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 Certain relief and usually complete recovery  
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#### LIVELY WINNIPEG.

Winnipeg is the gateway, the distributing point, for the great west which lies beyond. A prominent bishop, writing lately of the Canadian northwest, said: "To stand on the platform of the new palatial Canadian Pacific Railway station at Winnipeg, and see the trains arriving almost hourly from the east with the complement of new life, is to see a nation in the making."

This is only too true; the wonderful thing is that it is being done so quickly and yet so well. The phenomenal growth of the whole country is well indicated by the expansion of Winnipeg herself—not yet 40 years of age, during 10 of which she was a mere trading post and military center, in 1900 she could boast of a population of 42,500, while the latest census of 1906 places the figures at 111,000. Something of the growth of this city may be apparent when it is known that in the amount of building permits issued last year, nearly \$12,500,000, Winnipeg stood fourth on the American continent.

The business portion of the place would do credit to some of the finest parts of a city, all the buildings being of brick or of Laurentian granite. The wholesale houses are especially fine; of course, they do a huge and ever growing amount of trade.

But it is not all banks, warehouses and hotels, writes a traveler in praise of Winnipeg. A few minutes on one of the fine electric cars will take you into the residential portions of the city. These are, at poorest, quite respectable; at best, almost perfect. Streets paved with asphalt, with green boulevards, and growing trees on either side, well lighted and always kept clean; the houses are of wood, brick or stone, nearly all detached, and all very well built.

But, as may be imagined, the flatness of the land makes things a bit monotonous to the eye. This would be the case were it not for the two glorious rivers, the broad bosomed Red and the clear winding Assiniboine. They join here and their banks are a real treat. Fairly steep and thickly wooded with elms they form, of course, the most coveted and fashionable part of the city for residential purposes.

The sound judgment of those who built old Fort Garry a hundred years ago on the bank of the river there has since been well vindicated. Nature has done much for the beauty of the situation; she has not neglected the utilitarian side as well. By sinking shafts about two miles west of the city excellent artesian wells have been discovered, affording a seemingly unlimited supply of the purest water. If by any chance this should fail, the proximity of two large lakes removes all anxiety from this source.

The question that now requires to be answered is: Will all this last? Has not Winnipeg been boomed for a few years, and is there not danger of a great falling off? The shrewdest business men of Canada and the United States do not think so. J. J. Hill recently paid nearly \$2,500,000 for a right of way through Winnipeg for his promised railway. All the transcontinentals are passing through and their presence alone is a sufficient guarantee of a great future.

Of course, it is quite true that her position is nowhere near the center of the great wheat fields, but this is no matter. The danger of large cities rising away in Saskatchewan or Alberta—and they are sure to rise—will have slight effect on the prairie city, at least if the analogy of the United States is of any value. The great middle west cities like St. Louis, Omaha and Minneapolis have continued to grow, though the tide of immigration has long passed over them.

The position of Winnipeg is unique, and makes her future certain. Sixty miles to the south is the American boundary; 35 miles to the north is the south end of Lake Winnipeg, which stretches away toward the pole about 250 miles further. Thus is formed a huge barrier to railways with Winnipeg at the one really suitable entrance. It means that until the Hudson Bay route is an accomplished and successful fact, all the exports and imports of at least 400,000 square miles of arable land will pass through it. Surely this is sufficient to guarantee the progress of any new city.

#### In a Bookstore.

A fashionably dressed young woman came hurrying into a bookstore recently and approached a salesman with the statement, "I want to get a book—it's a red book—not very thick! No, I don't know the name of it or what it is about, because I haven't read it. It has a picture in the middle of the

cover—at least I think it is a picture—it is something round, done in gilt. It may be the name.

"I wish you would hurry and hunt up the book, because I am taking a trip to New York and I want to read on the trip. I saw some one reading it on the train the other day and laughing over it, and that's why I want it.

"Of course I am not expected to know what it is, but I should think any one who knew books and was handling them all the time ought to know!

"No, I don't think it was either of those books—it was thicker than that one and more on the cerise shade than that one.

"Well, I can't wait any longer for you to hunt it up."

As the young woman passed out of the shop she turned to her companion and remarked, audibly, "Strange how stupid some of these clerks are! Well, I wasn't going to really get it anyway. I just wanted to find out what it was!"

