

**The People's
Medicine**

for Indigestion, Biliousness, Constipation, Headache, Wind, Dizziness and pains in the chest and back; the medicine that sets your stomach right and cleanses your blood of all impurities is

**MOTHER
SEIGEL'S
SYRUP**

Price 50 cts per bottle. Sold Everywhere.
A. J. WHITE & CO., MONTREAL.

Water As a Beverage.

"Water is the finest drink in the world," said the epicure in little things, "but not every one knows how to get the most enjoyment out of drinking it.

"For instance, water should never be drunk immediately after an apple has been eaten, for as a beverage it then has a taste more flat and insipid than as if it had been taken from a cold teakettle.

"On the other hand, there is nothing to my mind that makes water taste so cool and refreshing (not counting actual thirst) than to eat a peppermint drop before taking a drink of it.

"And while peppermint stands at the head, a drink of water is particularly and noticeably good after any wafer or lozenge. Popcorn, on the other hand, takes all the animation out of a subsequent swallow of water.

Nor do bread and water go well together. The water takes the sweetness out of the bread, and the bread takes the liveliness out of the water and makes it flat beyond degree.

"The tyrant who first hit upon bread and water as a prison fare of punishment knew his business.

"The enjoyment of a drink of water varies, too, with what you drink it from. You would not offer to a sick person a drink of water in a cup, but rather in a glass, the thinner the better. The fact that the water itself in all its limpid clearness is present to the sense of sight stimulates an expectation that is gratified along with the sense of taste.

"I have frequently observed men about to drink some other beverage than water, and it appears to be a very common habit with them to regard the liquid steadily for some seconds before swallowing it, often holding it on a level with their eyes in order to see it as clearly as possible:

"Surely this lesson should not be lost upon the man who knows that there is no drink like water. While you are drinking it enjoy it.

"For my own part, I like water from a big tin dipper even better than from a thin tumbler, but best of all drinking dishes for me is a newly made birch bark dipper, all the better if I have made it myself.

"Dip a full dipper from the center of the bubbling spring, take a look to see how limpid it is against the clean yellow freshness of the dripping dipper, put your lips to the water itself and then take one of the sweetest gifts the gods provide."—Brooklyn Citizen.

Every Man His Own Doctor.

The average man cannot afford to employ a physician for every slight ailment or injury that may occur in his family, nor can he afford to neglect them, as so slight an injury as the scratch of a pin has been known to cause the loss of a limb. Hence every man must from necessity be his own doctor for this class of ailments. Success often depends upon prompt treatment, which can only be had when suitable medicines are kept at hand. Chamberlain's Remedies have been in the market for many years and enjoy a good reputation.

Chamberlain's Colic, Cholera and Diarrhoea Remedy for bowel complaints.

Chamberlain's Cough Remedy for coughs, colds, croup and whooping cough.

Chamberlain's Pain Balm (an antiseptic liniment) for cuts, bruises, burns, sprains, swellings, lame back and rheumatic pains.

Chamberlain's Stomach and Liver Tablets for constipation, biliousness and stomach troubles.

Chamberlain's Salve for diseases of the skin.

One bottle of each of these five preparations costs but \$1.25. For sale by All Dealers.

Summer Clothing.

It is the custom whenever one goes from northern regions to the tropics to don white garments as a protection against the heat of the sun; and a change from colored goods to white is made in our climate, also, in the summer.

The reason given for this resort to white is that "it reflects the heat instead of absorbing it"; and if one questions its virtue, answer is always made that the natives of tropical regions wear white clothes, and they ought to know what is best.

It is true that the natives often wear white, but they have dark skins by which they are protected from the chemical rays, the rays that are most injurious to man, and that break down his health after a longer or short-

er residence in equatorial regions. The white man's white clothes offer no resistance to these injurious light rays, although they give comfort by throwing back the heat rays. If white clothes are worn externally, the under garments, so tropical hygienists say, should be black, red or orange, since these colors offer a screen to the chemical rays. After dark, in the tropics as well as during the hot summer months in this country, black clothes are the most sensible, since they promote the radiation of heat from the body.

The head covering in summer should be light in color as well as in weight—yellow or khaki color is better than white—but should have a dark lining. The practice of going bareheaded, especially in the case of light-haired or bald persons, is fraught with grave perils. The notion that some bald-headed men have that exposure of the head to the sun's rays will promote the growth of hair is pernicious; the man who has tried it one summer will not repeat it the next—if he is alive.

