

The Famous Pedestrian

Gentlemen:—
"I was a martyr to catarrh of the head, throat and stomach. I was so bad the doctors feared consumption. I tried many physicians and medicines. A friend suggested Psychine. I tried it and it was the only thing ever did me any good. I am now perfectly well. It is the greatest remedy the world has ever known. I do not need it for my health now but I use it as a strengthener for my walking matches. I owe much of my physical endurance to Psychine."

JAMES REYNOLDS,
Port Hope, Ont.

Psychine is the greatest cure for catarrh of the head, throat or stomach in the world. It is a wonderful tonic and strengthener of run down system, acting directly on all the vital organs, giving youthful vigor and strength to the system. At all druggists 50c. and \$1, or Dr. T. A. Slocum, Limited, Toronto.

Housecleaning by Schedule.

Two weeks will commend itself to housekeepers as a reasonable time for the housecleaning to occupy. This operation can probably not be accomplished without weariness of body and soul, yet, as in everything else, system is a good help. Here is an outline of two weeks from The Quiver, which seems as fair a schedule in Canada as it may be in England:—Let us suppose that the house to be cleaned is occupied by an average household consisting of four persons and two servants. They may reasonably expect to be quite straight within three weeks of the commencement of the cleaning. I do not mean to suggest that the house is to be upset for three whole weeks; if the work is properly managed, no one, except those actually concerned, ought to be aware that anything unusual is going on until the last week or so.

There are two golden rules for spring cleaning:—

- (1) Commence at the top of the house and work downwards.
- (2) Finish off each room as completely as is possible at the end of each day.

The second rule can only be adhered to by the exercise of forethought, but this is well repaid by the sight of a fresh, clean room with its dainty hangings and shining furniture. It is most encouraging to the servants also, to see such apparent results of their labors, and the satisfaction to the housewife is unbounded.

In order that the work should, day by day, progress satisfactorily, all the "odd job" cleaning should be done during the first week. For instance, the linen, dress and store cupboards, wardrobes and chests of drawers should be thoroughly turned out, relined with white paper, and all rubbish having been eliminated, the contents rearranged tidily. The house-parlormaid can assist the mistress in this, whilst the cook carries on the same work in the kitchen and pantries, and scrubs the soiled linen baskets. Two days generally suffice for these preparations.

Thursday and Friday may be utilized for cleaning out the boxroom and the servants' bedroom, when the two girls will work together.

Monday is not, as a rule, a good day for cleaning, as in most families a certain amount of laundry work is done at home, and Saturday is occupied with cooking and silver cleaning; so these two days should be left out of the reckoning when planning the work. Roughly speaking, the cleaning may be arranged thus:—

- Tuesday—Best bedroom and dressing-room.
 - Wednesday—Second bedroom.
 - Thursday—Spare room.
 - Friday—Breakfast room.
 - Tuesday—Dining-room.
 - Wednesday—Drawing-room.
 - Thursday—Stairs, bathroom and halls.
 - Friday—Kitchens and pantries.
- The order of the rooms must be regulated by the way in which the house is built.

Woman's Reasoning.

(Philippines Gossip.)

Husband (arriving with his wife at the Azcarraga station, just as the train was leaving)—There! If you hadn't taken so long to dress we shouldn't have lost that train.

Wife—And if you hadn't hurried me so all the way here we shouldn't have so long to wait for the next one.

Some Hints For Boys.

Keep step with any one you walk with. Hats lifted in saying "Good-bye," or "How do you do?"

Always precede a lady upstairs and ask her whether you may precede her in passing through a crowd or public place.

Let ladies pass through a door first, standing aside for them.

Let a lady pass first always unless she asks you to precede her.

Look people straight in the face when speaking or being spoken to.

In a parlor or drawing-room stand till every lady is seated, also older people.

Rise, if a lady comes in after you are seated, and stand till she takes a seat.

Never play with a knife, fork or spoon.

Use your handkerchief unobtrusively always.

In the dining-room take your seat after ladies and elders.

Rise when ladies leave the room and stand till they are out.

Special rules for the mouth are that all noise in eating and smacking the lips should be avoided.

Recipe Mixed Often.

Some remarkable stories are being told about town and among the country people coming in of this simple home-made mixture curing Rheumatism and Kidney trouble. Here is the recipe and directions for taking: Mix by shaking well in a bottle one-half ounce Fluid Extract Dandelion, one ounce Compound Kargon, three ounces Compound Syrup Sarsaparilla. Take as a dose one teaspoonful after meals and at bedtime.

No change need be made in your usual diet, but drink plenty of good water.

