

**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.

#### Thoughts Of A Great Man.

These few thoughts give a vivid idea of the kind of man Abraham Lincoln was:

"Let none falter who thinks he is right."  
"It is no pleasure for me to triumph over anyone."

"Come what will, I will keep my faith with friend or foe."

"All that I am, all that I hope to be, I owe to my angel mother."

"Suspicion and jealousy never helped any man in any situation."

"Gold is good in its place, but living, brave and patriotic men are better than gold."

"The reasonable man has long since agreed that intemperance is one of the greatest, if not the greatest, of all evils among mankind."

## KEEP Well This Spring

And avoid languor and weakness by using Dr. A. W. Chase's Nerve Food.

Would you like to avoid the tired, draggy feelings of spring?

Would you like to keep up your appetite and powers of digestion?

Would you like to fortify the system against the disease germs which lurk everywhere in the Spring time?

You can fulfil these desires by the use of Dr. A. W. Chase's Nerve Food.

It is well not to wait until you are run down and miserable before beginning this treatment.

The blood is sure to be weak and watery in the Spring, after the artificial indoor life, and what Dr. A. W. Chase's Nerve Food does is to increase the red corpuscles in the blood and thereby make it rich, red, nourishing and life-sustaining.

Keep well and happy this spring and avoid headaches and indigestion by using Dr. A. W. Chase's Nerve Food. So effective is this treatment in forming new rich blood and invigorating the nervous system that you are bound to be benefited by its use. 50 cts. a box at all dealers or Edmanson, Bates & Co., Toronto, Ont. The portrait and signature of Dr. A. W. Chase, M. D., the famous Receipt Book author, are on every box.

#### The Formation of Habits.

Prof. William James has characterized habits as "pathways worn through the nerve centres." As travellers blaze trails through the woods, so do our habits blaze trails through our characters, so that what was at first difficult and even unnatural quickly becomes the line of least resistance which we follow insensibly, whether we will or no.

This being so, it is easy to see that the distinctly personal habits are likely to be formed during the plastic period of youth, and easy, also, to recognize the responsibility of parents and teachers in this regard.

If we are all creatures of habit, it is a dispensation that may not be escaped, and we may be thankful that good habits are as easily within our reach as bad ones. If a child is taken in hand early enough, it is as simple a matter to teach him the daily use of the tooth-brush, as it is to teach him to chew gum; as easy to train him into the belief that the mouth is not the place for fingers, as to allow him to quiet himself by sucking his thumb.

The trouble with most bad habits is that they are so quickly formed in small children. The mother relaxes her care for a day or two and a new trick appears, or the work of weeks on an old one is undone.

Eternal vigilance is here the price of peace. It may take three troublesome weeks to break up the nail-biting that thirty years may not avail for later, because by that time every nerve in the body will necessarily demand to follow their easy beaten pathway.

What is true of the physical habits is equally so of the moral habits. A tiny baby of a few months old knows very well if the habit of loud crying will procure for it what it wants, and if not checked it will develop into the irritable, whining adult.

Habits of disrespect of indifference to the rights of others, of cruelty, may all be irresistibly formed or dispelled in the first few years of life.

In dealing with bad habits in children, a distinction should be made between those which are rather the symptoms of physical disorder and those which are actual habits. Many children develop contortions and twistings which are the signs of beginning nervous disorders, such as St. Vitus' dance, and in these cases it is as cruel as it is useless to scold or punish. The services of a physician should be sought. The movements will disappear when the cause has received proper treatment.

#### New Styles in Skirts.

It is difficult to get away from this subject of skirts. We were tied to the pleated model so long that we are reveling in variations of the two or three set designs that have already been advanced. Not that pleats are entirely out of fashion. On the contrary, they are important features of the most satisfactory walking skirts, but the kilted variety, with the inevitable bias folds, is no longer the only one. One model in navy mohair, is sidepleated all around to a rather wide panel front, which is trimmed with a succession of folds, stitched at the top to resemble tucks; another of hairline striped black and white serge is cut circular, with a deep slashed hip yoke of crosswise stripes and a wide footband, cut bias; while still another is in princess style, the back overlapping the front in a straight line on one side and slanted, and the two portions parted on the other to disclose a braid-trimmed panel.

One of the smartest of all the new designs, however, is a priceless tunic. The underskirt has a double-box plait in front and back, and the tunic is separated to show them, while the sides are plain and close fitting, with a seam down the centre. The tunic is cut in some nine inches in the front and at the back, and slopes to a rounded point at the hem of the underskirt at the sides.

For visiting and carriage wear the long trailing Directors gowas are the acme of smartness. The coats, as often as not are Empire, with sleeves either small kimono or the ordinary coat sleeve cut off at the elbow or at three quarter length. These jaunty affairs, which sometimes have brilliant colored surplice vests, put the plain tailored cutaway quite in the shade. In fact, while the cutaway is not altogether out of the running, the tide of popularity has strongly turned to the extremes of the Directoire for dress occasions and to the straight, buttoned up and down the front coat with French back as a substitute for the strictly tailored costume.

