

INDIGESTION IS SLOW STARVATION.

Food is to the human body what fuel is to a furnace. Without the aid of food the body starves and dies, just as a furnace fire dies, grows cold, when not supplied with fuel. Undigested food decays. So long as it lies in the stomach it is fermenting—giving off noxious gases and acid fluids that poison the blood and flow with it all through the system.

You cannot be healthy in such a condition. You must surely lack the snap, the energy of mind and muscle, of brain and body, which are necessary to the enjoyment of life's good things—its work and play. There is no enjoyment for the man or woman whose stomach is out of order.

When your food fails to supply nourishment through rich red blood, you are being starved in muscle and nerve—starved as truly as the man who has nothing to eat—only yours is slow starvation.

Mother Seigel's Syrup, the great remedy for indigestion, has had 40 years of unvarying success all over the world. By aiding the organs of digestion to perform their work naturally, it has given health and comfort to millions. We have thousands of letters attesting such cures. Here is one from—

Mrs. James A. Placey, of Ulverton P. O., Drummond Co., P. Q., who writing August 27th, 1908, says:—For over ten years I have been troubled with nervous headaches, without obtaining any relief from prescriptions. I was advised to try "Mother Seigel's Syrup," and the trouble ceased after taking a course of your valuable preparation.

For sale by all leading Druggists & Merchants 50 cts. a bottle. A. J. White & Co. Ltd., Montreal.

The Discovery of Mrs. Dugan.

(Good Housekeeping Magazine.)

Wan day whin Oi was afther rummagin' in me cellar, Oi found wan dozen champagne bottles goin' t' waste, an' 'twas a pity t' see thim go t' waste. Oi tuck a look at thim an' Oi seen they was all in good condition, except they was full av champagne-wather. Puttin' th' twilve bottles t' wan soide, Oi went into th' back yar-r-d, where th' grapevine do be, an' from th' grapevine Oi tuck wan av thim long curly tendrils. A friend av mine so happened t' be th' president av th' United States Steel Company, an' Oi sint him th' long curly tendrils from th' grapevine, an' Oi said, "Wud he mek me a duplicate av it in timpered steel?" Shure, he was glad t' accomodate me, because wance me old man was afther buyin' a share av steel stuck from him, whin no wan seemed t' want anny.

'Twas not six weeks whin Oi ressyved back from th' president av th' steel trust th' timpered steel imitation av th' curly tendrils av th' grapevine.

Onta th' upper ind av this, an' crossways, 'twas no thrick at all t' fix a clothespin. Oi thin pressed th' sharp point av th' lower ind av th' steel tendrils into th' cork av wan av th' champagne bottles, an' twisted th' tendrils around. Thin, by pullin' sharp upward on th' clothespin, an' at th' same time houldin' th' bottle toight betwane me knees—which Oi had covered wid rusin to prevent th' bottle slippin'—Oi drew out th' cork.

Oi thin emoved th' cork from another bottle, an' emptied th' contents down th' drain, except a small tumblerful, which Oi also drank.

Oi thin removed th' cork from another bottle, an' emptied th' contents down the drain, except a small tumblerful, which Oi drank.

Oi then removed another bottle from th' cork an' emptied th' drain down th' contents, except a small tumblerful, which Oi drank.

Oi thin bottled another small remove—from th' tumbler—except a small corkful—which Oi drained—an' contentsed th' drank down th' bottle.

Oi thin tankled a bump from 'nother dottle an' Oi mean Oi dunkled a tump from 'nother cople—you see, me frind, Oi mean Oi drankled a kump—Oi mean Oi cackled—Oi mean Oi conkled—Oi—Oi—Oi—well, annyhow, Oi did it t' all thim twilve bottles.

Thim bottles was now all impty, an' Oi staided th' house wid wan hand an' counted

Valuable Samples Free

"I have used your Coltsfoote Expectorant and find it satisfactory in cases of croup, colds or coughs. I have used it ever since I got a trial bottle, and have recommended it to everyone in need of it. You may use my name and address for testimonials if you wish. Hoping it will benefit others as it has done my children, I remain,
MRS. AGNES COMBER."
1069 Frances St., London, Ont.

Coltsfoote Expectorant is the greatest cough and throat cure in the world. It is the prescription of a renowned specialist. In order that every family may prove its unparalleled merits we will send a sample bottle free to everyone who sends us their name and address and mentions this paper. Can be had at all druggists at 25c. Send your name to-day to Dr. T. A. Slocum, Ltd., Toronto.
Send for Free Sample To-day.

th' bottles wid th' other. There was twenty-seven left out av th' dozen!

