

FOR YOUR Stomach's Sake

You should keep Mother Seigel's Syrup by you. It soothes and strengthens, cures wind, pain, cramps, colic and all forms of indigestion.

Take Mother Seigel's Syrup

Price 60 cents per bottle.
A. J. White & Co., Montreal

In the way of vegetables there would be shipped 175 barrels of potatoes, 75 barrels of assorted vegetables, 20 crates of tomatoes and table celery, 200 dozen lettuce, while the requirements of the desert alone would call for 4½ tons of assorted fresh fruits. For making up into the daily supply of bread, biscuits, cakes, pies, and the toothsome odds and ends of the pastry cook's art there are taken on board at each trip 90 barrels of flour, each weighing 190 pounds, this item alone adding a weight of 8½ tons to the cook's stores. To this also must be added 350 pounds of yeast and 600 pounds of oatmeal and hominy.

Easy to Fix This.

What will appear very interesting to many people here is the article taken from a New York daily paper, giving a simple prescription, as formulated by a noted authority, who claims that he has found a positive remedy to cure almost any case of backache or kidney or bladder derangement, in the following simple prescription, if taken before the stage of Bright's disease:

Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces. Shake well in a bottle and take in teaspoonful doses after each meal and again at bedtime.

A well known druggist here at home, when asked regarding this prescription, stated that the ingredients are all harmless, and can be obtained at a small cost from any good prescription pharmacy, or the mixture would be put up if asked to do so. He further stated that while this prescription is often prescribed in rheumatic affections with splendid results, he could see no reason why it would not be a splendid remedy for kidney and urinary troubles and backache, as it has a peculiar action upon the kidney structure, cleansing these most important organs and helping them to sift and filter from the blood the foul acids and waste matter which cause sickness and suffering. Those of our readers who suffer can make no mistake in giving it a trial.

Early Rising.

As a rule, long-lived persons have been early risers, because they have been good sleepers. By "good sleep" is meant sleep that is sweet and sound, without dreaming; the body recuperates wholly. Those who love to rise early generally are of this sort. They have strong wills and good health.

Late risers are often invalids or persons of bad habits, idlers, who are never free from other vices besides idleness. The nervous exhaustion which keeps a man wakeful throughout the small hours requires sleep late in the morning. This exhaustion is invariably due to one of several life-shortening influences, especially anxiety or indiscretion in diet or drink.

Early rising is thus rather one effect of certain favorable influences than a cue of

longevity. To turn a weakly man out of bed every morning will not prolong his life unless he has slept enough. Preventing a weakly person from sleeping more than four or five hours nightly would not cause him to be old, but would tend to shorten his life. Early rising as a practise may be cultivated by all persons in good health. It is excellent as moral discipline, and eminently healthy as a matter of fact. Most persons will eat three meals daily. When a man gets up late, those meals will probably follow each other at too short intervals, and be eaten too rapidly to be wholesome. When he is an early riser it will probably be otherwise. He can enjoy a good breakfast, and when his other meals are due he will be ready for them, and with a good appetite, which is itself one of the signs of health.

A Schoolboy's Miscalculation--Told by Mark Twain.

Mark Twain, on a visit to his birthplace—Hannibal, Mo.—told to the school children a true story about a schoolboy.

"This boy," he said, "awoke one morning very ill. His groans alarmed the household. The doctor was sent for, and came post haste.

"Well," said the doctor, as he entered the sick room, "what is the trouble?"

"A pain in my side," said the boy.

"Aly pain in the head?"

"Yes, sir."

"Is the right hand stiff?"

"A little."

"How about the right foot?"

"That's stiff, too."

The doctor winked at the boy's mother.

"Well," he said, "you're pretty sick. But you'll be able to go to school on Monday. Let me see, today is Saturday, and—"

"Is today Saturday?" said the boy in a vexed tone. "I thought it was Friday."

Half an hour later that boy declared himself healed, and got up. Then they packed him off to school, for it was Friday, after all. [Scoutville Courier-Journal.]