In texture, summer clothing should be light and porous. For men the outer garments should be of wool, the underclothing of linen or cotton, or mixed cotton and wool. This should be woven in a mesh which, by the air it contains, protects against chill and which absorbs perspiration; such material does not get the "clammy" feeling of a closely woven cloth when damp.

A night garment of loosely woven thin flannel of dark color will be found more comfortable than one of cotton or linen, and will also afford greater protection against chill. Summer "colds" often follow chilling of the body toward morning when it is encased in a damp clinging linen nightdress. One who finds himself in such a state in the early morning should quickly take a warm bath, followed by a cold sponge or shower, and a vigorous rubbing with a coarse towel.

Beware of Ointments for Catarrh that Contain Mercury.

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75c. per bottle. Take Hall's Family Pills for constipation.

Farm Yard Manures and Commercial Fertilizers.

The question is asked, What is the actual benefit a given soil derives from the application of farmyard manure? Notwithstanding the teachings of experience there is still a strong tendency among farmers in all parts of the country to consider their farmyard manure more of a burden than a benefit. They throw it out in heaps under the eaves of their buildings, or allow it to burn or leach without giving the matter serious thought. They take no pains to mix the manure from the cattle and horses with that from other animals; in fact their whole attitude is largely one of indifference. In the United States commercial fertilizers are used in large quantities, not merely to supplement the farmyard manure, but in its stead. This, of course, is not an economic practice, and it is hoped it will never become general in Canada. Farmyard or stable manure was up to the time of Liebig practically the only fertilizer known and used, and its exclusive use might have continued almost indefinitely but for the discovery that as time progressed the production of stable manure, and with it the growing of grain crops, became less and less. Those that looked into the future saw that bread famines were threatened. The cause of this diminution was, of course, the incompleteness of the return of the soil ingredients taken off by the crops when these were exported to feed the cities or foreign countries, and the waste resulting from the turning over of the crop and manure from year to year. Farmers who sell their hay or grain are still apparently indifferent to the fact that they are at the same time selling their soil fertility, which is their capital. Liebig, as a chemist, grappled with this problem and attempted to find some method of keeping up the production of crops even with an insufficient supply of stable manure. The result of his investigations and that of others who were working in the same direction was the discovery of the use of mineral fertilizers, which are known today and widely employed as commercial, artificial or chemical fertilizers or manures. These manures supply in various forms three essential

plant foods, namely, nitrogen, phosphoric acid and potash. Experimentation has proven that the chemical composition of stable manure does not alone suffice to explain its remarkable efficacy. The composition of manure differs not only with different animals, but also with the various feeds consumed by them. It is now pretty well understood that the value of farmyard manure is largely due to the important physical effects it produces in the soil. It helps to render heavy clay soils more loose and tillable, and sandy or leachy soils more retentive of moisture, while the humus formed in its progressive decay imparts to all soils highly important qualities. Late researches have shown that stable manure acts perhaps most immediately upon the bacterial activity in the soil, greatly increasing it, not only directly by the vast numbers of these organisms it brings with it, but also in supplying appropriate food, for those normally existing in the soil. In so doing it serves to render the soil ingredients more available, and to impart to the soil the loose condition required in a good seedbed. This condition cannot be secured by the operations of tillage alone. Under ordinary conditions of farm practice stable manure should be applied in as fresh a form as possible. Care must be exercised that it does not leach or is not allowed to lose its nitrogen through excessive fermentation. The only possible substitute for the use of stable manure is found in green manuring with leguminous crops, conjointly with the use of commercial or mineral fertilizers. On the best farms special pains are taken with a stable manure, and its value is enhanced by the feeding of concentrates, such as meal, oilcake, etc., and then it is applied as fresh as possible, but is supplemented by the ploughing under of clover as well as the application of limited quantities of mineral fertilizers and lime. Commercial or mineral fertilizers alone do not give satisfactory results, as the humus in the soil is depleted, which renders the acquisition or proper tilth impossible and causes a solidifying of the surface soil which no tillage can remedy.

July Designer Press Notes.

