

Nursing baby?

It's a heavy strain on mother.

Her system is called upon to supply nourishment for two.

Some form of nourishment that will be easily taken up by mother's system is needed.

Scott's Emulsion contains the greatest possible amount of nourishment in easily digested form.

Mother and baby are wonderfully helped by its use.

ALL DRUGGISTS: 50c. AND \$1.00



Mixing Plaster of Paris.

Almost every one has to mix up gypsum or plaster of paris once in a while, but few know how to do it so as to make a smooth cream or thin dough, without lumps. The trick is not to pour the water on the plaster, but to turn the latter gradually into the water, spreading it about in shaking it in, and to avoid stirring until all the plaster has been added. The proper quantity of gypsum is usually enough to peep out over the surface of the water over the greater part of the area; that is, about equal volumes to each ingredient. The addition of glue water to the mixture retards setting.—Robert Grimshaw, in Machinery.

Could Not Attend Household Duties.

HEALTH RESTORED BY DR. CHASE'S NERVE FOOD WHEN DOCTOR'S TREATMENT FAILED.

There is some truth in the simile that our bodies are houses, inasmuch that if they become broken down we must have some material with which they can be rebuilt. Just as comfort and happiness cannot be had in a poor house, health cannot be expected with a run-down constitution.

Worry of business and home, "all work and no play," irregular habits, overstrain of any kind bring about that condition of the once active person who seems to have lost all ambition and energy or who fitly describes himself as "played out." Such a one needs to take every precaution, as nerve disease cannot be overcome quickly. For the removal of these ailments, natural treatments, as massage, electrical and the rest cure accompanied by a good nerve restorative, such as Dr. Chase's Nerve Food are the best.

Mrs. Geo. Cook of Welland, Ont., was in a similar state of health for five years. This lady relates her experience in the following words:—

"It gives me much pleasure to recommend Dr. Chase's Nerve Food. For five years I was troubled with nervousness, tired feeling, headache and a terrible weakness. I was so miserable that I could not attend to my household duties. During this time I was a great sufferer and became much emaciated.

"I was treated by a good doctor, with no change for the better, and a friend advised me to try Dr. Chase's Nerve Food, which I did, and in a short time was much improved in health. After using six boxes of this precious medicine I was sound and well. I shall always recommend Dr. Chase's Nerve Food, for I believe it saved me from years of misery. I am now feeling better than I have for ten years."

The benefits obtained from Dr. Chase's Nerve Food are of necessity lasting because every dose goes to the formation of a certain amount of pure, rich blood, the foundation of life and vigor; 50 cents a box, 6 boxes for \$2.50, at all dealers, or Edmansou, Bates & Co., Toronto. Write for Dr. Chase's 1908 Calendar Almanac.

Retard Old Age by Electricity.

(New York World.)

Old age can be retarded, says Dr. Samuel G. Tracy, of New York City, in the New York Medical Times, published today. It is the arteries that first show the symptoms of premature senility; when their walls lose their elasticity a man is growing old. The cause of the hardening of the arteries is an impure condition of the blood, which may be due to overeating or excessive drinking of alcohol.

The organs which preside over the elimination of waste material being overworked leave some of the waste to flow into the blood where it weakens and makes brittle the artery walls by depositing lime in the blood channels. In this condition of the arteries strong emotions may cause a sudden strain, which, resulting in the bursting of a blood vessel, proves fatal.

The treatment which retards this hardening process consists of frequent electric currents, which Dr. Tracy applies by using a Hyflex coil, bombarding the patient with millions of oscillations per second. Half an hour of this fusillade will reduce the blood pressure and raise the temperature fifty per cent.

By the electric stimulus the system is energized, the blood made to circulate equally, the digestion aided, the waste products are properly eliminated, the repair of tissues is assisted and the normal working of the bodily functions restored.

The treatment must, however, be seconded by strict attention to diet and hygiene. Old men need only four-fifths as much food as those in the prime of life. They should eat little at a time, masticating it thoroughly. Dr. Tracy says tea, coffee and alcohol should never be taken by those whose arteries are hardened, as they cause angina pectoris, apoplexy and kidney diseases. Fresh air is an essential but draughts must be avoided. Colds are due not to fresh air, but to faulty circulation of the skin, and to congestion of the internal organs. Regular and varied walking exercise, the physician says, is just as necessary for the old as for the young.

Molasses for Animals.

Knowing the value of molasses as a food, I sent a barrel to my tenant at Rock Hall, Md., who runs a small dairy, with request to notice the effect on his stock. He reports that the flow of milk increased from the first day it was fed and the cows improved greatly in appearance. Inquiring of the large dealer in the city who were his largest customers buying it for their horses, he gave me the name of one of our leading undertakers, and I called on him to learn his experience. He was enthusiastic in its favor, had fed it for some time to all his horses and they were in fine condition, well and hearty and fat.

