

Indigestion

Stomach trouble is but a symptom of, and not in itself a true disease. We think of Dyspepsia, Heartburn, and Indigestion as real diseases, yet they are symptoms only of a certain specific nerve sickness—nothing else.

It was this fact that first correctly led Dr. Shoop in the creation of that now very popular Stomach Remedy—Dr. Shoop's Restorative. Going direct to the stomach nerves, alone brought that success and favor to Dr. Shoop and his Restorative. Without that original and highly vital principle, no such lasting accomplishments were ever to be had.

For stomach distress, bloating, biliousness, bad breath and salivary complexion, try Dr. Shoop's Restorative—Tablets or Liquid—and see for yourself what it can and will do. We sell and cheerfully recommend.

Dr. Shoop's Restorative

ALL DEALERS

The Farmers and the Milk Question.

The Montreal Witness says:—

Clean, wholesome milk, of the very best quality, is shipped into Montreal.

Very poor milk, often contaminated by dirt, is what the people of Montreal get served out to them. In fact, according to the standards of the country people, Montrealers do not know what milk is.

Who is to blame?

Not the farmers, but the numerous milk sellers in the city.

These are the impressions gained by a "Witness" representative in a chat with Mr. H. S. Tannahill, a farmer of Huntingdon county, and the treasurer of the Montreal Milk Shippers' Association.

The farmers' side of the question has never been put fairly before the public in the controversy which has been going on over the milk question, according to Mr. Tannahill. As a general rule farmers are alive to their responsibilities, he said, and not only take every reasonable care to preserve the purity of milk, but see to the ventilation and cleanliness of the cow stables, keep healthy cows, feed them on good rich food, and send the milk to the town just as they get it, without any attempt to lower its quality.

"What happiness when the milk gets to the city?"

"First of all, the milk arriving one day is kept over for delivery until the next. That is unavoidable, Tannahill says, and provided that the milk is stored under proper conditions, no harm is done. But meanwhile several things usually happen to the milk. For one thing its quality is reduced to the minimum standard allowed by the regulations. That is to say, a large proportion of the cream is extracted.

"You can take two quarts of cream from a four gallon can of milk," said Mr. Tannahill, "and still have milk good enough in the opinion of the dealer for distribution. The cream alone will pay for the milk, and what the distributor make out of the poor stuff he retails is all profit."

But that is not all. There are in the city 325 milk dealers, and very few of them have places fit to keep their milk in. Many of them keep it in their houses. Others store it in their stables, and very little precaution is taken to keep it from contamination.

"What remedy would you suggest in order to ensure a good and pure milk supply for the city?" Mr. Tannahill was asked.

"I think," he said, "that the whole milk trade of the city ought to be in the hands of one or two big companies. That would not only ensure economy, but would also ensure proper storage facilities, and proper precautions in all the processes of handling the milk. These companies should, of course, be subject to the inspection and supervision of the city's Health Department."

"But don't you think that would result in a combine which would force up the price of milk to an exorbitant extent?"

"No, because in the matter of milk, which is of such vital importance to the health and well-being of the people, the city should itself regulate the price, according to the market prices prevailing."

Mr. Tannahill expressed the opinion that the price of milk would advance in any case, because the supply was not equal to the demand, and because the price of feed was going up. Formerly, the farmers used to come into the city looking for customers. Now the milk sellers come to them, and offered to buy all the milk they could supply at 14 cents a gallon for next summer, the intention being to charge seven cents a quart retail next summer. Last summer the farmers were paid 12 cents a gallon for milk. To ship that milk into Montreal costs two and three-quarter cents a gallon, leaving the farmer practically nine cents a gallon. Then the dealer extracted a lot of the cream, and sold the poor quality of milk that was left for six cents a quart. A dealer rarely took more than from six to ten four-gallon cans a day, and he had to drive all over the city to deliver it. A big company could deliver much more economically by dividing the city into districts, and thus delivering a much larger quantity per horse and man employed than was possible with the small dealer.

Speaking for the farmers, Mr. Tannahill

said they were willing to co-operate in every reasonable particular with the health authorities in this matter, and were quite willing, he was sure, to have his cows tested for tuberculosis. Tuberculosis, however, was not anything like so common among cows as was supposed. In Huntingdon county, for instance, a lot of dairy cows were bought last year for shipment to South Africa—some three or four shipments of 200 each from that section of the country alone. All these cows were tested before they were shipped, and only three to a hundred were condemned.

He added a strong hope that the city health authorities would see to it that milk cans were returned to the farmers clean. At present they were sent back with stale milk in them, and often in the most evil-smelling and foul condition.