Be this toime th' house was revolvin' rapid, an' Oi sot on th' floor an' counted th' bottles as they wint by. There was sixty-four av thim. Oi clumb t' th' kitchen table an' produced out av th' drawer th' can-opener, on th' hind legs av which was a glass cutter. Oi crept back carefully t' th' bottles, and seated meself in th' cinter av thim, and thim goin' around me continuous. By pricindin' indifference t' thim, an' springin' at thim whin they was off their gward, Oi was able t' catch thim wan at a toime. Whin Oi had thus caught a bottle Oi held it firmly down—by lyin' on it—an' wid th' glass cutter Oi cut off th' bottom an' th' neck av it. These Oi put t' wan soide, an' what remained av th' bottle made an excellent lamp chimney.

Whin Oi counted thim, Oi found Oi had siviny-two!

The Gopher And His Ways.

Those whose lines have been cast in places where the Canadian gopher has its haunts, bear no tender recollection of this tiny quadruped, which has so strong a predilection for the farmer's wheat. The creature belongs to the family of rodents, the various species of which are scattered all over North America. One branch rejoices in the possession of cheek-pouches, but the Canadian variety has no such adjuncts, and is in fact with all over the vast prairie lands, and attains a length of, perhaps, ten or eleven inches on the average. His hair is of light brown hue, with white breast. Here and there one may see a gopher with black spots, but this type is by no means so common as the other. The hind-quarters are largely developed, and the little creature is often seen squatting on his hams, the while he utters a plaintive squeak. The teeth are powerful, especially in front, while a bushy tail swings behind. The gopher is a burrowing animal, and makes its nest of grass or anything soft. They exist in their millions, and are a great nuisance to the settler who grows wheat. By abstracting the sap or juice from the stalks, a few score of gophers will soon render useless a tract of wheat land, and one can trace their depredations from the dull, lifeless appearance of the part preyed upon. Poison will kill them, traps will thin their numbers, but progress in that direction is almost inapproachable, owing to their countless array, and they breed very fast. The only way by which they will be exterminated lies, as in the case of many other pests, in the filling up of the country with settlers.—[London Standard.]

It isn't so difficult to strengthen a weak Stomach if one goes at it correctly. And this is true of the Heart and Kidneys. The old fashioned way of dosing the Stomach or stimulating the Heart or Kidneys is surely wrong! Dr. Shoop first pointed out this error. "Go to the weak or ailing nerves of these organs," said he. Each inside organ has its controlling or "inside nerve." When these nerves fail then those organs must surely falter. This vital truth is leading druggists everywhere to dispense and recommend Dr. Shoop's Restorative. A few days test will surely tell! Sold by all druggists.

Costly Contempt.

(Mack, in Saturday Night.)

When Kipling was here he did not sketch in a few words, any truer picture than Lord Northcliffe gave us of a kind of Englishman sadly underrated among us, when he told of a couple of men from London, wearing eyeglasses and loud-checked knickerbockers, ostensibly hunting mountain goats in the Rockies, but really acting as agents for British investors, agents whom it would not be advisable for any Canadian to attempt to outwit in any financial transaction. He tells us that four hundred men—unlikely looking they may seem to us—are at present scattered over Canada, sending daily or weekly reports to clients in London. The more harmless they succeed in seeming, the more effective they prove. This country has a contempt for the "swell," and perhaps it costs us something.

The Absent-Minded Candidate.

There is a certain Western Congressman whose boundless affability and habitual absent-mindedness have occasionally led him into absurd mistakes. One day, during his last campaign, as he stepped from the train at the station of his home town, after an arduous two weeks of stumping and "glad-handing," his little daughter rushed up to him and kissed him. The Congressman beamed upon her with a proud and tender parental eye. "Well, well!" he exclaimed, "if it isn't my little Alberta!" Then he added mechanically, "And how is your dear old father?" [Cleveland Leader.]

A Boston firm recently offered a prize for the best definition of what constituted success. A Kansas woman was awarded the prize, and this was her answer; "He has achieved success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has his nitche, has accomplished his task; who has

left the world better than he found it, whether an improved poppy, a perfect poem, or rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has always looked for the best in others and given the best he had; whose life was an inspiration; whose money a benediction."

Facing the Enemy.

Major Cary, who died a few months ago in England, was the leader of the search party which rode through the African bush to find the body of the Prince Imperial of France. It was with Lieut. Cary, of the Ninety-eight Regiment that he went out on the fatal ride in the Zulu war. Ellen Barice gives an account of the tragedy in her life of the Prince, and also mentions a little incident of his boyhood which is curiously prophetic of the spirit he showed in his last fight.

