

Girlhood and *Scott's Emulsion* are linked together.

The girl who takes *Scott's Emulsion* has plenty of rich, red blood; she is plump, active and energetic.

The reason is that at a period when a girl's digestion is weak, *Scott's Emulsion* provides her with powerful nourishment in easily digested form.

It is a food that builds and keeps up a girl's strength.

ALL DRUGGISTS; 50c. AND \$1.00.



Vinegar A Poison.

Vinegar was never intended to be eaten. It is a product of putrefaction and decay. It is made by setting a great number of fungi to work upon sweet water until acetic acid is produced. This acid, the juice of the fungi, is used upon food as a sauce. The most curious facts about it is that people ever acquired a taste for it. It is not wholesome, it is not food, it is poisonous. Voix, the French investigator, demonstrated some years ago, by experimenting upon guinea pigs, dogs, and rabbits, that vinegar has twice the power that alcohol possesses of producing gin liver. (Gin liver is a liver covered with great knobs; and it is this same diseased organ that vinegar produces with such ease. Only a few years ago a young lady died of vinegar poisoning. Examination showed that a hole had been eaten into the stomach by the large quantities of vinegar that she had eaten—three or four ounces a day had been her accustomed ration, for the purpose of becoming thin. The system does not need vinegar.—Good Health.

Builds Up Nerves, Enriches Blood

IS WHAT DR. CHASE'S NERVE FOOD DOES, ACCORDING TO A DANVILLE LADY.

The nerves are scattered throughout the body, accompanying the blood vessels everywhere, and regulating the actions of the various organs which are concerned in the building of the body. The duties of the nervous system are therefore the controlling of the different parts of the human being. Consequently anyone endeavoring to recover from a nervous state, must as in all building, begin with a firm foundation. As good blood is the nourisher of the body, and because good blood is the result of good digestion, then an assistant in the digestion of food and a blood enricher are needed.

To accomplish these things, there is no better preparation than Dr. Chase's Nerve Food. This statement is justified by its enormous sale and the testimonials of thousands of people. This medicine makes the thin, watery blood healthy; replenishes the broken-down nervous system, and brings such organs as the stomach, lungs, heart, etc., back to their normal condition.

Mrs. F. X. Chagnon, Danville, Richmond Co., Que., writes: "I have used Dr. Chase's Nerve Food and am well satisfied with it, as it has built up my nerves, enriched the blood and put the digestive system in good condition. It is a pleasure for me to recommend so excellent a medicine."

Mr. W. Hawken, of 3 Roden Place, Toronto, Ont., states: "I was troubled for a long time with very severe headaches, I was very nervous, had no appetite, and could not rest or sleep. The regular use of Dr. Chase's Nerve Food has greatly improved my appetite, I sleep splendidly and the headaches are entirely gone."

New nerve force must be added to the body and this can be best accomplished by the use of Dr. Chase's Nerve Food, which is sold at 50 cents a box, 6 for \$2.50, at all dealers, or Edmanson Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box. Write for Dr. Chase's 1908 Calendar Almanac.

The Young Politician.

To be a politician is a noble aspiration, if one seeks to be useful to the people. To be so, he must be straightforward, candid and square. The public welfare is never served by a scoundrel. He may hold his place for a while by chicanery and deceit, but all the time he is a real injury.

The true politician is wise, not smart. He depends upon fairness, not trickery. He doesn't hide or equivocate, or say to one, what he will hide from another. He is willing to stand or fall by the truth. He doesn't hold his place by false pretence. He says: "I am here to do my duty, which is so and so, and if I fail or falter, I'll go back to my office, my shop or my plow." There is the true politician.

And that is the sort of politician every young man should start out to be, if he is

going to adopt that vacation. Some people say, that sort of a politician is impossible. Are we then to conclude that a man cannot be a politician unless he is unreliable, a coward, a dishonorable and disgusting person?

There are some such, too many, alas; but there are some not that way—clean, straight, sincere fellows, that won't tumble or dabble in dirt. They think it is as mean to do a mean thing in politics as it is in business or in the home. That is the sort of politician we want to see get on in this world. The public affairs are safe in such a man's hands. The people do not have to watch to see if he is stealing their time or their money. They know that every dollar they pay him for his services is earned fully and righteously.

How Not to Grow Old.

An English doctor is quoted in The London Daily Express as giving the following directions for retaining the qualities of youth: "Don't worry he declared was the main rule, and careful and persistent attention to diet very useful with regard to the merely physical. He continued:—"As we get on in years we require still less and more simple diet, due regard being paid to quality as well as quantity."

