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DENTIST.  
Painless : Extraction.  
Office: Queen Street.

**DR. I. W. N. BAKER,**  
Specialist in Diseases of  
**EYE, EAR, NOSE & THROAT.**  
Office hours 9 to 12 a. m. 2 to 5 p. m.,  
or by appointment.

MAIN STREET, NEAR ORANGE HALL

**NELSON P. GRANT, M. D., C. M.,**  
Late Superintendent and Resident Physician  
St. John General Hospital.  
Office and Residence, No. 1 Broadway.  
WOODSTOCK, N. B.

**DR. T. W. GRIFFIN,**  
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OFFICE AND RESIDENCE  
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**DR. P. T. KIERSTEAD,**  
OFFICE AND RESIDENCE:  
CHAPEL ST. WOODSTOCK.  
SPECIAL ATTENTION GIVEN TO DISEASES OF  
WOMEN AND CHILDREN.

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Special attention given to collections.  
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Offices: Main Street, Woodstock.

**C. D. JORDAN, J. P.**  
Special attention given to  
Collecting, Conveyancing, etc  
May be found at office of Hon. W. P. Jones,  
Cor. Main and Albert Sts. Woodstock, N. B.



**Know-How Workmen**  
**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 repairs. The way to do the best plumbing is to have men who know how to do the work.

**FEWER BROS.**  
Connell Street,  
Woodstock.

**THE STEPHENSON HOUSE.**  
All Modern Improvements. Permanent and transient Boarders.  
**MISS STEPHENSON, Proprietor**  
Queen Street Woodstock N. B.

**PAIN**

Pain in the head—pain anywhere, has its cause Pain is congestion, pain is blood pressure—nothing else really. At least, so says Dr. Shoop, and to prove it he has created a little pink tablet. That tablet—called Dr. Shoop's Headache Tablet—coaxes blood pressure away from pain centers. Its effect is charming, pleasantly delightful. Gently, though safely, it surely equalizes the blood circulation.

**Dr. Shoop's Headache Tablets**  
SOLD BY ALL DEALERS.

**The Food Value of Milk.**

There has developed the idea among not a few people that a laboring man cannot find strength enough in milk to do a day's work. It may be of interest to read the following comparison between milk and other foods based on sufficient amount for a day of labor. This is from the pen of Prof. Long, in the Journal of the British Dairy Farmers Association:

"A man of average weight (147 lbs.), when kept inactive, as when kept in bed, can live and sometimes put on flesh on three quarts of milk per day, this quantity containing 15 ozs. of dry solids—fat, sugar and casein, but if the quantity is increased to four quarts a day the food consumed is sufficient to enable him to do a good day's work. We at once admit that so large a quantity of fluid would not be suitable as diet for a healthy man. We simply show that the feeding matter consumed by an average man should be 3,500 caloric value to this ration, for there is no waste, it follows that a man may attain as much nutrition than in a restaurant meal, consisting of soup, beef, some cabbage, bread and butter, with a cup of coffee containing milk and sugar, which costs just twice as much."

**Beware of Ointments for Catarrh that Contain Mercury,**

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75c per bottle. Take Hall's Family Pills for constipation.

**Sleeplessness.**

No, one can acquire the habit of sleep who has not learned the habit of concentration, of devoting himself single minded to the matter in hand. If we practice devoting our minds, as we do our bodies, to object at a time, we shall not only accomplish more, but with less exhaustion. Training in this direction will help us, on retiring, to view sleep as our present duty and a sufficient duty without taking the opportunity at that time to adjust (or to try to adjust) all our tangles, to review our past sources of discomfort, and to speculate upon ills of the future.

A walk, a bath, a few gymnastic exercises, will often serve a useful purpose before retiring, but if they are undertaken in a fretful and impatient spirit, and are accompanied by doubts of their effectiveness and the insistent thought that sleep will not follow these or any other procedure, they are likely to accomplish little.

This frame of mind is best attained by the habitual adoption of the same attitude toward all the affairs of life. It is an aid in its adoption as regards sleep to learn that many have for years slept only a few hours at night without noticeable impairment of the health or comfort.—Lippincott's.

To stop any pain, anywhere, in 20 minutes, simply take one of Dr. Shoop's Pink Pain Tablets. Pain means congestion—blood pressure—that is all. Dr. Shoop's Headache—or Pink Pain Tablets—will quickly coax blood pressure away from pain centers. After that pain is gone. Headache, Neuralgia, painful periods with women, etc., get instant help. 20 Tablets 25c. Sold by All Druggists.

