

Scott's Emulsion strengthens enfeebled nursing mothers by increasing their flesh and nerve force.



It provides baby with the necessary fat and mineral food for healthy growth.

ALL DRUGGISTS; 50c. AND \$1.00.

Strawberries as Food.

There are some persons who find that the strawberry acid does not agree with them, but these are exceptions, and the addition of a little cayenne pepper, not enough to unpleasantly detract from the flavor of the fruit, will often prevent any difficulty in digesting them. They have long been recommended for persons of gouty or bilious temperament. One of the most celebrated strawberry cures was that of the botanist Linnaeus from gout, while it is stated that the free use of strawberries cured Wilson, the ornithologist, of chronic malarial fever after the doctors had failed. A noted Swiss physician restricts patients with pulmonary diseases to an almost exclusive diet of strawberries, the wild berries gathered in their native haunts being possessed of the highest value of all.

Weakness in the Spring

Is overcome when the blood is made rich and red by Dr. A. W. Chase's Nerve Food.

Weakness is the word which best describes the condition of most people in the spring.

It may be bodily weakness, tired, draggy feeling and lack of energy and vigor.

Or it may be weakness of the heart, the nerves, the stomach, liver, kidneys, bowels or other vital organs.

Wherever the trouble may be located, the cause is the same—failure of the blood to supply proper nourishment for the maintenance and restoration of the cells and tissues of the body and its organs.

Stimulants only give temporary relief. What is absolutely necessary is rich, red blood such as is formed by the use of Dr. A. W. Chase's Nerve Food, to nourish the organs back to health and vigor so that they can derive nourishment from the food.

Because of its blood-building qualities Dr. A. W. Chase's Nerve Food is marvelously successful as a Spring restorative. 50c. a box, at all dealers or Edmanston, Bates & Co., Toronto, Ont. Portrait and signature of A. W. Chase, M. D., on every box of the genuine.

Where to Get a Living.

The people crowd to the cities; the economists cry "Back to the land!"

Each year the congestion of the cities becomes greater; each recurring cycle of depression finds the "problem of the unemployed" harder and harder to solve.

In his recent book, "A Little Land and a Living," the truths of which might well be applied to Canada, Bolton Hall points the way to a means of redressing this evil—it may be of effecting a complete cure.

To most of us who think, so far as land cultivation is concerned, by hundred-acre plots, quarter sections and sections, this cry "Back to the land!" has always seemed more or less visionary and impracticable.

But Mr. Hall thinks in square feet and shows what can be done with the small or large areas of vacant land which lie in and about every large town or city.

He does not theorize; he marshals an array of facts which should be sufficient to convince the most skeptical of the feasibility of his plan.

As to value of products, here are some of examples of what has been done:

On a lot 10 x 10 feet there were grown in Philadelphia by School children, 10 to 12 years old, beets, cabbages, etc., to the value of \$5.30 which means a rate of \$2000 per acre;

The Garden School, Yonkers, N. Y., off one and one-fortieth acres, raised last year \$1350 worth of vegetables;

A woman on Long Island cultivated a garden 25 x 50 feet, and raised radishes, lettuce, onions, peas, string beans, etc., etc., enough to feed her family of three and cleared \$50 on sales in one season.

A strawberry plot 20 x 20 feet produced \$100 worth of fruit in a single season.

A rhubarb patch 36 x 54 feet in a house cellar yielded \$144 in returns.

And so on and even more so, till it seems as if the producing power of land is almost unlimited.

The intensive plan of land cultivation disregards also our fixed idea of one crop each season—two, three and even four successive crops can be produced on the same land in the same season.

Of course, gardens require time and attention in order to produce results, but the estimate given should not alarm anyone—three hours per week is said to be sufficient to keep in proper condition one-quarter of an acre.

What has all this to do with the problem

of the unemployed?

A very great deal. The Vacant Lot Gardening Associations of several cities have proved that unskilled labor, with practically no capital, can produce an abundance of food for the support of families that would otherwise be dependent upon charity. In 1907 over 800 families in Philadelphia raised on about two hundred acres, crops worth \$40,000.

To the officials of the various charitable organizations in Canada, whose aim should be not merely to help people, but to help people to help themselves, Mr. Hall's plan should be commended.

Would-be socialistic leaders should adopt "A Little Land and a Living" as a practical text-book. Its teachings would prove of far greater value to the masses than the rant of the average socialist orator. By following these teachings the socialist might in time become independent of his hated foe, the capitalist.—Donald G. French.

What Constitutes a Fireproof Building.

A building to be fireproof in the true sense must be able to resist the application of water during the progress of a fire, in the statement made in the fire roofing number of Cement age, New York. This is a factor perfectly understood by engineers and experts but frequently overlooked by the laymen. The iron or steel columns supporting a many-storied structure may be encased with a material, terra cotta, for instance, which will stand the most severe ordeal of the laboratory furnace, but which when hot will disintegrate and fall away if drenched with water thus exposing steel and iron to the flames, ultimately causing their destruction and the collapse of the entire structure.