#### Health Hints.

The Value of Buttermilk.—Mrs. Gilbert and Cehrela have examined the faces of infants suffering from various gastro-intestinal affections, and taken buttermilk as a diet to ascertain its effect on the bacteria contained in the intestine. They find that the pathogenic bacteria are hindered in their growth, while those micro-organisms that prevent putrefaction and antagonize the pathogenic bacteria are aided in their growth. Buttermilk is an efficient food, and one of easy assimilation, and acts as a therapeutic agent as well. The action of buttermilk is also due to the special chemical condition of the food which produces important modifications in the contents of the digestive tube, it having a marked anti-fermentative action due to the scarcity of fats. The faeces became modified in from 36 to 48 hours after the use of buttermilk begins, and soon become normal.

Water in Childhood.—M. Bartour gives a summary of the influence of water on the various bodily functions, and makes a plea for its greater internal use in children. The healthy infant of several months should take a full glass in the course of the 24 hours, the amount being varied according to the weather. The amount should be increased in all condition accompanied by elevation of temperature. It will restore the loss sustained through the fever, enhance the glandular activities, and by the dilution of the food will enable the gastro-enteric tract to absorb more readily the nutriment, and so will maintain vitality. Its use in local gastro-intestinal maladies is too well known to call for more than mention. In bladder instability due to concentrated and acid urine, water will prove of unquestionable benefit.

Bed Sores.—When a patient is to be in bed for a long time, as in a fracture of the thigh, great care must be exercised that bed sores do not form. In the first place, linen drawsheets must be made sufficiently large that they may be fastened to the sides of the bed so as to prevent creases or wrinkles forming under the body—these and dribbling urine being the most frequent causes. Whenever the sheet becomes soiled by urine, faeces, or discharge from a wound, they must be changed. As soon as the slightest redness of skin is observed, the affected surface must be rubbed with alcohol (65 per cent.), and dried, and then carefully anointed with glycerine; twice daily at least.

Heat in Neuralgia.—Deeper-seated pain, as lumbago, sciatica, etc., when not relieved by simple application of heat, may almost invariably be dispelled by the Scotch douche,

consisting of a local douche of considerable force, as hot as the patient can endure, applied for two to four minutes, and followed by a cold jet for a few seconds. In private practice the hot pour may be substituted for this by placing the patient in a bath tub and letting water fall for some distance upon the part treated.

Removing Splinters.—Heat a wide-mouthed bottle, and fill it two-thirds full with very hot water, and place under injured spot. The suction draws the flesh down when a little pressure is used, and the steam in a few moments removes both splinter and inflammation. This method is particularly good when the splinter has been in for some time.

#### A Calculating Man.

He couldn't afford to have most of the fun That people go after. When business was done He simply went home; and the knowing ones say That he surely missed many a headache that way.

He had no big house to be kept in repair, And no automobile to cause doubt and despair.

He figured that when he had run one and stored it,

He couldn't afford it.

He couldn't afford to go travelling far, He felt not the terrors of steamship and car. He couldn't afford to be "sporty" and find That along with his cash he had lost peace of mind.

He sometimes would yearn for a thoroughbred steed

That would startle his friends with its grace and its speed,

But he said, when they told him the charges to board it,

He couldn't afford it.

So he lived in a peaceful, industrious style, With time for a song and with mood for a smile,

And noted how many timid struggles for wealth

As in fortune they gained became bankrupt in health.

With modest abundance existence seemed fair;

Superfluous treasure meant discord and care. Since he couldn't expend it with comfort nor board it,

He couldn't afford it.

—[Washington Star.]

#### The Land of the Free.

"There's eight nations represented in this ward of ours," said Mr. Halloran to his wife on his return from a political meeting. He began to count them off on his fingers.

"There's Irish, Frinch, Eytalians, Poles, Germans, Roossians, Greeks an'—"

Mr. Halloran stopped, and began again: "There's Irish, Frinch, Eytalians, Poles, Germans, Roossians, Greeks—an' ain't it queer I disremember the other wan? There's Irish, Frinch—"

"Naybe 'twas Americans," suggested Mrs. Halloran.

"Sure, that's it," said her husband. "I couldn't think."

#### Children Enjoy It

"I have used Coltsfoote Expectorant with the greatest satisfaction with my children. It is a wonderful cure for colds and sore throat. I believe it saved the life of my little son, who was very sick from a protracted cold on his lungs."

MRS. ANNIE BRAMBLER, Orangeville, March 15, 1907.

"I am greatly pleased with the good results we got from Coltsfoote Expectorant. I get great comfort with it for my children."

MRS. WALTER HAMMOND, 171 Argyle St., Toronto.

Coltsfoote Expectorant is the greatest home prescription for all throat and chest troubles in the world. No home should be one hour without it. You can have free sample by sending name to Dr. T. A. Slocum, Ltd., Toronto. All good druggists keep it. Price, 25c. Send for Free Sample To-day.

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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 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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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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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.

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Clapboards for sale.

Hard Pine Flooring and Finish.

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### 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.

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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.

The Carleton Woodworking Company, Limited.

P. O. Box 333.



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If you are planning on attending school this Fall, send for a copy of our New Catalog giving full information in regard to the modern methods in use in this school.

O. A. HODGINS, Prin., Houlton, Me.

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