### Eczema's Itch Is Never Ending

EXCEPT BY ACTIVE AND PERSISTENT TREATMENT WITH THE  
 GREAT ECZEMA CURE.

### Dr. Chase's Ointment

When left to itself, eczema runs on indefinitely, causing keen distress from itching and covering the body with sores that refuse to heal.

Even with careful treatment, eczema is obstinate in yielding to curative measures, but the regular and persistent use of Dr. Chase's Ointment is the most certain means known to overcome this torturing disease.

Internal treatments for eczema have long since been discarded, except the use of medicines to regulate the bowels and enrich the blood, while local applications are used to relieve the itching and heal the sores.

It is the remarkable success of Dr. Chase's Ointment in the cure of eczema which has given it world-wide recognition as the standard ointment for itching skin diseases.

Mrs. Robert Clendenning, Welland Station, Ont., writes:—

"For three years my daughter, Fanny, was afflicted with eczema in an intense and persistent form, and for nine days she was totally blind. The burning, itching and disfigurement were horrible, her entire face being completely raw for months, and the distress so great that she could not sleep.

"The best efforts of two eminent physicians failed to even mitigate her awful suffering. One day when I was lowspirited over my daughter's condition Dr. Chase's Ointment was recommended to me and to our surprise Fanny was helped with the first box and she has since been entirely cured by this treatment.

"Her face is now as smooth as a baby's and she is in splendid health. The credit for this cure is entirely due to Dr. Chase's Ointment, and I cheerfully give you permission to state my daughter's case, hoping that it will lead many others to secure the same good results."

There are a score of ways in which Dr. Chase's Ointment, with its extraordinary soothing, healing properties, is useful in every home; 60 cents a box, at all dealers, or Edmanston, Bates & Co., Toronto.

#### A Ventilation Test.

It is very hard to make an impression on those people who defend their possessions on all occasions. A lady was explaining to a visitor the many advantages of concrete hollow-block construction, of which the walls of her new home were built.

"The air spaces in the walls afford insulation against heat in summer and cold in winter," she explained. "Besides, such walls afford ventilation and insure a more healthful house."

The visitor reflected a moment, and replied: "Our frame house must be quite as well-built. Every night we lock the cat in the cellar, and have to let her out of the attic in the morning."

#### Best Medicine in the World for Colic and Diarrhoea.

"I find Chamberlain's Colic, Cholera and Diarrhoea Remedy to be the best remedy in the world," says Mr. C. L. Carter of Skirum, Ala. "I am subject to colic and diarrhoea. Last spring it seemed as though I would die, and I think I would if I hadn't taken Chamberlain's Colic, Cholera and Diarrhoea Remedy. I haven't been troubled with it since until this week, when I had a very severe attack and took half a bottle of the twenty-five cent size Chamberlain's Colic, Cholera and Diarrhoea Remedy, and this morning I feel like a new man." For sale by All Dealers.

#### Excessive Athletics.

Exercise is as necessary for the human body as food and drink. It is impossible to maintain perfect health without it; but it must be taken in moderation, for excess in this respect is as harmful in its way, and sometimes in the same way, as excess in eating.

The effect of exercise is to increase the tissue changes in the body. The weaker cells are destroyed and replaced by new and stronger cells, the nutrition is increased, and the waste products are thrown off. If the exercise is carried to extreme lengths it may happen that the waste products are thrown into the system in so great quantity that they cannot be disposed of in the ordinary way, and they accumulate to such an extent that the body is poisoned by its own waste. The result is the same as when an excess of food is taken; and so, exercise, which in moderation tends to counteract the evil of overeating, in excess only increases the evil.

It has always been known that excessive physical labor has a tendency to shorten life, and the attainment of old age is seldom the lot of the laboring man. But the fact is often curiously overlooked that physical labor is physical labor, whether it consists in wielding a pick and shovel or in throwing weights, rowing a boat, running or jumping.

The dangers of inordinate devotion to athletics are that one part of the body, one set of muscles or certain organs, such as the heart, will be developed out of proportion to the other parts. This is especially the case in the young, who have not yet attained their growth. Again, as has just been noted, the body becomes poisoned by its own waste thrown off more rapidly than it can be eliminated by the natural processes. The nervous system, which presides over and regulates all the functions of the body, is put to a great strain, and the overtrained athlete is in great danger of becoming neurasthenic. But it is especially the heart and arteries, the carriers of nutriment to all the organs and tissues, which are apt to suffer the most.