That is why modern engineering science defines the fireproof building as a structure not only capable of resisting fire, but one in which the supporting members are protected by a fireproof covering capable of withstanding the application of water when intensely hot. Therefore to be really fire-proof as the term is used in this day, every part of a building must not only be of non-combustible material, but every vital member must be protected by an outer covering of the character described. It is of the highest importance that there should be fireproof doors and windows to prevent the spread of flames through various apartments. Indeed the modern trend of endeavor in seeking to establish absolutely safe conditions is more in the direction of preventing the spread of fire than devising means to subdue it. The natural inference would be that fireproof construction means a vast outlay of money over and above that is now expended. Fortunately this is not the case, but even at largely increased first cost such a reform would mean economy in the end. Over a half million dollars was lost in a few hours in New Orleans the other day. This money expended in fireproof construction of the type described would have been a good investment.

Pain will depart in exactly 20 minutes if one of Dr. Shoop's Pink Pain Tablets is taken. Pain anywhere. Remember! Pain always means congestion, blood pressure—nothing else. Headache is blood pressure; toothache is blood pressure on the sensitive nerve. Dr. Shoop's Headache Tablets—also called Pink Pain Tablets—quickly and safely coax this blood pressure away from pain centers. Painful periods with women get instant relief. 20 Tablets 25c. Sold by All Druggists.

Lingerie Gowns With Crepe de Chine Coats are the Vogue.

The real business of Summer clothes nowadays deals heavily in the unlined lingerie frock, says Mrs. Osborn, in the July Delin-eator. To most ears "lingerie" means lace and elaborateness. Literally it means anything that is linen, but every-day parlance applies the term to any kind of a thin frock that is not silk and which can visit the laundry. It may be as simple as you like, especially this Summer when good lines count for so much, and the merest suspicion of trimming, if it is the best of its kind, satisfies the feminine exquisite.

The crepe de Chine coat is the inseparable accompaniment of the lingerie frock. What a sensible idea it is! If the weather is sultry the woman is cool in her thin frock. If a treacherous little breeze springs up, bringing a sudden drop in the temperature, her outer wrap affords her a welcome protection. In either case her ensemble is much fresher and smarter than the heavy skirt and separate blouse and coat.

The crepe de Chine coat, now that its excellences are appreciated, is becoming more popular every year. It is really the ideal coat for warm weather. It is so light that its weight is negligible, and yet is warm enough to give it a real purpose, in contrast to the lace wraps—masses of braid and embroidery and lace, cluny, Irish crocket, reticella and Italian cut-work—beautiful but utterly useless except for their decorative effect.

But the crepe de Chine coat is quite practical for every-day occasions, unless it is for real country wear. It does not catch and hold the dirt and heat like a serge, nor does it soil and rumple like a linen for train wear. The average American woman does not understand in the least the trick of dressing well for traveling. In the day coaches you will find her in her oldest and most disreputable garments, and she flutters into the parlor car gowned as for a reception. There is no excuse for one extreme or the other. Her travelling clothes should be the perfection of chic neatness and simplicity. That is why a smart frock with a cool, dust-shedding crepe de Chine wrap makes the most sensible traveling costume imaginable.

Jacket Suits.

Jacket Suits of striped galates are among the Summer's favorite models. An attractive style has a gored skirt with two inch-wide bias bands of the material; the bands are about two inches apart, the lower one about six inches above the hem. These bands do not cross the front gore, but terminate at its seam at each side, these front gore seams being strapped with the bias bands their full length. The jacket is a three-button cutaway, the seams of the side forms being strapped with bias bands and similar bands outlining the edge.

Like Son, Like Father.

Millionaire (to tailor)—I'm told by my son that you have permitted him to run a bill for two years. I have therefore come to—

Tailor—Oh, sir, don't trouble. I'm in no hurry.

Millionaire—I see that, and that's why I've come to tell you that for the future I wish to get my clothes from you, too!—Brooklyn Life.

A Youthful Sociologist.

"Everything has its cause, its simple and striking and satisfactory cause, if we can but find it," said J. McKee Borden, secretary of the Department of Charities, at a banquet in New York.

"Take the question of poverty and wealth. 'Once in a miserable slum, I heard two little girl beggars talking.

"Why is it, said the first, 'that the poor is allus more willin' to help us than the rich?'

"The second answered promptly and bitterly.

"Them wot don't mind givin' is the ones wot stay poor."

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 pronounce Psychine the greatest medicine in the world. It is not a patent medicine, but a prescription of a great physician. 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.

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: CALLEDONTIAN, 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.

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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.

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In worth and wear—style and satisfaction—Progress Brand Clothing will well repay you for the slight trouble of asking for it.

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

Hard Pine Flooring and Finish.

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Look Anyway

Look 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. 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.

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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.

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