, by actually increasing the amount of nerve force in the body.

By its regular and persistent use the most severe forms of nervous exhaustion, such as partial paralysis, prostration, and locomotor ataxia, are thoroughly and completely cured.

MR. JAS. G. CLARKE, Fosterville, York County, N. B., writes:—"I have been a great sufferer from what the doctors said was neuralgia of the heart. The pain started in the back of the neck and worked down into the region of the heart. Though I had taken a lot of medicine of one kind and another I could not get anything to help me until I used Dr. Chase's Nerve Food.

"When I began this treatment I could not rest in bed except by sitting upright on account of the dreadful pains about the heart and the quick, loud beating. The change which Dr. Chase's Nerve Food has made in my condition is wonderful. It has entirely overcome these worst symptoms and is making me well and strong. If the statement will help to relieve the suffering of others you are at liberty to use it."

If you would feel strong and well and avoid all the ill and weakness so common at this season, enrich your blood and revitalize your nerves by the use of Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.50, at all dealers or Edmanston, Bates & Company, Toronto.

ADA ALBERTA SHERWOOD, TEACHER OF PIANOFORTE, ETC.

INSTRUCTORS:

Piano—Carl Faeltin.

Harmony—Dr. Goetschins.

Theory—Louis P. Elson.

Normal—Marie Dewing Faeltin.

In the case of advanced pupils extra lessons (free of charge) will be given in musical history, theory, and the art of accompanying.

For further information apply to the home of LeRoy T. Lee, Centreville, N. B.

Jan 2, 41

Carleton County Council.

(Continued From Seventh Page.)

Mr. Daggett—That man is selling and has sold hundreds of dollars worth, Monday Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday. I went into the warehouse and saw case after case marked "S". I ask the inspector why nothing has been done in enforcing that part of our local act which prevents liquor being shipped by the wholesale into a Scott Act county. Has anything been done.

Mr. Colpitts—Not that I know of.

Mr. Daggett—There is the act and I contend that the C. P. R. should grapple with it, they have no more right to violate the Act than any other corporation. A certain number of search warrants have been issued about Florenceville and nothing has been done.

Mr. Colpitts—No.

Mr. Daggett—I have always contended that the Inspector is a conscientious officer, but there must be something wrong, because in case I have prima facie evidence that the parties have been informed when he was coming. They have had the liquors removed every time. There are some of your officers (To Mr. Colpitts) who are giving information to the sellers. When there was to be a search against Sheck, he knew it, when there was a search against Lee he knew it and removed his liquors. The time has come to stop fooling. I understand there were five convictions against Frank Lovely. I understand Mr. Lovely made his boasts that he would take his time and pay what and when he wanted to. He has paid \$50. What sort of enforcement of the Act is that? Still he is selling right along. Why are not these men behind the bars? They can be put in gaol for the first offence. Why in the case of previous convictions, why does not the magistrate find out if ever there has been a previous conviction. If there is a previous conviction the magistrate is bound to make it a second or third. The Act is not being enforced by the police Magistrate, something is being enforced that is not the Scott Act. I have heard it said that the Inspector would do better only the council is against him.

A voice—That is not so.

Another voice—That is right.

Mr. Daggett—I have known the Inspector in his early days do good work. I, today, am not satisfied with his work by any means, but believe there is still fire in the old man. Give him all your support today and stand by him. If we had different officers, I don't know who they are, but there is one officer I do not hesitate to criticize, that is our Police Magistrate. I believe instead of placing the least possible fines on offenders he ought to put the heaviest. I believe he has shown his sympathy with the liquor traffic, and that he is recreant in his duty when he does not if there has been a previous conviction and enforce a punishment accordingly. This county will stand by the Act, and the people wish to see it enforced.

(Concluded next week.)

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.

THE BEST PLUMBING

At most reasonable prices is what I am offering the public.

Estimates cheerfully furnished on any kind of work in my line

A full line of materials of all kinds. Aqueduct Pipe at specially low rates. All work guaranteed first class.

I. C. CHURCHILL,

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Woodstock

"To have been first, proves antiquity. To have become first, proves merit."