The Prince was a bright, jovial youth with high spirits. "The Dear Boy" he was called in camp. When the corps of volunteers under Cary's command found his body in the tall grass, it was seen that he had received seventeen assegai wounds, all in front.

When the Prince was a small boy he was attacked by a deep-seated abscess in his back. An operation was ordered, and the little fellow submitted bravely. Something troubled him, however, which at last he confided to his father.

"If a scar remains," he said, "perhaps my enemies some day will think I ran away."

PILES

Dr. Chase's Ointment is a certain and guaranteed cure for each and every form of itching, bleeding and protruding piles. See testimonials in the press and ask your neighbors about it. You can use it and get your money back if not satisfied. 60c. at all dealers or EDMANSON, BATES & CO., Toronto.

DR. CHASE'S OINTMENT.

A Generous System.

(Chicago News)

Not long ago the money order clerk at Pampanga, in the Philippines, paid a beautiful young Filipino the amount of her order, but on the margin was written a message which he was asked to read to the young woman. It was this: "I send you 20 pesos and a dozen kisses." Glancing at the shy, dusky beauty, he said, "I have paid you the money, now I suppose you wish the kisses?" "Yes," she said. "If my husband has sent me any besos (kisses) I want them too." The remainder of the order was promptly paid. On reaching her home the little beauty burst out to a group busy playing Filipino bridge whist "I tell you, this American postal system has the old Spanish system beaten a mile. Here my husband sent me a dozen kisses along with the money order, and the kind gentleman with the black beard gave me twenty."

Do We Stand too Much.

We stand and sit too much, according to the views of Dr. Gelbke, expressed in a lecture recently delivered before a body of German physicians. Chairs may have been known to the ancients, but they were used only on extraordinary occasions. Persons of culture, as well as barbarians, took their meals and their rest reclining. In discussing the subject, Dr. Krueche, of Munich, according to the London Globe, says that "to this day the primitive peoples prefer the reclining to the sitting posture, and the fact that they lie not upon the back, but upon the stomach, accounts for the better and more supple figures of these people."

A Clubbing Offer.

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Are coming upon us when the wise father and mother will look about for some means to keep the young people at home.

Nothing will do this more effectually than a musical instrument, a Violin, an Organ, or a Piano. I heartily recommend to your notice the renowned Gourlay Piano. Won't you come and have a talk with me about the matter.

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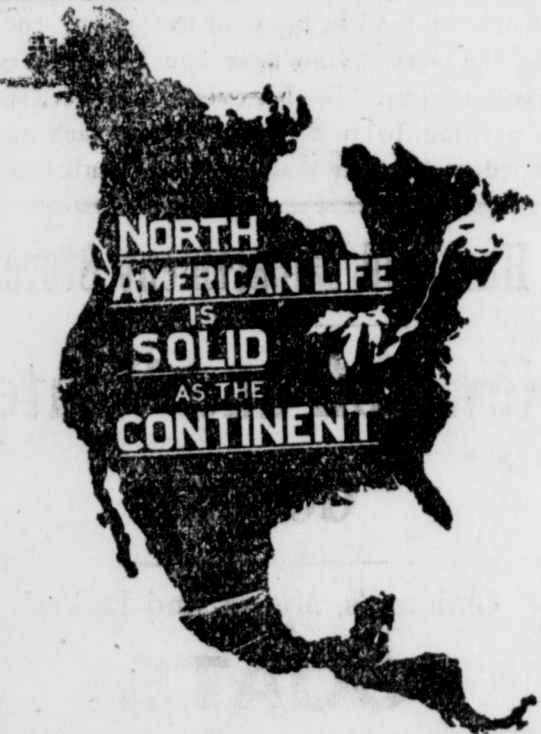
Why continue to fuss with unsightly, ungainly clothes lines and poles when you can get this neat, compact, convenient Hill Dryer. Instead of being spread all over the yard and supported by numerous poles, every inch of every line on the Hill Dryer is within easy reach—so you can hang the whole wash without moving a step, without having to drag the heavy basket up and down the yard through snow or damp grass.

Set up a Hill Dryer in a convenient spot near the house and see how many steps, how much time, work and bother it saves. Once used it and no one could ever coax you back to the old-fashioned clothesline method. Hill Dryers are made in several sizes and styles for lawn, balcony and roof. Hold 100 to 150 feet of line—revolve so line comes to you—taken apart, folded up and put away, keeping your lawn entirely clear of obstructions.

Let us put one up in your yard ready for next wash-day. Or call and see it.

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