This mixture, writes one authority in a leading Philadelphia newspaper, has a peculiar tonic effect upon the kidneys; cleansing the clogged-up pores of the eliminative tissues, forcing the kidneys to sift and strain from the blood the uric acid and other poisonous waste matter, overcoming Rheumatism, Bladder and Urinary troubles in a short while.

A New York druggist who has had hundreds of calls for these ingredients since the first announcement in the newspaper last October stated that the people who once try it "swear by it," especially those who have Urinary and Kidney trouble and suffer with Rheumatism.

The druggists in this neighborhood say they can supply the ingredients, which are easily mixed at home. There is said to be no better blood-cleansing agent or system tonic known, and certainly none more harmless or simple to use.

Stabbing Affray.

Last week one John Wilcox of Cary, who was hired by Scott Act Inspector Colpitts to secure evidence against the stores at the Boundary line two miles from Houlton, visited these places on Thursday and secured evidence at each one of them, he returned to Houlton and on Friday made a second trip and as he entered the place run by Frank Dempsey the lights went out and during the fracas Wilcox was hit in the face and cut on the head, before he got out, making tracks as fast as he could for Houlton. This side of Cook's brook, he was overtaken by three men in a team one of whom was Dempsey who got out on overtaking him and, started for him. He warned them to keep away but they continued and Wilcox in the mix-up stabbed Dempsey in the stomach with a jack knife, after which he started on the run for Houlton again. Dempsey was taken back to the line by the companions and a physician was summoned who dressed the wound and to-day he is reported as being comfortable and will recover.—Houlton Times.

That languid, lifeless feeling that comes with spring and early summer, can be quickly changed to a feeling of buoyancy and energy by the judicious use of Dr. Shoop's Restorative.

The Restorative is a genuine tonic to tired, run-down nerves, and but a few doses is needed to satisfy the user that Dr. Shoop's Restorative is actually reaching that tired spot. The indoor life of winter nearly always leads to sluggish bowels, and to sluggish circulation in general. The customary lack of exercise and outdoor air ties up the liver, stagnates the kidneys and oft-times weakens the Heart's action. Use Dr. Shoop's Restorative a few weeks and all will be changed. A few days test will tell you that you are using the right remedy. You will easily and surely note the change from day to day. Sold by all dealers.

Silhouettes Popular as a Fad.

The silhouette corner is getting to be quite as popular as the fortune teller's booth at small bazaars and even home parties this spring. It is an easy way to entertain when she dancing season is over and it is a bit too warm for strenuous entertainment of any sort. Best of all, any girl can conduct this part of an entertainment.

It is not an ordeal to have one's silhouette taken; one is not told to "look pleasant" or "sit properly." Just a natural attitude, one that is neither a stoop nor a ramrod, is all that is needed.

The subjects are not sketched before a window, as most people think, but against a solid background. If the sitter is in the light, the background must be dark, but if the sitter is in shadow the background must be a sheet or some other light substance. The contrast of the background enables the artist

to work rapidly, and that is a great point when the occasion is social.

Children, especially, think it great fun to have their silhouettes taken at a party. But older people like it, too. At one recent bridge party the hostess had pretty little frames ready for the portraits, and when the evening ended the souvenirs were ready for the guests.

To take a silhouette does not require more than 10 minutes at most, so the process is not irksome for the sitter. The finishing can be done afterward, but that is no a long task, either, so it is easy at a party to have the pictures ready for the guest to take away.

This silhouette fad began away up in a New England country town. There was a little art club in the hills there, and this club took up its quarters in a quaint old school-house that was more than 100 years old. The building needed a bit of decorating; the rent was small, but it had to be paid. So to raise money, the club gave a fair. Every member contributed something of her handiwork.

Piles are easily and quickly checked with Dr. Shoop's Magic Ointment. To prove it I will mail a small trial box as a convincing test. Simply address Dr. Shoop, Racine, Wis. I surely would not send it free unless I was certain that Dr. Shoop's Magic Ointment would stand the test. Remember it is made expressly and alone for swollen, painful, bleeding or itching piles, either external or internal. Large jar 50c. Sold by All Dealers.

Sheriff Tompkins.

Carleton County's new sheriff is John R. Tompkins, who was born in Peel, (then Brighton,) in September, 1849. He received his early education in the Woodstock Grammar school under the late James Coy. He graduated with B. A. degree from the university of New Brunswick in 1874. His first commission in the militia was as ensign in the 67th regiment. In June, 1880, he transferred to the Brighton Engineers as lieutenant; he became captain in 1894, and has been for over eight years major commanding the Brighton engineers. He is a notary public for the province, a justice of the peace for the county and a leading farmer. About twenty years ago he married Miss Francis M. Mills, daughter of Rev. Canon Lee, A. M. He has four sons, the eldest of whom is one of the cashiers in the of New Brunswick at St. John.