Pure Home-Made Baking Powder.

This is another "wrinkle" for the woman with a frugal mind—and the beauty of it is that it is not adulterated with anything harmful. Mix together two ounces of tartaric acid, one pound of cream of tartar, ten ounces of bi-carbonate of soda and sixteen ounces of flour or twelve ounces of rice flour. Sift all the ingredients together five times and put in light cans or bottles. For daily use, take out a small quantity in a quarter-pound can, so that the bulk of the powder does not lose its strength. Sixty cents' worth of this preparation is estimated to last a year even in a good sized family—a saving of two or more dollars at the least calculation.—Washington "Star."

The Season for Croup and Colds

BUT SERIOUS RESULTS CAN BE AVOIDED BY THE TIMELY USE OF

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE

With the return of wintry weather there comes again mother's anxiety for the health of her little ones—wet feet and chilled bodies and then croup or severe colds. And what is to be done to prevent serious trouble?

Because it is pleasant to the taste, composed of simple ingredients of proven value, and positively free from anything of an injurious nature, Dr. Chase's Syrup of Linseed and Turpentine is especially suitable as a treatment for children, and its popularity is due to its wonderful success in the prevention and cure of croup, chest colds and bronchitis.

In the hour of emergency you can depend on Dr. Chase's Syrup of Linseed and Turpentine to loosen the cough, all expectation, allay inflammation and bring speedy relief and cure.

This well-known preparation is not a mere cough mixture, but a medicine having thorough and far-reaching action on the whole system and hence its remarkable success.

Mr. Wm. McGee, 49 Wright avenue, Toronto, Ont., writes:—"There is no remedy, in my opinion, that can act more promptly than Dr. Chase's Syrup of Linseed and Turpentine. It cured my son of croup, absolutely, in one night. We gave him a dose when he was black in the face from choking. It gave him instant relief and cure."

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, the portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every bottle. 25 cents a bottle. All dealers or Edmanson, Bates & Co., Toronto.

The Yankee Notion.

There never lived a more steady and persistent grumbler than Ruben Hall. Not only the weather, the state of his health and his crops furnished him with subjects, but the most reasonable and lenient laws which could be constructed raised discontent in Ruben's mind.

"I dunno what they mean by telling folks to cart their waste stuff over to that dump at the end o' Grantham's Woods instead o' leaving it in the Lawton sullen-hole," he said, indignantly, one day. "Supposing the sullen-hole does show up from the road, what business has this town got to put an injunction on folks dumping stuff in it?"

"The town's bought the old Lawton place," said his neighbor, in the pacific tone people usually employed in addressing Mr. Hall. "And I thought you were one of those that said 'twas an eyesore. Do you want to dump any o' your old junk in there, Reub, tidy as you are?"

"No, I don't want it," said Mr. Hall, sullenly; "but I want to have the right in case I want it, an' I want to know why I haven't got it."

It's a pleasure to tell our readers about a Cough Cure like Dr. Shoop's. For years Dr. Shoop has fought against the use of Opium, Chloroform, or other unsafe ingredients commonly found in Cough remedies. Dr. Shoop, it seems, has welcomed the Pure Food and Drug Law, recently enacted, for he has worked along similar lines many years. For nearly 20 years Dr. Shoop's Cough Cure containers have had a warning printed on them against Opium and other narcotic poisons. He has thus made it possible for mothers to protect their children by simply insisting on having Dr. Shoop's Cough Cure. Sold by All Dealers.

Setting the Creek to Work.

One of the most interesting farms in America is to be found in Oneida County, New York, close by the historic battle-field of Oriskany. It is the farm of Mr. E. B. Miner, and is attracting attention because of the way in which much of the work on it is being done by Oriskany creek. One by one the old crank-handles familiar emblems of drudgery to every country boy, have been thrown away, until today churn, separator and grindstone whirl merrily without the labor of a hand upon them. Little more than a year ago, says Technical World Magazine, one of the sons of David M. Miner, who then owned the farm, persuaded his father to begin harnessing that little creek which plunged merrily down through their farm to its junction with the Mohawk.

In October, 1905, a dam was begun, having concrete wings and foundation, and leading to a concrete wheel-pit. A head of four and a half feet was obtained, with a constant flow of four thousand gallons a minute.

A thirty-inch upright water-wheel was installed, which developed seventeen and a half horse-power, and to this was attached a twelve-and-a-half-kilowatt generator. Fifteen hundred feet of bare aluminum cable led the current to the house, where twenty-five sixteen-candle-power lamps were installed; and to the barn, where eight more were placed.

