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Specialist in Diseases of
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(Late Superintendent and Resident Physician
St. John General Hospital.)
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Insure Economy.

No loss of time in experimenting if the
workmen know their business. No
waste of material if they know how to
figure. No loss from unreasonable re-
pairs. The way to do the best plumbing
is to have men who know how to do the
work.

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THE STEPHENSON HOUSE.
All Modern Improvements. Permanent and
resilient Boarders.
MIS STEPHENSON, Proprietor
Queen Street Woodstock N. B.

Weak Kidneys

Weak Kidneys, surely point to weak kidney
Nerves. The Kidneys, like the Heart, and the
Stomach, find their weakness, not in the organ
itself, but in the nerves that control and guide
and strengthen them. Dr. Shoop's Restorative is
a medicine specifically prepared to reach these
controlling nerves. To doctor the Kidneys alone,
is futile. It is a waste of time, and of money as
well.
If your back aches or is weak, if the urine
scalds, or is dark and strong, if you have symptoms
of Bright's or other distressing or dangerous kidney
disease, try Dr. Shoop's Restorative a month—
Tablets or Liquid—and see what it can and will
do for you. Druggist recommend and sell.

Dr. Shoop's Restorative
SOLD BY ALL DEALERS.

On Over-Eating.
The insistent desire to have a certain de-
gree and character of appetite not infrequently
leads to consulting the physician. Still
more common is the obsession that the appe-
tite must be gratified, the supposition being
that the desire for food is, in the growing
child or in the adult, an infallible guide to
the amount needed, though it is a matter of
common knowledge that this is not true of
infants or of domestic animals. If one leaves
the table hungry, he soon forgets it, unless
inordinately self-centred, and he has no
more desire to return than to go back to
bed and finish the nap so reluctantly dis-
continued in the morning.

I have heard the theory advanced by an
anxious forecaster of future ills that all un-
necessary food, if packed away as adipose
tissue, serves to nourish the body in periods
of starvation. Assuming that the average in-
dividual need consider this stress of circum-
stance, I am strongly of the impression that
the best preparation for enforced abstinence
will prove, not a lawyer of fat, but the habit
of abstinence. The nursery poet says:

The worry cow would have lived till now
If she'd only saved her breath.
She feared the hay wouldn't last all day,
So she choked herself to death.

The quantity of food proved by experiment
to suffice for the best work, physical or men-
tal, is surprisingly small. A feeling of emp-
tiness, even, is better preparation for active
exercise than one of satiety.

It is a national obsession with us that no
meal is complete without meat. Order fruit,
a cereal, rolls, and coffee at the hotel some
morning, and the chances are ten to one that
the waiter will ask what you are going to
have for breakfast, though you have already
ordered more than is absolutely necessary
for that meal, as demonstrated by the custom
upon the Continent, where the sense of fit-
ness is as much violated by the consumption
of an enormous breakfast as it is with us by
the omission of a single detail. George Lin-
coln Walton, M. D., in April Lippincott's

\$100 Reward, \$100.

The readers of this paper will be pleased to
learn that there is at least one dreaded dis-
ease that science has been able to cure in all
its stages, and that is Catarrh. Hall's Catarrh
Cure is the only positive cure now known to
the medical fraternity. Catarrh being a con-
stitutional disease, requires a constitutional
treatment. Hall's Catarrh Cure is taken in-
ternally, acting directly upon the blood and
mucous surfaces of the system, thereby des-
troying the foundation of the disease, and
giving the patient strength by building up the
constitution and assisting nature in doing its
work. The proprietors have so much faith
in its curative powers that they offer One
Hundred Dollars for any case that it fails to
cure. Send for list of testimonials.
Address F. J. CHENEY & CO., Toledo, O.
Sold by all Druggists, 75c.
Take Hall's Family Pills for constipation.

The little girl was very fond of pleasant
days at the close of a heavy rainstorm peti-
tioned in her prayer for fine weather; when,
the next morning, the sun shone bright and
clear, she became jubilant and told her pray-
er to her grandmother, who said: "Well,
dear: why can't you pray to-night that it may
be warmer to-morrow, so grandma's rheu-
matism will be better?" "All right, I will,"
was the quick response; and that night, as
she knelt, she made this request in her pray-
ers, "Oh, God, please make it hot for grand-
ma."