One cannot truthfully say that patriotism is dying out when the magazines, which are merely reflectors, show the national holidays as faithfully as they do. The Designer is up-to-date in this as in other respects in its July number. The sketch "How the Flag Came by the Name of Old Glory," is of considerable historical interest. And a very graceful and well illustrated story, "The Colonel's Coming" also is appropriate for the war-holiday. To the wood-architect, or any man fond of making his house or parts of his house of rough-hewn trees, the article entitled "Building with Trees" will appeal strongly.

The little girls will find one of the prettiest flower plays they ever took part in, called "Fairy Godmother's Botany Lesson." It is a composition of such true poetic fancy that the older folks will linger over it and wish they could take part too.

As for the fashions in the July Designer, the addition of two successful and clever artists of the day to the staff of fashion illustrators, now makes the illustrations help in the making of the dress. The dress-makers' article gives full directions for the construction of a dainty summer costume. The travelling girl also will find directions for a practical and inexpensive outfit for boat and train use.

Never yet did there exist a full faith in the divine Word which did not expand the intellect, while it purified the heart.—Coleridge.

Mr. Winston Churchill, referring in a speech at Edinburgh to recent speeches of Dr. Jameson, Sir William Lyne and Mr. Deakin, on imperial preference, declared that the government had not only banged the door on the imperial taxation of food, but had locked and bolted it, and would not give a farthing preference on a single peppercorn.



**WILSON'S
FLY
PADS**

Every packet will kill more flies than 300 sheets of sticky paper

— SOLD BY —
DRUGGISTS, GROCERS AND GENERAL STORES
10c. per packet, or 3 packets for 25c.
will last a whole season.

BANK OF NOVA SCOTIA

(INCORPORATED 1832.)

**CAPITAL, - - \$3,000,000
RESERVE FUND, \$5,250,000**

Unexcelled facilities for the transaction of all kinds of Banking Business.

Special attention given to the Savings Department and interest credited quarterly on Savings Accounts.

This is the only bank having its head office in Canada that submits its books and statements to Independent audit.

WOODSTOCK BRANCH,

W. M. McCUNN, MANAGER.

Hartland Farmers' Exchange.

**Special sale of Caps,
Boys' and Men's O'Coats
Horse Blankets.**

MUST BE SOLD AT ONCE.

C. HUMPHREY TAYLOR, Prop.

**For A June Bride
A COURLAY PIANO**

Is a Most Appropriate Present. And when you think of the pleasure it will give her, her husband, and their children, the price is quite reasonable.

C. R. WATSON,

Dealer in Musical Instruments.

Woodstock.

**Please, Mister, Quit
Your Swearing."**

Can't get the Stovepipe up? Swearing won't help it! A pinch of "Sooto Dust" placed on the fire would have cleaned the stovepipe, chimney and all, without taking down the pipe! Make it from simple ingredients, and never take the pipe down again to clean it! Will send you the formula for 25 cents, and guarantee it to be perfectly harmless and effective. Money back if not as represented. You can make big money with this formula. Address W. H. BRAMLEY, Formula Specialist, East Florenceville, N. B.

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 th

HOUSE FOR SALE.

The double tenement house on Park Street occupied by C. W. Killam and James Montgomery. Possession given May 1st. Apply to W. F. JONES, Solicitor.

Alfondly 0149,

2 year old Race Record, 2.25
3 year old Race Record, 2.12

Alfondly's colts are showing lots of speed and commanding high prices.

Every Tuesday and Wednesday until 3 p. m. during the month of June, will stand at W. F. Glidden's Stable, Woodstock.

The balance of the time at owner's stable, Centreville.

Will make arrangements to meet parties coming from a distance.

For terms and further information, write or telephone

F. D. TWEEIE,

Centreville,
Carleton County, N. B.

May 22 '31

THE STEPHENSON HOUSE.

All Modern Improvements. Permanent and ransient Boarders.

MISS STEPHENSON, Proprietor.
Queen's Street, Woodstock, N. B.

FOR SALE.

The property at present occupied by Charles Manuel, Park street, freehold, also property on Connell street. Apply to this office. March 23, 1907.

"PAGE FENCES WEAR BEST"

Made of High Carbon Wire.—we'll prove it to you. COILED—not crimped. This makes it still stronger in service. It stays taut. Painted WHITE over heavy GALVANIZING—rust proof. Experienced dealers to erect it. Leads all in sales —as in merit. Get illustrated booklet and 1907 prices before buying. THE PAGE WIRE FENCE COMPANY, LIMITED, Walkerville, Toronto, Montreal, St. John, Winnipeg