

Nervous Ills and Their Cure.

Exercises conscientiously gone through in your bedroom night and morning, a few breaths of fresh air taken every day in the open air, and a brisk, even walk during which care is peremptorily banished from the mind, will, either separately or collectively, accomplish as much, if not more, toward reducing nervous ills than a sea voyage under the best conditions.

Nervousness, unless it is of such pronounced symptoms as to call for the advice of a physician, will yield to systematic physical training nine cases out of ten. Home exercise for the cure of nervousness should not be violent at first. Practise only such movements as raising the arms from the sides to a point above the head, all the bending movements of the upper body, chest expansion, and the simple raising of the legs, one at a time, toward front and side, while in a standing position.

Such a course of calisthenics, which any woman could readily outline for herself, would not have for its object the development one set of muscles, but it would raise the vital force as a whole by stimulating the entire body at the time. Strike out, up, back and down with the arms; bend front, back and toward the sides with the body, and you have succeeded in putting a dozen sets of muscles into play within the space of a few seconds.

Most essential of all is the mental attitude which if you expect to derive marked benefit, must be one of complete quiescence. Never should the person taking the exercises look upon them as work; when gone through in the spirit that a solemn duty is being discharged and must on no account be evaded, just so soon will physical culture become onerous and fail of its purpose. Let the impression on your mind be one of normal exercise rather than of obligatory exertion, and you will soon observe a change for the better in your physical condition.

Twitching of the Nerves

Became almost unbearable until Dr. A. W. Chase's Nerve Food brought about a cure.

Tapping of the fingers, restlessness, sleeplessness, inability to control the nerves.

What a story of exhausted nerves is told by these symptoms. Nervous prostration and paralysis are not far away unless restorative treatment is used.

The writer of this letter was fortunate enough to learn about Dr. A. W. Chase's Nerve Food and tells his experience for the benefit of other sufferers from diseases of the nerves.

Mr. Wm. Branton, Strathroy, Ont. writes: "My nervous system was all unstrung. I could not sleep, had no appetite, my digestion was poor and my nerves twitched. Twenty-four boxes of Dr. Chase's Nerve Food completely restored my health."

Portrait and signature of A. W. Chase, M. D., the famous Receipt Book author, on every box. 50 cents at all dealers or Elmanston, Bates & Co., Toronto.

Dr. A. W. Chase's Nerve Food.**The Expense of Remodelling.**

The manner of fashioning fur garments and accessories is about as variable as the styles in gowns, a fact which is one of the strongest drawbacks regarding them, especially in the purchase of entire coats, as remodelling is expensive. For the coming winter season fur garments, it is expected, will have a more pronounced vogue than they have had for many years. They will take on the same general lines shown in the gowns and cloth coats, the Directoire and the Empire, and they will be trimmed with a different fur, or with velvet or satin bandings, braid or buttons. As might naturally be expected, when so much liberty is allowed, these fur garments will be characterized by much individuality.

Fur cloths have lost none of their popularity. On the contrary, they will show an increased smartness. French seal, rippled pony, and all of the Russian pony effects are in the lead. Fur cloths, though less expensive than furs, of course, have a distinct advantage over them, in that they are better suited for general wear to the climate.

Among the new models in real fur is a long sealskin paletot, with a shawl collar of sable and an inner one of ermine. The same model is reproduced in French seal, with collar of bear and an inner collar or fold of Oriental embroidery. Another long coat on the paletot order is of baby lamb. It is cut square across the back, has pointed tabs on either side, and the fronts, which cross at the bust, slant down to form a single point longer than any of the others. There is a deep collar with wide flaring revers of ermine. This also is an exceptionally satisfactory model for reproduction in fur cloth.

Among the short coat designs, the double-breasted cutaway, either straight or rounded at the bottom, is most fashionable. It is especially favored in sealskin, and is a pleasing variation from the clumsy-looking double-breasted model that had almost come to be

Consumption

is, by no means, the dreadful disease it is thought to be—in the beginning.

It can always be stopped—in the beginning. The trouble is: you don't know you've got it; you don't believe it; you won't believe it—till you are forced to. Then it is dangerous.

Don't be afraid; but attend to it quick—you can do it yourself and at home. Take

SCOTT'S EMULSION

of Cod Liver Oil and live carefully every way.

This is sound doctrine, whatever you may think or be told; and, if heeded, will save life.