Two months after the dam was begun the water was sent through the wheel and the lights turned on. Since then the power-plant has run continuously night and day, with no attention except supervision and oiling two or three times a week.

Fuel in the Mohawk valley in midwinter is expensive both in money and in the labor required for maintaining fire. Mr. Miner's son installed a four-thousand-watt heater, which heats two rooms—about twenty-four hundred cubic feet—to a temperature of seventy-five degrees when it is zero outside. That put the old coal-stove out of business.

In the creamery, where the milk from twenty-five cows is manufactured into butter, there is a separator which must be turned seventy-four hundred revolutions a minute morning and evening till the milk of the whole herd has gone through it. A small motor—half horse-power—was mounted so as to be convenient to this and connected to it by a belt. It did the work to perfection, and the first crank-handle was thrown away.

To make the action more complete, a bucket of water was tripped over the separator, and a float arranged to break the circuit when the last of the milk ran out. Now, when the separating process ends, the motor is automatically shut off, the water dumped in, the motor started again for a moment, and the separator rinsed and emptied, all without a hand being put to it.

The churn, a big, barrel affair, was mounted on a swivel platform, and brought into line with the same motor; and then a grindstone, the terror of the farm, was added.

The hand-pump which furnished water to the house tank in the attic was discarded, and the little motor took over that task. Wood was still burned in the kitchen. A larger motor was acquired, coupled to a saw, and the job of sawing the wood was lightened of its labor.

Electrical flat-irons were provided for the kitchen; electric fans, a motor-driven freezer and an electric cooker will be added for the summer comfort.

Only a small part of the power of the creek is used as yet, but plans are under way for increasing, to the accomplishment of other farm tasks, the ready service of the little creek which for so many years ran idly by the farm, waiting to be harnessed.

Neglected Colds Threaten Life.

[From the Chicago Tribune.]

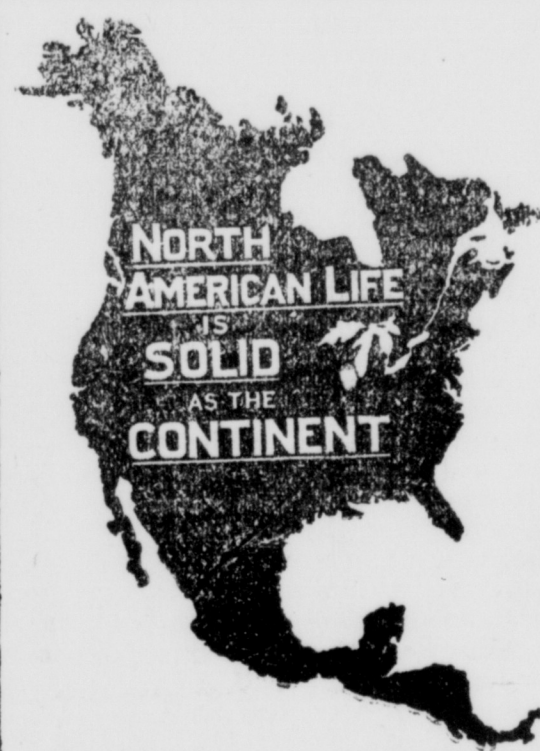
"Don't trifle with a cold," is good advice for prudent men and women. It may be vital in the case of a child. Proper food, good ventilation and dry, warm clothing are the proper safeguards against colds. If they are maintained through the changeable weather of autumn, winter and spring, the chances of a surprise from ordinary colds will be slight. But the ordinary light cold will become severe if neglected, and a well established ripe cold is to the germs of diphtheria what honey is to the bee. The greatest menace to child life at this season of the year is the neglected cold." Whether it is a child or adult, the cold slight or severe, the very best treatment that can be adopted is to give Chamberlain's Cough Remedy. It is safe and sure. The great popularity and immense sale of this preparation has been attained by its remarkable cures of this ailment. A cold never results in pneumonia when it is given. For sale by All Dealers.

Secretary Root Coming to Ottawa.

That Secretary Root is anxious to remove every outstanding difference with Canada has long been known. He himself made public declaration of that hope a year ago. Consequently the fact that he is to pay a visit to the Governor-General at Ottawa, naturally arouses great expectations. It would be comparatively easy to negotiate a treaty covering all the points at issue, but the pinch would come in securing its ratification by the Senate. But Mr. Root is so excellent a man of business, with so unusual a talent for dealing practically with Congress, that his trip to Canada may signify that he has made his plans with the Senate. That

WE have just about completed Stock-Taking, and we have a few lines of goods that we are offering BELOW COST to clear. If you want a Bargain call early and make a selection.