When to Go Home.

From the Bluffton, Ind., Banner: "When tired out, go home. When you want consolation, go home. When you want fun, go home. When you want to show others that you have reformed, go home and let your family get acquainted with the fact. When you want to show yourself at your best, go home and do the act there. When you feel like being extra liberal go home and practice on your wife and children first. When you want to shine with extra brilliancy go home and light up the whole household." To which we would add, when you have a bad cold go home and take Chamberlain's Cough Remedy and a quick cure is certain. For sale by all dealers.

I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for the day.—Abraham Lincoln.

Colds

A cold is always the result of undue exposure to low temperatures. The rapid cooling of the surface, when not balanced by proper reaction, produces the congestion and inflammation of the nasal and bronchial membranes, commonly called a cold. As the slightest cold predisposes the individual to attacks of the most severe and dangerous character, the necessity for its quick cure need not be emphasized. Take

Chamberlain's Cough Remedy

as soon as the first indication of the cold appears and all dangerous results will be avoided. It not only cures a cold quickly but counteracts any tendency of a cold to result in pneumonia. This fact has been fully proved during the epidemics of colds and grip of the past few years. No case of either of these diseases having resulted in pneumonia when this remedy was used, has ever been reported to the manufacturers or come to their notice, which shows conclusively that it is not only the best and quickest cure for a cold, but a certain preventive of that dangerous disease—pneumonia.

There is no danger in giving this remedy to children as it contains no opium or other harmful drug. It is pleasant to take.

Price, 25c; Large Size, 50c.

Passing of Plaited Skirts.

The plaited skirt is rapidly passing. From the exclusive couturiers' viewpoint it has already gone. The new model, somewhat like its sister of trailing propensities, is cut circular, circularly, and circularly. As for their trimming, the hackneyed bias folds have gone along with the plaits and instead there are circular folds and flounces, and those of serpentine or undulating direction. As with the plaited models these flounces may be of the dress material or different as preferred, but they do not violently contrast.

In one smart suit navy broadcloth was the material, and the skirts, which escapes the ground by no more than an inch, was hemmed around the bottom and finished with a velvet skirt binding which peeped from the hem like a piping. The back and front side seams overlapped the latter over the former with the edges finished with the velvet binding like the bottom. In another model of similar design, the two seams were slotted the back one fastening over an underpiece of cloth or fly attached to the front. While this hooked invisibly, clusters of tiny buttons were used ostensible as decoration, but really to give a better foundation for the hooks.

A model in green showed a lower section turned in a three-inch hem and left plain, while above it the material was braided in black soutache in an all-over design. Falling over this was an upper portion in five gores, each stitched half way its length—then each finished separately and spreading apart, disclosing the braided underskirt. The coat worn with this skirt showed the same division into sections in its own skirt portion and was entirely braided, a most effective suit.

There is another tailored skirt which, though cut on strictly circular lines, is trimmed in such a manner as to suggest a kilted arrangement. Around the hips, and for a short distance below, it is quite smooth-fitting but at that point the flare is so abrupt and so exaggerated that the material hangs in deep folds, which may or may not be closely pressed. And if the seams are finished on the outside with a double row of machine stitching or ornamented with groups of buttons or strappings of braid, the effect is emphasized.

Where a plain skirt is desired, the circular-gored or the circular model having a seam down the front is frequently used. This seam may be treated in various ways. A shape piece narrowing from the top be turned back from it on either side and stitched; two narrow plaits may be made to follow the line on both sides; a cluster of plaits in fan shape may be inserted at knee depth, or there may be any one of a dozen different kinds of panels inset. If a panel, however, it must be a narrow one, as a wide panel in a walking skirt gives unusually awkward shape to the skirt as a whole.

When the Stomach, Heart, or Kidney nerves get weak, then these organs always fail. Don't drug the Stomach, nor stimulate the Heart or Kidneys. That is simply a makeshift. Get a prescription known to Druggists everywhere as Dr. Shoop's Restorative. The Restorative is prepared expressly for these weak inside nerves. Strengthen these nerves, build them up with Dr. Shoop's Restorative—tablets or liquid—and see how quickly help will come. Free sample test sent on request by Dr. Shoop, Racine, Wis. Your health is surely worth this simple test. Sold by all dealers.