"Exercise is also most important. We all stop running, for instance, far too soon in life. If we would only keep up games, walking, and running longer than we do we should cheat old age."

"The mental aspect of the question is most important. The whole world is in need of 'suggestion treatment' in this respect, for it has somehow got it into its stupid head that we must be old men and women at, say, seventy years of age or even sooner. That is ridiculous, and the sooner a different idea is driven into our sub-conscious minds the better. If a man thinks he is going to be old at sixty he assuredly will be."

"Married people seem to live longer than single ones, therefore my advice is get married."

"Also get a pension, and one which has been fairly earned. Never worry, for that is fatal; always be calm and serene. Be optimistic at all times."

"The miserable, croaking pessimist will grow old, and ugly as well, very soon. In a word, be temperate, simple, cheerful, aspirational, charitable, and you will live to a great age."

Keep the Teams at Work.

There can be little doubt that deeper plowing will not only lessen the tendency of southern soils to wash, but that it will increase their general productive capacity. Bearing in mind these factors, pay no heed to those who say do not plow in the winter, but whenever the land is dry enough keep the teams at work, plowing and also sub-soiling when the subsoil is a good clay or the land has a hardpan subsoil. Turn in all the vegetable matter which has been produced on the land. Do not burn anything which will make manure. Land so treated can be fitted quickly for crops in the spring by the use of the disk or cutaway harrow.—Southern Planter.

Permanent Results

"I had been suffering for over two months with an obstinate cough, as had also my little girl. We tried several remedies common to any drug store without obtaining any apparent relief, in fact we were growing worse. I got a bottle of Coltsfoote Expectorant from my druggist and inside of two days the cough was stopped, and the results so permanent and rapid that we decided to keep it in our home continually. ROBERT PALEN. C. A. R. Station, Ottawa.

Coltsfoote Expectorant is recognized the world over as the best prescription ever used by the medical profession for Coughs, Colds, Croup, Bronchitis and Tightness of the Chest. Children like it. To introduce it into every home we will send a free sample to every person sending their name and address to Dr. T. A. Slocum, Limited, Toronto. Sold by all up-to-date druggists at 25c. Send for Free Sample To-day.

OBITUARY.

Charles Rogers.

Charles Rogers, an aged and highly respected resident of Bristol died Monday, March 16th in the Carleton County Hospital after only a few days illness, aged 83 years. He leaves two sons, Frank, of Boston, and Fraser, in Michigan, and six daughters, Mrs. D. V. Boyer and Mrs. Daniel Jones, Bristol; Mrs. C. Tracey, Lakeville, Mrs. William Curtis, Montecello, and Mrs. George Rogers, and Mrs. Kierstead, of Fort Fairfield. He is also survived by two brothers, Barton and Samuel Rogers, and two sisters—Mrs. H. Bell and Mrs. I. N. Boyer, all of Bristol. The deceased taught school for many years in different parts of the county, and had many warm personal friends. He was a son of the late William Rogers, who was one of the earliest settlers in this part of the county. The funeral was held at the United Baptist church on Wednesday.

Mrs. G. A. Sharp.

Mrs. G. A. Sharp, wife of Superintendent Sharp, of the P. E. Island Railway, died Monday, March 16th. She was a daughter of Mrs. Elizabeth Brittain, Sussex, N. B., and sister of Prof. John Brittain, Montreal.

A New Scottish Company to Visit Woodstock on April 3rd.

Although this new company appeared two years ago in New York City, they have been in Canada but five months and are touring Eastern Ontario just now. The company comprise, Gavin Spence tenor soloist, Miss Nannie Strachan, soprano and Miss Enid Newcombe, cello soloist.

Miss Nannie Strachan is a native of Galeshields and has been one of Herr Albert B. Bach's most successful pupils. It was he who said of her she had Melba's peculiar flute-like quality of voice and Patti's great compass. She has a range of three octaves, reaching F natural above high C.—a record unparalleled in musical history of today. Her work is not confined to ballads of her native land, as she has been trained in Grand Opera.

The Standard, Pembroke, Ont., last October said of her "Miss Nannie Strachan is certainly the best lady Scotch vocalist that has visited Pembroke. She possesses a soprano voice of wonderful sweetness and of a very high range, having that winsomeness which is so necessary to be a successful Scotch ballad singer. The 'Scottish Blue Bells' and 'Caller Herring' the latter in the picturesque costume of a Newhaven fishwife, were her best Scotch numbers. But Miss Strachan showed that she was capable of rendering classic as well as Scotch music by the excellent manner in which she gave Tosti's 'Good Bye.' Don't fail to hear this talented young lady with her assistants in Graham's Opera house, Friday, April 3rd.