Molasses is a soluble carbohydrate which no vegetable eater can live without. The advantage over starch is that starch has to be converted into a soluble state before it can pass to chyme; molasses being soluble requires no effort of the animal. Starch and sugar, as well as molasses, are composed of nearly equal parts of carbon and water, i. e., carbon, hydrogen and oxygen. Formerly molasses, the refuse of the sugar plantation, was washed down the Mississippi River before it was introduced to make alcohol, vinegar and animal food. A friend of the writer, a vinegar manufacturer of Baltimore, imports it by the shipload (30,000 gallons) from Porto Rico to make vinegar. Formerly he made it entirely from whiskey, a much better article than from cider unless the cider is made from sound, ripe apples with the full supply of sugar. Baltimore dealers sell molasses at 14 cents a gallon by the barrel. A friend goes every year to New Orleans to lay in his supply.—A. P. Sharp in Country Gentlemen.

BECAME A GRAND OPERA STAR IN TEN MINUTES.

Mary Garden Saw Her Chance and Grasped it.

A few years ago Mary Garden, now the favorite of New York audiences, was an unknown little singer in Paris. She was almost in despair, although enrolled on the staff of the Opera Comique, when one night Riouton, the principal, was taken suddenly ill. The management was frantic. Miss Garden had studied the part of Louise. She was sent for, and, through she had never even sung with an orchestra, she showed her grit and went on. In ten minutes, says THE DELINEATOR for February, she had won the audience, and ever since she has been a favorite.

Mary Garden was born in Aberdeen about thirty years ago, and there is a fragmentary legend that one of her ancestors by the name of Gardyne sang for a Queen of Scotland several centuries ago. And Mary, at one year of age, carried the tune of a hymn, and this before she could lisp a single baby word.

When she was a child of six her father emigrated to this country, and Mary was taught the violin. Later a wealthy woman became interested in her and sent her to Paris. There she studied with famous masters, who predicted a brilliant future for her, and this prediction is now realized.

Don't ask financial aid of your dearest friends; obligations menace friendship.

The Free Seat.

He was poor and old, and a stranger,
In the great metropolis,
As he bent his steps thitherward,
To a stately edifice.
Outside he inquires: 'What church is this?'
'Church of Christ' he hears them say;
'Ah! just the place I am looking for,
I trust he is here, to-day.'

He passed through the spacious columned door,
And up the carpeted aisle;
And as he passed, on many a face,
He saw surprise and smile.
From pew to pew he quietly went,
Then across the broad front space;
From pew to pew down the other side,
He walked the same slow pace.

Not a friendly voice had bid him sit,
To listen to gospel truth:
Not a sign of deference had been paid
To the aged one by youth.
No door was opened by a generous hand,
The pews were paid for—rented—
And he was a stranger old and poor,
Not a heart to him relented.

As he paused a moment outside to think,
Then passed into the street,
Up to his shoulder he lifted a stone,
That lay in the dust at his feet;
And bore it up the broad, grand aisle,
In front of the ranks of pews,
Choosing a place to see and hear,
He made a seat for his use.

And calmly sitting upon the stone,
Folding his hands on his knees,
Slowly reviewing the worshippers
A great confusion he sees.
Many a cheek crimsoned with shame,
Some whisper together sore,
And wish they had been more courteous,
To the stranger, old and poor.

As if by magic some fifty doors
Opened simultaneously
And as many seats and books and hands
Are proffered hastily;
Changing his stone for a crimson pew,
And wiping a tear away,
He thinks it was a mistake after all,
And that Christ came late that day.

The preacher's discourse was eloquent,
The organ in finest tone,
But the most impressive sermon heard
Was preached by an humble stone,
'Twas a lesson of lowliness and worth.
That lodged in many a heart.
And the church preserves that sacred stone,
That the truth may not depart.

If you have Catarrh, rid yourself of this repulsive disease. Ask Dr. Shoop of Racine, Wis., to mail you free, a trial box of his Dr. Shoop's Catarrh Remedy. A simple, single test, will surely tell you a Catarrh truth well worth your knowing. Write to-day. Don't suffer longer. Sold by all dealers.

Stooping.

Many growing girls, especially those tall for their age, are inclined to stoop, and well-meaning persons often advocate the use of braces or shoulder straps as a means of correcting the tendency. The braces may force an upright carriage, but they do not give the wearer any means of maintaining it since they prevent the exercises of those muscles which should be trained to produce an erect figure. Any exercise which strengthens the muscles of the back and shoulders will aid in correcting this defect. Old fashion mothers used to drill their stooping daughters to walk with a plate carried on their heads, and this is really a good practice. High pillows and very soft mattresses are blamed as an aid in producing this defect, and without doubt a flat, rather hard bed, with low pillows, is preferable for growing children. A stooping, awkward walk detracts so much from the appearance that there is every reason to avoid it, apart from the bad effect it exercises on the physical conditions.—Health.

Like to Try Psychine

"Please send me a bottle of Psychine. I have a child afflicted with tuberculosis, and have been advised to try your medicine by our family doctor, as he says he cannot do anything more for my child."

MRS. H. STEPHENS.

Arthur, Ont., July 14, 1907.

Psychine cures when doctors fail. Many are sorry they did not try Psychine first. Throat, lung and stomach troubles yield to its curative power. At all druggists, 50c and \$1.00, or Dr. T. A. Slocum, Limited, Toronto.

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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.

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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?

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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.

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

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