**So Sudden.**

(Answers.)  
At the appointed time Edwin Jones had called at his best girl's home. But somehow Miss Wrinkle was not there to greet him. He seated himself in the drawing room and anxiously awaited her arrival.  
Presently the door opened, but, alas! it was only her three-year-old brother.  
"Hello!" exclaimed Edwin. "Is your sister busy?"  
"She seems so," replied the youngster, "but I don't know just what she's doing. She's standing in front of the mirror, blushing just awful and whispering to it: 'Oh, Mr. Jones, this is so sudden.'"

**Bad Books.**

There is an evil that it continually increasing, the effects of which are as fatal as they are insidious, that is, the reading of books and other publications of an immoral character. The country is nowadays deluged with works of this description. Often they are written with such skill and they have such a charm about them that they ensnare the innocent and unsuspecting, whilst they feed the virulent imagination of the vicious. A it would be impossible to draw up a complete list of such dangerous books and publications, we must content ourselves with a general direction. Whenever it is found that the reading of any book or other publication fills the mind with evil or dangerous thoughts, or when it seems to cast ridicule upon the teaching or practices of religion, it is necessary at once to cut off the source of temptation, and to fling away the book or publication, no matter how pleasing or interesting it may be. This direction is of the greatest importance for the young, and parents should be most careful to remember and enforce it, for it is only too often noticed at the present time that children, even of tender years, are allowed to read anything that they like. Parents should remember that they have a grave responsibility in this regard.

Piles are easily and quickly checked with Dr. Shoop's Magic Ointment. To prove it I will mail as mall 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.

**Categorical Bargain.**

(Mail and Empire.)  
"A corruptionist," said Senator Depew, "once entered a voter's house. In the voter's absence he pleaded his cause to the man's wife. Finally, spying a wretched kitten on the floor, he said:  
" 'I'll give you \$25 for that animal, ma'am.'  
"She accepted those terms.  
"The corruptionist, thrusting the kitten in his overcoat pocket, rose to go. At the door he said:  
" 'I do hope you can persuade your husband to vote for me, ma'am.'  
" 'I'll try to,' said the woman, 'though Jim's a hard one to move when his mind's made up; but anyhow you've got a real cheap kitten there. Your opponent was in yester day and gave me \$50 for its brother.'"

**Insomnia.**

(Letter in London Mail.)  
Insomnia is the not uncommon fate of the brain worker who, after years of continuous mental activity demands a large supply. But when the hard work is over, the brain does not always realize that it needs less nourishment, and hence the condition of excessive mental activity which is what insomnia is.

If one feels dull and spiritless in the spring or early summer, they call it 'Spring Fever.' But there is no fever—usually. It is the after effect of our winter habits. The nerves are mostly at fault. Tired, worn-out nerves leave us languid, lifeless, and without spirit or ambition. A few doses of Dr. Shoop's Restorative will absolutely and quickly change all of these depressing symptoms. The Restorative of course won't bring you back to full health in a day or two, but it will do enough in 48 hours to satisfy you that the remedy is reaching that "tired spot." Druggists everywhere are advising its use as a splendid and prompt general tonic. It gives more vim and more spirit to the spoonful than any other known nerve or constitutional tonic. It sharpens a failing appetite, aids digestion, frees sluggish livers and kidneys, and brings new life, strength and ambition. Test it a few days and be convinced. Sold by All Dealers.

A descendant of the eminent Ponce de Leon has just been graduated from a school for girls in New York. The quest of the fountain of youth was unsuccessful, along Ponce de Leon lines, but his descendant may reflect on the fact that the pursuit still continues, along different lines, and with some prospects of measurable success.

**Cure for Weak Lungs**

"I have used your Psychine for about six months, and have found it an excellent remedy for pneumonia and weak lungs." Ronald Johnson, Farewell, Ont., April 15, 1907.  
"Psychine is one of the best medicines on the market, and for all throat and lung troubles is unexcelled."—A word from a man who has tested it.  
Pneumonia, Bronchitis, Coughs, Colds and all throat, lung and stomach troubles yield to Psychine. At all druggists, 50c. and \$1.00, or Dr. T. A. Slocum, Limited, Toronto.

