

SAYS THIS IS BEST

A leading health journal in answering the question, "What is the best prescription to clean and purify the blood?" prints in a recent issue the following:

Fluid Extract Dandelion one ounce; Compound Salatone, one ounce; Compound Syrup Sarsaparilla, four ounces.

Shake well and use in teaspoonful doses after each meal and at bedtime.

A well-known physician states that these are harmless vegetable ingredients, which can be obtained from any good prescription pharmacy.

This mixture will clean the blood of all impurities. In just a few days the skin begins to clear of sores, boils and pimples. It puts vigor and energy into run-down debilitated men and women. For many years Sarsaparilla alone has been considered a good blood medicine. But while it built up and made new blood, the impurities remained within and the good accomplished was only temporary. Sarsaparilla, however, when used in combination with Compound Salatone and Extract Dandelion, works wonders. This combination puts the kidneys to work to filter and sift out the waste matter, uric acid, and other impurities that cause disease. It makes new blood and relieves rheumatism and lame back and bladder troubles.

An Expensive Interview.

During the past winter a young girl went to Chicago for a visit, and as it was her first long trip away from home, it was agreed that her mother should telephone her promptly at noon on the day after her arrival, and hear about her journey. After much waiting for the day and hour, the connection was made and the mother called:

"Hello!"
 "Hello!" replied the girl.
 "Is that you, Edith?"
 "Yes! Is it you, mother?"
 "Yes, dear. Well, isn't this wonderful?"
 "Yes, perfectly marvelous?"
 "Can you hear me plainly?"
 "Yes, very distinctly. Can you hear me?"
 "Yes, it sound just as if you were in the next room!"

"Think of it!"
 "One wouldn't believe it possible!"
 "Isn't the telephone wonderful!"
 "I should say it was! Think of talking to you away off in Chicago!"

"I know it—I can hardly believe it myself! Did you have to wait long?"
 "No! Only a few moments! It is surprising!"

The conversation proceeded with more exclamations of wonder, until finally the operator called:

"Time's up!"
 "But we haven't said a thing yet!" came in hurried protest from each end of the wire.

"Can't help that—the time is up! You can talk three minutes more by paying for it!"

"Indeed I sha'n't!" retorted the mother.
 "But I think it is outrageous for you to cut us off just as we were going to begin. I shall report the case," and the irate woman "rang off."

Sick Man Was Brave.

There is a man in St. Michael's Hospital Toronto who a couple of weeks ago, though suffering with a painful illness, performed, it is said, a very brave deed at great peril to himself. His name is George Dent. He is about 36 years of age, and came to this country from Barnet, England, two years ago, leaving his family behind in the hope of being able to bring them out later. He had worked as a tailor at home, but his health had broken down. Since his arrival in Canada he has had an eight weeks' illness, and fortune has not smiled on him continuously. Until lately he had been employed in Hamilton as driver in the employ of a well-known coal firm, but lost his position through sickness.

On the 8th of July, he was too ill to go to work, and on the afternoon of that date went down to the wharf at the foot of Bay street in Hamilton to sit and watch the swimmers there. Dent has been a swimmer since childhood, and sometimes swam from the wharf himself. While he was watching them a cry arose for help. Two swimmers were in difficulties, and Mr. Beatley, who is in charge of the bathing station, called on Dent to go in. Throwing off his coat, Dent dived in and quickly rescued a man named Pollard. The second man had sunk and Dent had to dive twice before he found him. Before he landed him Dent was taken with cramps, and could scarcely save his man, who dragged him below twice, and both men had to be treated by the doctor.

Unfortunately Dent was without funds and lodging place. As a result he had to sleep in the open air that night, and during the following week. As he was unable to find work, and only got five meals during that week, he decided to strike for Toronto, which he reached on foot on the 18th.

While walking up Young street he collapsed, and was taken into a drug store, and

later on removed to St. Michael's Hospital.

Regular meals have done a great deal towards making a new man of him, and being a man of good habits, he has been appointed night orderly at the hospital. But he is still quite hopeful, and is looking forward to the time when he will be able to bring out his wife and children to join him.

The Charming Humility of Mark Twain.