Send this advertisement, together with name of paper in which it appears, your address and four cents to cover postage, and we will send you a "Complete Handy Atlas of the World."

SCOTT & BOWNE
126 Wellington Street W., TORONTO, ONT.

considered the only thing suitable. A jaunty design, also, and one appropriate alike for fur, fur cloth or velvets, is a semi-fitting hip length collarless jacket, one side overlapping the other, end with neck and edges finished with flat braid. The sleeves in these coats have little or no fullness, but are as close-fitting as is consistent with ease in pulling the garment on and off.

Many of the fur cloth coats have collars and cuffs of real fur, and in that case the muff may be of the coat material, trimmed with tails or bands of fur to match, or the muff may be of the genuine skin. Braid and fancy buttons are used extensively on both furs and fur cloths.

One smart little coat of pony moire, a double-breasted cutaway with rounded corners, has a heavy shaggy bear collar with muff. Three buttons of cut steel and jet decorate each side, and with the aid of braid loops serve as fasteners.

Equivalents.

Sixty drops equal one teaspoonful.
Three teaspoonfuls equal one tablespoonful.

Four tablespoonfuls equal a quarter of cupful, or half a gill.

Eight rounded tablespoonfuls of dry material equal one cupful.

Sixteen tablespoonfuls of liquid equal one cupful.

One cupful of liquid equals two gills, or half a pint.

One heaping tablespoonful of sugar equals one ounce.

One heaping tablespoonful of butter equals two ounces.

One cupful of butter or sugar equals half a pound.

Two cupfuls of flour equal half a pound.

One heaping tablespoonful of powdered sugar, one ounce.

Five medium-sized nutmegs, one ounce.

Two rounded tablespoonfuls of ground spice, one ounce.

One quart of sifted pastry flour, one pound.

One pint of granulated sugar, one pound.

One pint of butter, one pound.

One pint of ordinary liquid, one pound.

One solid pint of chopped meat, one pound.

One cupful of rice, half a pound.

One cupful of Indian meal, six ounces.

One cupful of stemmed raisins, six ounces.

One cupful of cleaned and dried English currants, six ounces.

One cupful of breadcrumbs, two ounces.

Save this, Anyway.

Here is a simple home-made mixture as given by an eminent authority on Kidney diseases, who makes the statement that it will relieve almost any case of Kidney trouble if taken before the stage of Bright's disease. He states that such symptoms as lame back, pain in the side, frequent desire to urinate, especially at night; painful and discolored urination, are readily overcome. Here is the recipe. Try it:

Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces. Take a teaspoonful after each meal and at bedtime.

A well-known druggist here in town is authority that these ingredients are all harmless and easily mixed at home by shaking well in a bottle. This mixture has a peculiar healing and soothing effect upon the entire Kidney and Urinary structure, and often overcomes the worst forms of Rheumatism in just a little while. This mixture is said to remove all blood disorders and cure the Rheumatism by forcing the Kidneys to filter and strain from the blood and system all uric acid and foul, decomposed waste matter, which cause these afflictions. Try it if you aren't well. Save the prescription.

A Modern Pearl Farm.

In the Gulf of Lower California is in operation the largest pearl farm in the world, where the cultivation of pearls has been taken up as a practical industry. To harvest the annual crop of pearls on this farm requires the labor of a thousand persons, including the modern pearl divers, whose methods have been completely revolutionized by the up-to-date appliances employed in this new industry. Pearl farming, as originated by the Mexican company which owns the big Lower California farm, is the result of the discovery of a very simple fact concerning pearl-bearing mollusks. After twenty-five years of study and experiment it was discovered that the shell loses its gem after it is two years old, and unless opened at the proper time there will be no pearl within. Following this discovery the system whereby the shells are cultivated until the proper time and then opened was devised. From the time of planting the eggs to the harvesting of the crop two years must elapse, as that length of time is required for the growth of an ordinary shell.—Chicago News.

A Real Apology.

"When the late Joel Chandler Harris was an editor here among us," said an Atlantan, "I called on him one day and found him very willing to correct an error about me that crept into his columns."

"We talked about newspaper contradictions, public apologies, and the like, and 'Uncle Remus' took down a scrapbook and read me an apology that was an apology indeed."