**Farm Bargain!**

I have for sale, at a bargain, one of the very best farms in Carleton Co., containing 200 acres; 160 acres under cultivation. The property is well watered. Fine buildings are all in first-class condition. Convenient to school and churches. Right in the heart of the best farming county in the Province. This is one of the best propositions in farm values ever offered.  
If you want a snap speak quick.  
A. D. HOLYOKE,  
Real Estate and Insurance Broker

**"Sunshine" Furnace**



**Where Shaking is Respectable**

A Draft off furnace dome, with no other assistance, is powerless to overcome the dust nuisance in shaking time. Only surplus dust rises of itself above the fire. Great bulk descends into ash-pit, and unless legitimate outlet is therein provided, dust will escape through ash-door slits and into operator's face.

In "Sunshine" Furnace the legitimate dust outlet is provided. It's a great big dust-pipe running straight from ash-pit to dome, thence to chimney. When big pipe damper is opened, all dust in ash-pit ascends to dome; then, when direct drafts are opened, all dust passes up chimney.

Always the clean and quick dust route in "Sunshine" Furnace—via grate, to pan, to dust-pipe, to dome, to chimney, to open air.

Write to us for "Sunshine" testimonials received from your own townspeople.

**McClary's**  
LONDON TORONTO MONTREAL WINNIPEG VANCOUVER ST. JOHN, N. B. HAMILTON 1 CALGARY

Sold by H. H. Faulkner, agent, Woodstock, N. B.

**NEW HARDWARE STORE,**

Connell Street, Woodstock.

Goods that are in demand this season of the year:

**Paints, Oils, Varnishes, Alabastine, etc.**

We have them all fresh and new.

Also, an up-to-date stock of **HARDWARE.**

**CLARKE & JOHNSTON.**

**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 Jct., M. St. Stephen, St. Andrews, Fredericton, St. John and points East; Vanceboro, Bangor, Portland and Boston etc.; Pullman Parlor Car McAdam Jct. to Boston, Palace Sleeper, McAdam Jct. to Halifax, Dining Car, McAdam Jct. to Truro.  
**8.20** A MIXED—For Aroostook Junction, and intermediate points.  
**12.15** A EXPRESS—For all points North: Portland and Quebec.  
**1.35** P MIXED—For Perth Junction, Plaster M. Rock, and intermediate points.  
**4.50** P MIXED—For Fredericton, etc., via Gibson Branch.  
**5.42** P EXPRESS—For Houlton, St. Stephen, M. St. Andrews after July 1st, Fredericton, 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, Caribou, Presque Isle, Grand Falls, Edmundston and Riviere 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.  
WM. STITT, G. P. A., Montreal.  
W. B. HOWARD, D. P. A., C. P. R., St. John

**Notice.**

Have your house or store wired and your repair work done by Baird & Girard. All kinds of electric light stock kept on hand. We keep a high grade lamp that we sell at a reasonable price and we can furnish you with a lamp that will cut your electric light bill down 25 per cent. All work done to the satisfaction of the underwriters. Our work can be seen in the new Methodist and Baptist churches. Electric bells installed and repaired.

HARRY D. BAIRD,  
HERMAN GIRARD.

Orders left at Fewer Bros.' Plumbing shop King street.

**OWNER WANTED.**

A parcel containing new Boys' Clothing was left some weeks ago at the Millinery Store of Mrs. W. D. Camber, which the owner can have by proving property and paying for the advertisement.

**WEBSTER'S INTERNATIONAL DICTIONARY**  
A LIBRARY IN ONE BOOK.  
Besides an accurate, practical, and scholarly vocabulary of English, enlarged with 25,000 NEW WORDS, the International contains a History of the English Language, Guide to pronunciation, Dictionary of Fiction, New Gazetteer of the World, New Biographical Dictionary, Vocabulary of Scripture Names, Greek and Latin Names, and English Christian Names, Foreign Quotations, Abbreviations, Metric System. 2380 Pages. 5000 Illustrations. SHOULD YOU NOT OWN SUCH A BOOK?  
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A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms for Canada, \$3.75 a year, postage prepaid. Sold by all newsdealers.  
**MUNN & Co.** 361 Broadway, New York  
Branch Office, 625 F St., Washington, D. C.

**GIRL WANTED.**  
A good capable girl to work in a family of six. The work is light and the house fitted with all conveniences. The right girl will get \$3.00 per week. Apply at once to MELBURN SEELY, Upper Woodstock, N. B.