LIFE ON AN OCEAN LINER.

Enormous Amount of Foodstuff Required for a Single Voyage.

Few realize the enormous amount of foodstuff that is required for the needs of a transatlantic liner. One of these vessels, with a full passengers complement, will carry 1,617 souls, made up of 467 saloon passengers, 300 second cabin, 300 steerage, and 550 officers and crew.

To feed these people for a period of six days requires, in meat alone, the equivalent of 14 steers, 10 calves, 29 sheep, 26 lambs and 9 hogs. Besides there is an enormous quantity of poultry and game. The larder for this one voyage would furthermore be stocked with 1,700 pounds of fish, 400 pounds of tongue, sweetbreads, etc., 1,700 dozen eggs, and 14 barrels of oysters and clams. The 1,700 dozen of eggs packed in cases would cover a considerable area, while the 1,000 bricks of ice cream would require 100 tubs to hold them. Of table butter there would be taken on board 1,300 pounds, while the 2,200 quarts of milk would require 64 cans to hold it, and the 300 quarts of cream 8 cans.

Don't Be A Cripple

If you have a sprained ankle, aching feet, lame muscles or chilblains, you can cure yourself in remarkably short time by a free use of

Johnson's Anodyne Liniment

Rub the affected parts freely with the liniment—one application will work a wonderful change for the better—continued use will bring a sure and speedy cure. Johnson's Anodyne Liniment is an enemy to inflammation of every kind—heals cuts, burns, wounds and contusions—cures lumbago, muscular rheumatism, sciatica, lame back, stiff joints, frost bites, etc.

Try it—it's been used for over 97 years with remarkable success. Sold everywhere. Guaranteed under Food and Drugs Act, June 30, 1906. Serial No. 513.

25c. a bottle;
50c buys three times as much.

I. S. JOHNSON & CO., BOSTON, MASS.

LAME MUSCLES

SPRAINS

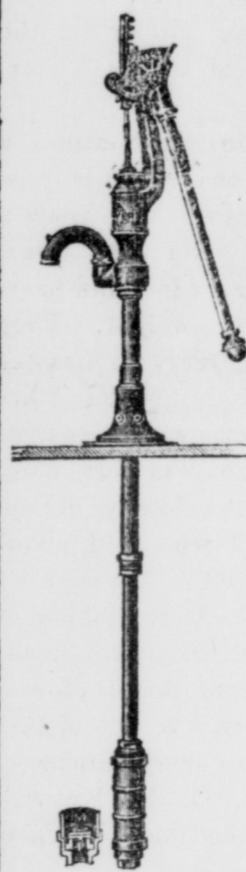
CHILBLAINS

The Long, Cold, Dark Evenings,

Are coming upon us when the wise father and mother will look about for some means to keep the young people at home. Nothing will do this more effectually than a musical instrument, a Violin, an Organ, or a Piano. I heartily recommend to your notice the renowned Gourlay Piano. Won't you come and have a talk with me about the matter.

C. R. WATSON,

Dealer in Musical Instruments. Woodstock.



MYERS' Ratchet Handle PUMPS

With Cog Gear and Roller Bearing Attachments with Adjustable Base and Wrought Steel Handle. Has Patent Brass Valve Seat and Poppet Valve.

Anti-Freezing. The Easiest Working Pump Ever Manufactured.

W. F. DIBBLEE & SON,

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North American Life Assurance Co'y.

Prompt payment of Death Claims.

Results not surpassed by Any other Company.

C. STEWART EVERETT,

Provincial Manager,

DIBBLEE & LAUGHTERTON,

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Is that J. W. Astle's?

I want some insurance, and everybody says you have the best, that your companies are the oldest and strongest, and never dispute their claims.

It most certainly pays to have the best.