Man And His Horse

Caress plays no small part in developing the best in any horse, but this is never to be by word of mouth. You may as well curse as bless for all your horse knows or cares. The caress of the hand addressed to the part with which the animal has just performed some feat is always appreciated—the expression shows that—and one loves to see a good man as he lands safe over a big place just reach back and give the clever horse a loving pat or two on that swelling muscular lion which has been the chief agent in negotiating the obstruction.

Do not pat neck or shoulder or any part not actively engaged in the undertaking. Caress may do no good, but it is pleasant to believe that it does, and we are quite positive that the voice simply diverts attention. The former mode of address is at least worthy of trial if only as a mark of appreciation between two gentlemen. The threatening tones appear sometimes serviceable, but this is so only when horses have been abused and associate punishment with the stern voice. The wild horse is as indifferent to the voice of affection as to that of rage.—From "Schooling the Hunter," by Frank M. Ware in Outing Magazine.

UNIFORM KEENNESS

NO HONING—NO GRINDING.

You want comfort and satisfaction of clean smooth shaves every morning.

The Carbo Magnetic is the only razor UNCONDITIONALLY GUARANTEED to give this. The secret Electric Tempering positively merges every particle of carbon (the life of steel) into the metal—giving diamond-like hardness throughout the blade—something absolutely impossible with fire tempered steel used in making all other razors.

But test this razor in your own home—or have your barber use it on you. Secure one 30 DAYS TRIAL with NO OBLIGATION TO PURCHASE.

W. F. DIBBLEE & SON
Local Agents.



Forward - Better

The most convincing example of the tremendous strides, which recent years have witnessed in fine tailoring, is

"Progress Brand" Clothing

"Progress Brand" is progressive. It is always better—always improving—always the best made, and best wearing, clothing in Canada.

LOOK FOR THE LABEL THAT PROTECTS.

The John McLaughlan Co., Woodstock and Hartland. Tompkins Bros., Bath.

WOODSTOCK WOOD-WORKING COMPANY, LIMITED,

MANUFACTURERS OF

Doors, Sashes, Blinds, School Desks, Sheathing, Flooring and House Finish of all kinds

We employ a first-class Turner, and make a specialty of Church, Store and Verandah work. Call and see our stock or write for prices before purchasing. All orders promptly attended to.

Just imported, a consignment of No. 1 White Wood. Clapboards for sale.

Hard Pine Flooring and Finish.

N. B. Telephone No. 68-3.

Union Telephone No. 119

'The Sign of the White Horse.'

Look Anyway

When in our streets and you will see a Harness that came from our shop.

Ask Anybody

If that Harness they got from us was all right. If it's not we want to know. We give a guarantee with every harness we sell. If they were not right, we wouldn't do that, would we?

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET, WOODSTOCK.



A New Woodworking Factory.

The undersigned have taken over the HAYDEN FACTORY and are prepared to supply all kinds of BUILDERS' MATERIALS, in fact everything that is manufactured in a first-class woodworking factory. We will be open and ready for business on **April 1st**. Soliciting your patronage.

The Carleton Woodworking Company, Limited.

P. O. Box 333.

MONEY TO LOAN

On Real Estate.

APPLY TO D. McLEOD VINCE

Barrister-at-Law, Woodstock, N. B.

LIPPINCOTT'S

MONTHLY MAGAZINE

A FAMILY LIBRARY

The Best in Current Literature

12 COMPLETE NOVELS YEARLY MANY SHORT STORIES AND PAPERS ON TIMELY TOPICS

\$2.50 per year; 25 cts. a copy

NO CONTINUED STORIES

EVERY NUMBER COMPLETE IN ITSELF

WANTED: A HOUSE.

The subscriber wishes to purchase a house containing about 20 rooms, in a central locality, modern improvements. Address A. B. C., care DISPATCH.

LIVERY AND HACK STABLE

H. E. & Jas. W. Gallagher, Props

Outfits for commercial travellers, Coaches in a grand style at arrival of trains. All kinds of Livery Teams to let at Reasonable Rates.

A First-Class Hearse in connection. Emerald Street, - Woodstock, N. B.

Your Pung!

Will not only look better, but will last longer if you keep it in good condition.

You are cordially invited to bring it to my Paint Shop and have it painted and Varnished and made to look like new.

F. L. MOOERS,

Carriage and Sign Painter,

over Loane's Factory, Connell street, Woodstock