It is understood Sheriff Tompkins has rented his farm at East Florenceville and will shortly move to Woodstock.

The choice for a deputy sheriff in succession to A. R. Foster lies between Adam H. Stewart, of Grafton, and Wm. Armstrong, of Lakeville. There were ten applicants.

FOR SALE.

A house and out buildings and two lots of land in excellent location, especially for a railroad man LOUIS E. YOUNG. Aug. 19

AGENTS WANTED.

16 x 20 crayon portraits 40 cents, frames 10 cents and up, sheet pictures one cent each. You can make 400 per cent. profit or \$36.00 per week. Catalogue and Samples free. FRANK W. WILLIAMS COMPANY, 1208 W. Taylor Street, Chicago, Ill.

We have on hand several good

**Second-Hand
COOK STOVES**

—AT—

Semple Bros',

East Florenceville,

Where you get the

GOOD STEEL RANGES.

FARM FOR SALE.

I offer for sale the farm lately owned by Joe Ivey, two miles from Union Corner, 100 acres, 25 cleared, barn and house. A bargain at \$400. A residence at Debec also for sale. Write DR. A. H. HENDERSON, 1635 Columbia Ave., Philadelphia.

WANTED.

At once, 2 Girls to do Laundry Work. Good Wages and Steady Work for the right girls. Apply at NOBLE'S LAUNDRY at once.

It is important that persons placing

FIRE INSURANCE

should select strong and reliable companies. This being the case it would be impossible perhaps to find four stronger and more reliable companies represented in Carleton County in one office than the following companies for whom the undersigned is agent, namely: CALEDONIAN, The Oldest Scottish Fire Office NORWICH UNION, Established in 1797. ATLAS, Founded in the reign of King George III and the QUEEN. I shall be pleased to see intending insurers.

LOUIS E. YOUNG,
Woodstock, N. B.

**JOHNSON'S
ANODYNE
LINIMENT**

Used for Nearly 100 Years

The great National Family Doctor. Gets right at the source of the trouble—reduces all inflammation, eases pain and effects a speedy cure. Can be relied upon in all emergencies. Keep a bottle handy in case of accidents, cuts, burns, scalds, bruises, sprains, lame back, stiff joints, muscular rheumatism, swellings, face ache, headache, earache, frost bites, chilblains, chaps, or any other external pain or inflammation. Every drop means relief—just follow directions. Sold everywhere. Guaranteed under Food and Drugs Act, June 30, 1906. Serial number, 513.

25 cents a bottle—3 times as much for 50 cents.

L. S. Johnson & Co. BOSTON, MASS.

**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 Gourelay Piano. Won't you come and have a talk with me about the matter.

C. R. WATSON,

Dealer in Musical Instruments.

Woodstock

**FLORIAN
Sound Deadening
FELT**

is now used on all floors of Residences, School buildings, Hospitals and all Public buildings. It is Vermin Proof and a Fire Retardent. Just what every housekeeper requires to put under the carpets.

Florian is sold only by

W. F. DIBBLEE & SON,

Woodstock.

North American Life Assurance Co'y.

Prompt payment of Death Claims.

Results not surpassed by Any other Company.

C. STEWART EVERETT,

Provincial Manager

DIBBLEE & AUGHERTON,

St. John, N. B.

Agents, Woodstock, N. B.

Phone 183

NOTICE.

HOUSE AND LOT FOR SALE.

The premises known as the "Maxted property on the North side of Chapel St., consisting of three lots of land with dwelling, ell and stable thereon, the land being freehold, on the North side of Chapel St. for sale. For terms and particulars apply to the undersigned.

Notice is hereby given that the warrant of assessment for 1908 is in the hands of the assessors and that all persons liable to be assessed in the Town of Woodstock are requested to hand to the assessors a statement of their personal property and income within twenty days from date as by law directed.

Dated this third day of April A. D. 1908.
H. W. BOURNE,
T. S. DUNCAN,
JOHN THIBIDEAU

LOUIS E. YOUNG, Barrister, etc.

**WIND ON THE
STOMACH
HEADACHE
CONSTIPATION**

Wind on the stomach is just the bad gas that rises from undigested food. Constipation comes of sluggish liver, and the impurities in your blood cause headache. Mother Seigel's Syrup cures all these by strengthening stomach and liver, and enabling you to digest your food.

**SEIGEL'S
SYRUP.**

Price 60 cts. per bottle. Sold everywhere.
A. J. WHITE & CO., LTD., MONTREAL.