"Progress Brand" Clothing

has BECOME first through MERIT.



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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, Station 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

The Carleton County Agricultural Society

Will hold their Annual SEED SHOW on FEBRUARY 6th, 1907.

With a sale of Pure Bred and other stock. Prizes will be given in the different classes for both live dressed POULTRY and Winter Fruit.

Intending participants having stock for sale will notify the secretary at once.

BYRON BULL, PRESIDENT.

C. L. SMITH, SECRETARY.

'The Sign of the White Horse.'

Look Anyway

When in our streets and you will see a Harness that came from our shop.

Ask Anybody

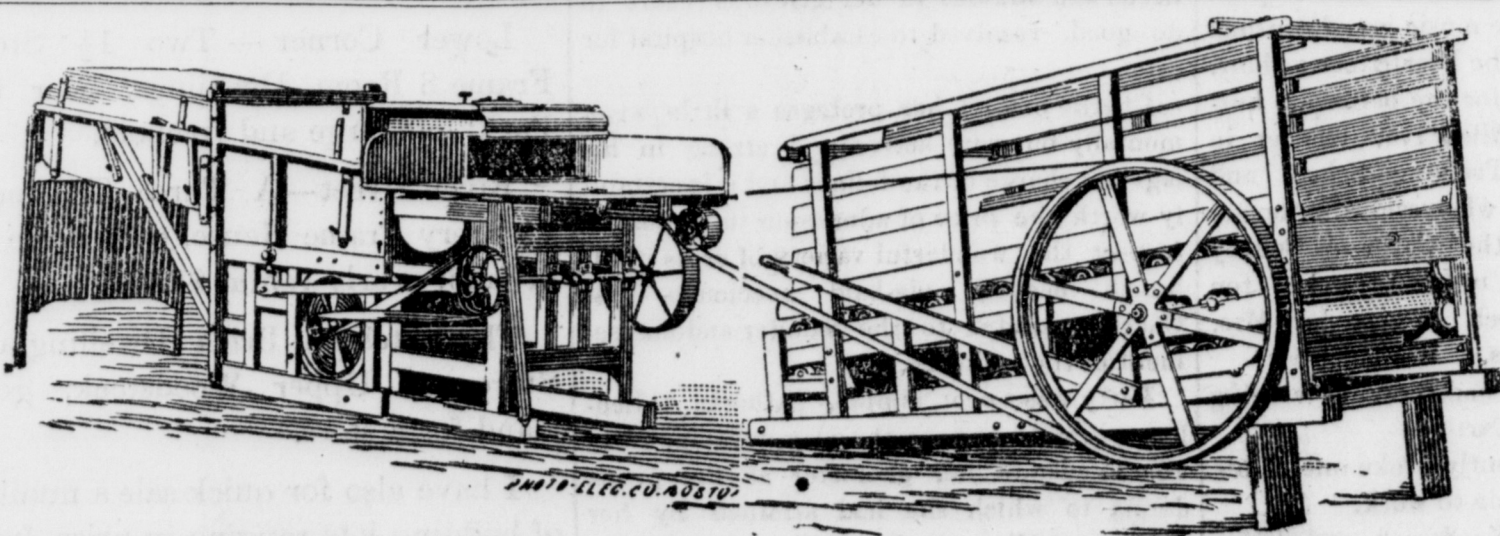
If that Harness they got from us was all right. If it's not we want to know. We give a guarantee with every harness we sell. If they were not right, we wouldn't do that, would we?

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET,

WOODSTOCK.



Having bought the Plant, Stock in Trade and Good Will of the Small & Fisher Company, Limited, [we are at the old stand open for business, and solicit a continuance of the patronage so liberally bestowed on our predecessors.

The above cut represents our celebrated LITTLE GIANT THRESHER which is the most reliable Roller-Bearing, Double Geared Machine on the market. These Threshers have been many years before the public, and through skilful workmanship and improvements, where circumstances have demanded it, they are still to the front. We are making them both End and Side Shake to suit the requirements of our customers.

Call and see us before purchasing elsewhere.

SMALL & FISHER, Ltd