"It had appeared, he said, in a Transvaal paper. I'll never forget it. I agreed with Mr. Harris that it was the finest specimen of the public apology and retraction extant. It said:

I, the undersigned, A. C. du Plessis, retract everything I have said against the innocent Mr. G. P. Bezuidenhout, calling myself an infamous liar, and striking my mouth with the exclamation: 'You mendacious mouth, why do you lie so?' I declare, further, that I know nothing against the character of Mr. G. P. Bezuidenhout. I call myself, beside, a genuine liar of the first class.—A. C. du Plessis."

It is claimed that the first Public School for the blind was established in Paris in 1784.

Spent Eighteen Dollars

"Gentlemen,—I have pleasure in stating that I have used \$18.00 worth of Psychine, and as a result was cured of very serious throat and lung trouble."

My case was a most difficult one, and the doctors had practically said that I could not get well. I tried Psychine, and it did me so much good that I continued its use until I had taken \$18.00 worth, with the result that I am now a new man physically. I have gained thirty-five pounds.

"It is with the greatest confidence that I recommend Psychine to all who are afflicted with throat or lung trouble."

Yours truly, C. A. PINKHAM.
Scotstown, Que., Sept., '07.

This man speaks from experience. Psychine cures all throat, chest, lung and stomach troubles and gives renewed strength and vitality to run-down people. At all druggists, 50c and \$1.00, or Dr. T. A. Slocum, Limited, Toronto.

The Stability of a Bank is Reflected in the Confidence of Its Depositors.

Growth of deposits of The Royal Bank of Canada since incorporation:

1870.....	\$ 288,000
1875.....	370,000
1880.....	1,230,000
1885.....	1,750,000
1890.....	3,280,000
1895.....	6,200,000
1900.....	12,000,000
1905.....	26,500,000
1906.....	28,000,000
1907.....	35,000,000

In the savings department accounts may be opened with deposits of one dollar or more on which interest will be credited or paid four times a year.

UNIFORM KEENNESS

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.

W. F. DIBBLEE & SON

Local Agents.

Knowledge Is Power!

Find the dealer who handles

"Progress Brand" Clothing

—keep the "Progress Brand" label firmly in mind—and you have the knowledge of where and what to buy, that is a power to save dollars and bring lasting satisfaction.

Sold and Guaranteed by
The John McLaughlan Co., Woodstock.

**WOODSTOCK WOOD-WORKING COMPANY, LIMITED,**

MANUFACTURERS OF

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.

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

Hard Pine Flooring and Finish.

N. B. Telephone No. 68-3.

Union Telephone No. 119

'The Sign of the White Horse.'**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.

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.

RESIDENCE FOR SALE.

That large two story dwelling with ell and shed attached on Green street now occupied by Rev. George D. Ireland. Lot freehold, ten rooms, bathroom with hot and cold water, wood furnace, electric lights and bells. Verandahs on front and one side with balcony. Everything in first class repair. Possession given first day of next November. Terms easy \$1600 may remain on mortgage at 5%. Apply to REV. G. D. IRELAND, or to J. N. W. Winslow.

FARM FOR SALE.

A farm containing over twenty acres of land in good cultivation, with buildings. Apply to, **WARD BURPEE,** Upper Woodstock.

FOR SALE.

Modern dwelling and Farm, has all modern conveniences including hot and cold water and bath. Must be sold at once. Terms very reasonable. **MRS. CHAS. TINKER,** Bristol, N. B.

DENTISTRY.

DR. A. R. CURRIE will be at Hartland on the first Monday of each month, and remain two weeks. Office: G. W. Boyer's residence.

MONEY TO LOAN

On Real Estate.

APPLY TO D. McLEOD VINCE

Barrister-at-Law, Woodstock, N. B.

House For Sale.

The residence of Mrs. Charles English on the corner of Richmond and Regent streets, close to the C. P. R. station and a few minutes walk to the Post Office, with double lot, also the household furniture, barn, hen house, two story woodshed, etc. Some old mahogany furniture also remains for sale. For further particulars enquire on the premises. **MRS. CHARLES ENGLISH.**

Aug. 26-4i.

Commercial Hotel,

GEORGE O. BRITTON, Proprietor
HARTLAND, N. B.

This hotel is well heated, rooms large and nicely furnished. Modern toilet rooms and baths. Table board unexcelled. Teams furnished for travellers. Permanent and transient boarders solicited. N. B. Band Farmers' telephones.