Speaking at a luncheon at Liverpool just before he sailed for home Mark Twain said: Whenever I see a chance to cement good feeling between the old Mother Country and its oldest child I shall put in my word. Mr. O'Connor (who had proposed the toast) has paid a compliment to the time when I was bankrupt and heavily in debt, and paid those debts. Whenever that is mentioned it is often mentioned, and it is always pleasant for me—I always feel I ought to get on my feet and tell all of it. Several of my business friends, long-headed commercial friends, said, "You pay thirty cents on the dollar and you go free." A man can be easily persuaded, I have no doubt, to step out of the strict moral line, but it is not so with a woman and wife. It was my wife who said, "no, you shall pay one hundred cents on the dollar and I will go with you all the time." She kept her word. Always give credit when credit is due, and I think it is rather more due to her than to myself. Going on to refer to the distinction conferred on him by Oxford, he said he looked upon it as the loftiest honor that had ever fallen to his share. "During my four weeks from home," he went on to say, "I have had another lofty honor which has suffered no obstruction in all these twenty-six days, an honor which has flowed serenely along day by day, a most moving and pulse-stirring honor in the heartfelt grip of the hand and the cordial welcome which does not descend from the dull grey matter of the brain, but comes up with the red blood out of the heart. It makes me proud, and it makes me humble too. During one hour, perhaps, of the twenty-four I pause and reflect. Then I am humble, then I am properly meek."

I will mail you free, to prove merit, samples of my Dr. Shoop's Restorative, and my Book on either Dyspepsia, The Heart, or The Kidneys. Troubles of the Stomach, Heart or Kidneys, are merely symptoms of a deeper ailment. Don't make the common error of treating symptoms only. Symptom treatment is treating the result of your ailment, and not the cause. Weak Stomach nerves—the inside nerves—means Stomach weakness, always. And the Heart, and Kidneys as well, have their controlling or inside nerves. Weaken these nerves, and you inevitable have weak vital organs. Here is where Dr. Shoop's Restorative has made its fame. No other remedy even claims to treat the "inside nerves." Also for bloating, biliousness, bad breath or complexion, use Dr. Shoop's Restorative. Write me today for samples and free book. Dr. Shoop, Racine, Wis. The Restorative is sold by All Dealers.

The Normal School.

Dr. David Hamilton, late principal of the Kingston Consolidated School has been appointed superintendent of school gardens for this province and will also act as an instructor at the Normal School. He will enter upon his duties on the re-opening of the school in September, and it is understood will assist Dr. Creed as instructor in mathematics. He will give his attention to the school during the summer months.

Dr. Hamilton is a native of Florenceville, Carleton County, and graduated from the University of New Brunswick in 1901. Subsequently he took the degree of M. A. and Ph. D. in course from his Alma Mater. He took post graduate courses in nature work at Chicago and Cornell Universities and also at Guelph Agricultural College and for the past four years has been principal of the Consolidated School at Kingston. Dr. Hamilton is married to a daughter of Mr. W. B. Dayton of St. Marys.

The 'Pull' of a Great Purpose.

(Julia F. Deane in the 'Classmate'.)

"Well, I hear Fred Armstrong has had another promotion," remarked a gentleman.

"Yes, so I hear. Things seem to be going his way; no more than it is to be expected; any young man with such a 'pull' as Fred has is bound to rise in the profession," was the response.

"Ah! so he did have a pull?" exclaimed the first speaker. "I thought as much. I suppose it was that senator uncle of his who helped him, wasn't it? I knew there was explanation of it. Now, there's my son, John—"

"You mistake my meaning," interrupted the professor, quietly. "He had a pull, most certainly, but his senator uncle had nothing whatever to do with it. It was quite a different kind of a 'pull'."

"I don't understand," answered the first speaker, with a puzzled face.

"No?" was the rejoinder. Well, it's the kind of a pull that Emerson meant when he advised a youth to "hitch his wagon to a star." It is warranted not to fail like the other kind. In Fred's case it came from having at the very beginning of his career attached himself, with cables of industry and perseverance, to a high ambition and lofty purpose, which he believed to be in conformity with God's plan for his life. That's the kind of a connection which will stand the strain of any 'pull,' quite independent of the rise and fall of parties.

More to be pitied than the man without

money, the man without work, the man without social position, is the man lacking a definite, worthy purpose in life. Some one has aptly classed them as 'the world's goal-less ones,' candidates for the first movement which shall attract their attention, wandering to and fro at the impulse of the strongest wind that blows.

The mere consciousness of the possession of a definite high-minded purpose inspires self-respect, makes a man throw back his shoulders, look the world squarely in the face, smile upon his fellow travellers a cheerful smile of encouragement, set the pace for those about him, set the listless, purposeless world about him questioning as to where he is moving.

The youth who enters upon the serious business of life without having the pull of such a purpose is not destined to rise to any great height of usefulness. Nothing less than such a purpose could have pulled David Livingstone through the jungles and deserts of Africa, to bring the Gospel to the black men of that continent.