Father's Narrow Escape.
A mother whose little boy always suffers
from car-sickness found it necessary to take
him with her while shopping the other day,
and as the distance was rather far to walk,
she decided to risk taking him on the car. All
huddled up in a corner he sat and his face
kept growing paler and paler, while all the
while his eyes seemed fastened with a hard,
glassy stare on the car wall opposite him.
"I think we'd better get off for a little
while," said his mother, watching him.
Out in the air the little fellow felt better,
and with his voice quivering from earnestness
he said:

"Muvver, did you see that sign in the car?
That one that said five hundred dollars fine
if you spit on the floor? Now, what do you
think it would have cost my poor papa if I
had vomited?"—Tom Beaumont.

"I'm Growing Old."

I'm growing old; I've had my day;
As every dog must have, they say,
And now down hill I take my way
With many a sigh—
As memory wakes the grave and gay,
Of days gone by.
I've had my day, I've seen the play,
I've had my friends, I've had my foes,
Nor care I to much longer stay
Upon the scene,
For, as the wisest man did say,
" 'Tis but a dream."

Like others who have passed away,
My joys and pleasures, tears and woes,
My ups and downs, life's ebbs and flows
Like other men,
With here a thorn, and there a rose,
Time and again.

Of work and care I've had my share,
Of cheerful hope, and dark despair,
Of dainty things, and common fare
The average measure,
And something of life's wear and tear
Jumbled together.

I've had my three score years and ten,
The allotted span to mortal man;
Nor would I, if I could again,
The past live o'er.
The hustling strife, the grief and pain,
I want no more.

I fear not death; his kindly arms
Will hush and soothe life's wild alarms.
The peaceful grave's quiet rest hath charms
For all that wear.
There troubles cease, and naught that
harms
Can o'er come near thee.

Mourn not the dead! lament for those
Who struggle hard 'gainst want and woes
That cruel, inhuman men impose
On one another.
The dead in silent, sweet repose
Sleep on forever.

Weak women should read my "Book No. 4 For
Women." It was written expressly for women
who are not well. The Book No. 4 tells of Dr.
Shoop's "Night Cure" and just how these soothing,
healing, antiseptic suppositories can be suc-
cessfully applied. The book, and strictly con-
fidential medical advice is entirely free. Write Dr.
Shoop, Racine, Wis. The Night Cure is sold by
All Dealers.

With Humor—and Without It.

At a dinner during the recent Episcopal
Convention at Richmond a young lady sitting
near the Bishop of London said to him :

"Bishop, I wish you would set my mind at
rest as to the similarity or dissimilarity
between your country and ours on one point.
Does the butterfly because the tomato can?"
The Bishop laughed heartily at this vivacious
sally. Not so a young Englishman of
his party, who, after dinner, sought his host.
"I want to know, you know," said he,
"about that joke of Miss B—'s. She
asked if butter flew because tomatoes
could. Pray tell me what the point is."
Lillian Kendrick Byrn.

There is a clerk in the employ of a Phila-
delphia business man, who, while a fair
worker, is yet an individual of pronounced
eccentricity. One day a wire basket fell off
the top of the clerk's desk and scratched his
cheek. Not having any court plaster at hand
he slapped on three two-cent stamps and
continued his work. A few minutes later he
had occasion to take some paper to his em-
ployer's office. When he entered, the "old
man," observing the postage stamps on his
cheek, fixed him with an astonished stare.
"Look here, Jenkins," he exclaimed, "you
are carrying too much postage for second-
class matter!"

Senator Hopkins, of Illinois, illustrated a
story with a reference to the alertness of an
Aurora bridegroom. "You know how bride-
grooms, setting off on the honeymoon, forget
their brides and buy tickets only for them-
selves? Well, that is what this bridegroom
did in Aurora, and when his wife said to
him, 'Why, you only bought one ticket,
dear!' he answered, 'By Jove! I never
thought of my-self.'"

A Big Trade to Farmers.

If you think of buying a FARM and want
a GOOD ONE, I am now in a position to give
you the BEST VALUE for your money that
has ever been offered before in Carleton Co.
If you have the SLIGHTEST IDEA of buy-
ing a farm in the near future, DONT MISS
this CHANGE. BEST LOCALITY, UP-TO-
DATE BUILDINGS, LAND IN GOOD
CONDITION, NEAR TO MARKET,
NEAR TO SCHOOL, NEAR TO CHURCH.
—See me or write me early as this Farm
must be sold.

J. W. ASTLE,
Woodstock, N. B.

A bore is a man who talks about his own
motor-car when you want to talk about yours.
—Walter Pulitzer.