The heart is a patient organ, and when strain is put upon it it quietly increases its bulk and its strength to meet the task. So long as the strain is continued, it works along, but when the call upon it diminished suddenly, the young man giving up his athletics and taking to a sedentary life, its muscular tissue begins to degenerate.

The arteries, under strain, act in the same way, and when the tension is relaxed the condition known as arteriosclerosis develops. The tissues are poorly nourished and the man ages before his time.

When devotion to athletics has been excessive, it is only by the greatest care in training down the athlete can avoid the danger of weakened body and nerves.

"The noblest human life is not the life which has most of wealth or fame or rank or power or knowledge in it, but which has most of God in it, for we are made for him essentially and above all."—Sel.

I never was fit to say a word to a sinner, except when I had a broken heart myself; when I was subdued and melted into penitence, and felt as though I had just received pardon for my own soul, and when my heart was full of tenderness and pity.—Payson.

### CRULAI 4116.

#### Imported French Coach Stallion

Imported from France by McLaughlin Bros. of Columbus, Ohio. Colour, Bay; five years old; weight 1500 pounds. This horse will make the season of 1907 at C. W. Dugan's stable, and at the Exhibition Grounds, Woodstock.

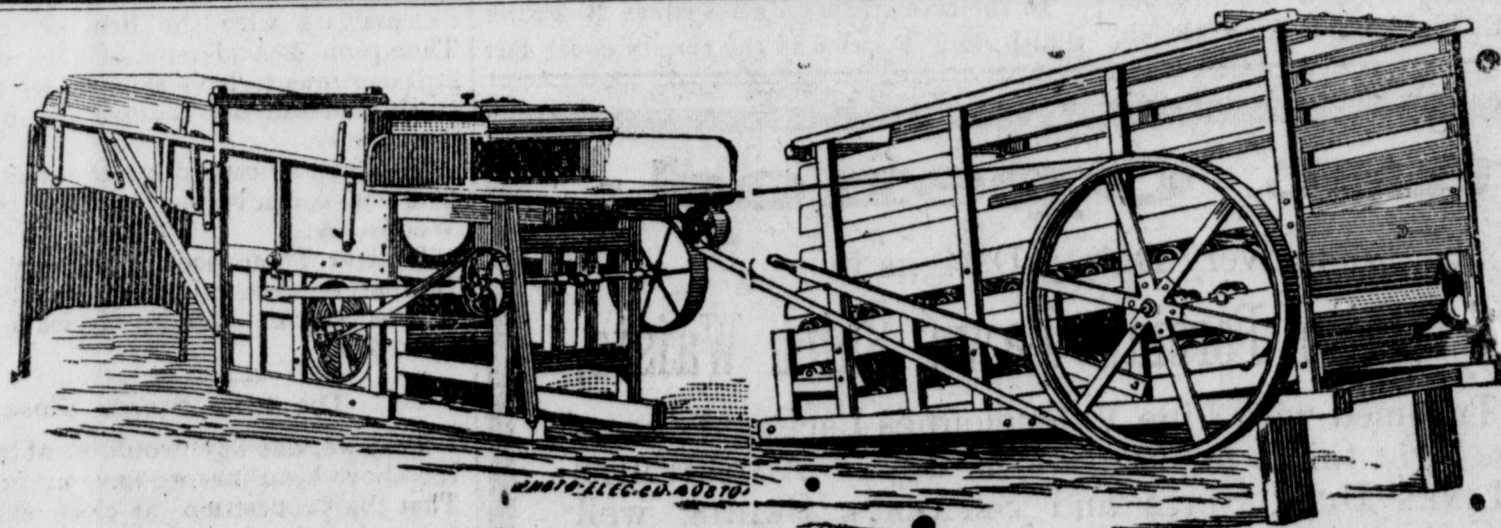
This horse's grand dam, Lisette, held the 21 mile record for France from 1892 until 1899, covering the distance in 68 minutes and six seconds.

Terms: Single service \$10.00; by the season \$12.00; to ensure \$16.00; \$2.00 to be paid at the time of service.

COLES DUGAN, Manager.

BRAD WAKER, Groom.

April 24



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