W. F. DIBBLEE & SON.



Twenty-Fifth Annual Statement

—OF THE—

North American Life Assurance Company

For the year ended Dec. 31st, 1905.

Standing as at Dec. 31st, 1905:

Insurance in force\$37,827,696.00
Income1,663,854.13
Assets6,958,013.66
Net Surplus570,010.42

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.

body has earned the name of the graveyard of treaties. Possibly, Mr. Root may enter it in the guise of a resurrectionist.—New York Post.

Try This For Your Cough.

To relieve a cough or break up a cold in twenty-four hours, the following simple formula, the ingredients of which can be obtained of any good prescription druggist at small cost, is all that will be required: Virgin Oil of Pine (Pure), one-half ounce; Glycerine, two ounces; good whisky, a half pint. Shake well and take in teaspoonful doses every four hours. The desired results can not be obtained unless the ingredients are pure. It is therefore better to purchase the ingredients separately and prepare the mixture yourself. Virgin Oil of Pine (Pure), should be purchased in the original half-ounce vials, which druggists buy for dispensing. Each vial is securely sealed in a round wooden case which protects the Oil from exposure to light. Around the wooden case is an engraved wrapper with the name—"Virgin Oil of Pine (Pure)"—plainly printed thereon. There are many imitations and cheap productions of Pine, but these only create nausea, and never effect the desired results.

The Englishman in Canada.

Do what you will your Englishman is everlastingly bent upon riding a hobby to death. In the alleged failure of Englishmen in Canada The Yorkshire Post sees the effect of our tariffs. What on earth our rates of duty have to do with the habits and manners of Cockaigne it is impossible for us on this side to say, but the editorial mind from across the waters can see a speck that denotes tariff. It is this very wedding to a single idea that is at the bottom of all this trouble. If the Englishman would make up his mind on coming to be one of us; if he would prepare himself to acknowledge that all fruit did not grow on one tree; that there were other lands and other people besides those to which he primarily belonged and that those lands and those people were likely to be quite as good as his own, there would be less of the antipathy, less of the ridicule, despatch and fewer failures. The Yorkshire Post and other English papers must bend themselves to learn and acknowledge these facts and when they have become possessed of them, and have dropped the airs of unwarranted superiority, they can depend upon a wider notion of affairs possessing the poor inexperienced, but terribly one-sided, individuals that come to us across the silvery seas.—Toronto World.

Titles Cannot be Alienated.

In Great Britain persons cannot divest themselves of their titles unless it can be shown by law that they have no right thereto. Thus a man who happened to have inherited a baronetcy, or to have been created a Knight, and who, by subsequent loss of money, finds the honors too costly and burdensome to bear, cannot get rid of them. True he can refrain from using them. But in law the "sir" remains prefixed to his Christian name. It is the same way with peers of the realm. Many a promising political career in the House of Commons has been cut short by an altogether unwelcome succession to a peerage. A man can decline a peerage when the Crown offers to create a new one in his favor. But once he has accepted it he remains a peer, no matter what happens and becomes invested with the prerogatives and handicapped by the disadvantages of that honor. Sudden poverty and the inability to maintain the dignity of a peerage constitute no valid ground for its abandonment. Lord Coleridge when he succeeded to the peerage on the death of his father, petitioned to the Crown in vain to be permitted to remain a commoner, on the ground that he had no money to support his honors, and that his involuntary transfer to the House of Lords destroyed his political career in the House of Commons and likewise necessitated the abandonment of the larger portion of his legal practice, which was his only means of livelihood.

Chamberlain's Cough Remedy a Favorite.

"We prefer Chamberlain's Cough Remedy to any other for our children," says Mr. L. J. Woodbury of Twining, Mich. "It has also done the work for us in hard colds and croup, and we take pleasure in recommending." For sale by All Dealers.

The Swear-Offs.

"I am going to take my vacation next week," said the bartender, as he tried to dry the bar with a wet cloth.

"I'll take mine then, too," said a clerk in a cigar store.

"Strange time for a vacation," remarked a skate salesman.

"Nip! it's the best time. It's the best time in the year," said the bartender. "Drink mixtures and tobaccoists and club attendants are in no demand at all the first two weeks of January. It's the swear-offs."

"Men swear off drinking and smoking and club-visiting the first of the year, and they keep the pledge for ten days. So, naturally, it's in them ten days that most bartenders and cigar store clerks and club servants take their vacations."