Chronic Coughs Cured

Mrs. Joseph Eccles of Dromore, says:
"I took 4 or 5 bottles of Psychine,
and a cough I had continually for nine
months disappeared. It is the best
remedy for chronic coughs that I ever
used."
Thousands of living witnesses pro-
nounce Psychine the greatest medicine
in the world. It is not a patent medi-
cine, but a prescription of a great phy-
sician. Put it to the test in any
case of throat, lung or stomach trouble
or any run down or weak condition. At
all druggists, 50c and \$1.00, or Dr. T.
A. Slocum, Limited, Toronto.

FLUE-CLEANING
—a dirty, heart-breaking job.
AND
FLUE-CLEANING
—a clean, record-breaking job.

THE FLUE DOORS
Situating "singly" over feed door
—on some furnaces.
Situating "doubly," same distance from
each other, same distance from feed
door—on "Sunshine" Furnace.

"SUNSHINE" ADVANTAGE:
Operator can easily clean every
bit of soot out of radiator.

THE OPERATION
Fire put out, smoke-pipe pulled
down—on some furnaces.
Fire stays in, smoke-pipe stays up—on
"Sunshine" Furnace.

"SUNSHINE" ADVANTAGE: Furnace can
be cleaned out any time in season without trouble,
dirt, or "fear of chilling the house."

McClary's
LONDON TORONTO MONTREAL WINNIPEG VANCOUVER ST. JOHN, N.B. HAMILTON CALGARY
Sold by H. H. Faulkner, agent, Woodstock, N. B.

Consider Well
The price at which butter and cheese has
sold the last four years—then
Consider Well
Whether you should not now—just now
put in the celebrated
**SHARPLES TUBULAR
CREAM SEPARATOR.**
In most cases these machines pay for themselves IN ONE SEASON.
Sold only by us and our agents at Meductic, Hartland, East Florence-
ville, Bath, Perth, Aroostook Junction, Grand Falls.
Balmain Bros
Woodstock.

Canadian Pacific Railway
Effective October 13th, 1907.
(Trains daily, except Sunday, unless otherwise stated.)
DEPARTURES.
(QUEEN STREET STATION).
6.45 A MIXED—For Houlton, McAdam Jet.
M St. Stephen, St. Andrews, Fredericton,
St. John and points East; Vanceboro, Bangor,
Portland and Boston etc.; Pullman Parlor Car
McAdam Jet. to Boston, Palace Sleeper, McAdam
Jet. to Halifax. Dining Car, McAdam Jet. to
Truro.
8.20 A MIXED—For Aroostook Junction, and
M intermediate points.
12.15 A EXPRESS—For all points North;
M Presque Isle, Edmundston, River du
Loup and Quebec.
1.35 P MIXED—For Perth, Junction Plaster
M Rock, and intermediate points.
4.50 P MIXED—For Fredericton, etc., via Gib
M son Branch.
5.42 P EXPRESS—For Houlton, St. Stephen,
M (St. Andrews after July 1st), Frederic-
ton, St. John, and East; Vanceboro, Sherbrooke,
Montreal, and all points West, and Northwest,
and on Pacific Coast, Bangor, Portland, Boston, etc.
Palace Sleepers, McAdam Junction to Montreal;
Pullman Sleepers, McAdam to Boston; Pullman
Parlor Car, McAdam to St. John.
ARRIVALS.
11.41 A. M.—EXPRESS—From St. John and East
St. Stephen, (St. Andrews after July 1st), Boston
Montreal and West.
12.15 P. M.—MIXED—From Fredericton, etc. via
Gibson Branch.
12.55 P. M.—MIXED—From Perth Junction and
Plaster Rock.
5.42 P. M.—EXPRESS—From Fort Fairfield, Cari-
bou, Presque Isle, Grand Falls, Edmundston
and River du Loup.
6.30 P. M.—MIXED—From Aroostook Junction.
11.05 P. M.—MIXED—From Fredericton, St.
John and East; St. Stephen, St. Andrews, Houlton,
Vanceboro, Bangor, Portland, Boston, etc.
W. M. STITT, G. P. A., Montreal.
W. B. HOWARD D. P. A., C. P. R., St. John

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Is the Attendance at the
Fredericton Business College
That although extra rooms were secured this term
the seating capacity has been taxed to the utmost.
A number of students will have completed the
course by March 1st, so we will then have accom-
modation for any who wish to enter after that
date.
This is a good time to enter.
Write for catalogue. Address,
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