It can be depended upon to extricate you from the sloughs and mire of failure and disappointment. Its drawing power is sufficient to carry you over mountains of difficulty. It is certain in time to pull you out of the valley of mediocrity into the highlands of true success.

Get a free sample of Dr. Shoop's "Health Coffee." If real coffee disturbs your Stomach, your Heart, or Kidneys, then try this Clever Coffee imitation. While Dr. Shoop has very closely matched Old Java and Mocha Coffee in flavor and taste, yet he has not even a single grain of real Coffee in it. Dr. Shoop's Health Coffee Imitation is made from pure toasted grains or cereals, with Malt, Nuts, etc. Made in a minute. No tedious wait. You will surely like it. Sold by All Dealers.

Premature Burial.

(Dr. Goldwin Smith, in the 'Farmer's Sun'.)

It appears that in England the hurry of modern life has extended to the chamber of death, making the period between death and burial so short as to involve a serious danger of entombing the living. An association for the prevention of premature burial has been formed. At a meeting of this association statistics were produced by two of the members, purporting to show that one hundred and forty-nine persons were known to have while two hundred and nineteen narrowly escaped the same fate, and ten had been dissected alive. The evidence for these cases is not given, but two medical men, Dr. J. Stenson Hooper and Dr. Brimley James, were at the meeting and seem to have accepted the facts. Nothing more horrible can be imagined. The law governing the giving of death certificates was denounced by Mr. George G. Greenwood, M. P., as scandalous. Our own form of death certificate appears to be defective. It does not give the date of the medical practitioner's last view of the deceased.

The habit which some householders have of leaving out only plated ware for burglars, is one which should be frowned upon. Burglars entered a summer resort in the East the other day, and finding only plated stuff, left a card attached to it as follows: "No good; leave the silver out; we will return later." Experiences such as this are enough to discourage young and enterprising burglars just entering upon their profession.



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Glassville

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C. E. Vail, of Centreville, N. B., who has been to Montreal taking a graduate course in the Canadian Optical Institution of Canada, and who was honored with a diploma, will be at Glassville Corner hotel on the first Tuesday in each following month. Eyes examined free. Satisfaction guaranteed. Don't be fooled any longer with those travelling so called opticians, for the right kind of glasses means something to you. It wants a room prepared for testing eyes, with lamps so arranged that the room can be darkened, so when a person gets glasses fitted in this manner they have no difficulty in reading by lamp light as well as day light.

Watch work can also be handed to me which will be repaired at my shop in Centreville and returned by mail.

Yours very respectfully, C. E. VAIL. 6-12, if.

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DEPARTURES!
(QUEEN STREET STATION.)

6.15 A MIXED—For Houlton, McAdam Jct. St. John and points East; Vanceboro, Bangor, Portland and Boston etc.; Pullman Parlor Car McAdam Jct. to Boston. Palace Sleeper, McAdam Jct. to Halifax. Dining Car, McAdam Jct. to Truro.

9.05 A MIXED—For Aroostook Junction, and M intermediate points.

11.40 A EXPRESS—From all points North; M Presque Isle, Edmundston, River du Loup and Quebec.

2.35 P MIXED—For Perth, Junction Plaster M Rock, and intermediate points.

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

6.03 P EXPRESS—For Houlton, St. Stephen, M (St. Andrews after July 1st), Fredericton, St. John, and East; Vanceboro, Sherbrooke, Montreal, and all points West, and Northwest, and on Pacific Coast; Bangor, Portland, Boston, etc. Palace Sleepers, McAdam Junction to Montreal; Pullman Sleepers, McAdam to Boston; Pullman Parlor Car, McAdam to St. John.

ARRIVALS.

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

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

12.40 P. M.—MIXED—From Perth Junction and Plaster Rock.

6.03 P. M.—EXPRESS—From Fort Fairfield, Caribou, Presque Isle, Grand Falls, Edmundston and River du Loup.

4.40 P. M.—MIXED—From Aroostook Junction.

11.25 P. M.—MIXED—From Fredericton, St. John and East; St. Stephen, St. Andrews, Houlton, Vanceboro, Bangor, Portland, Boston, etc.

W. M. STITT, G. P. A., Montreal.
W. B. HOWARD D. P. A., C. P. R., St. John.

Bishop William C. Doane of the Protestant Episcopal Diocese of Albany, N. Y., follows the English fashion of his church, and signs his name "William of Albany." Bishop Henry C. Potter of New York once said to him: "Doane, I wish you lived in Buffalo instead of Albany." "Why do you wish that?" queried the puzzled William of Albany. "Because," replied the metropolitan, "then we could call you 'Buffalo Bill.'" —Louisville Courier-Journal.