

**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.

**Knell of the Drink Habit is Raging.**

(Ada May Kreeker.)  
Since the race is evolving, the virtues of one civilization become the vices of the next. Habits which found acceptance among ancient Greeks and Orientals are tabooed today. And the usages of today pass in favor of a better tomorrow. They pass so palpably and patiently, often so swiftly, that it is easy to see them go, and none more so, perhaps, than alcoholism. Although the flowing bowl still contributes incalculably to the gaiety of nations and the pleasures of men, there are many and no uncertain signs that the race is evolving out of the stage when drink is counted an amusement and a help.  
When the lovely legends of Valhalla formed paradise there was promised the dead heroes the supreme reward of an eternal orgy of intoxication, intoxication blissfully, continued without a "morning after." Public opinion has travelled so far since then that Valhalla could be the heaven of only the dregs of humanity, and even then perhaps fall a little short of their ideal of real happiness.

Dr. Archdall Reid, who is in the front rank of scientific men, has shown that in the old days a drinking bout did not interfere with the labors of the chase, which soon effaces its inconvenient effects. And in the next stage when men were farmers and worked by rule of thumb methods they still could indulge copiously without working a whit the worse for it. The craftsman of the Middle Ages needed a certain steadiness of hand and clarity of mind, but he had many holidays and leisure periods when he could turn to his cups for almost unlimited debaucheries.

Of course, it is far different with the twentieth century locomotive driver or chauffeur. The least intemperance spells death and pain to hundreds and big money losses to boot. That is why these professions are practically purged of inebrities. There has been a big advance towards sobriety among seamen, too. For the owners of the costly modern steamers teeming with human lives and laden with expensive cargoes cannot afford to take the risk of tipsy crews.

It is the same in all the occupations of these latter days. Everywhere its delicate and costly machinery, which must be worked systematically and regularly, and this needs a steady hand and a clear head. Everywhere are demanded the order, the stability, the acuteness, and the foresight which tipplers cannot supply.

In it only in belated lands like Ireland that even a farmer can imbibe his whiskey

**Strength**

COMES

**From Food**

But it must be well digested.

The power to think well, work well, sleep well, and enjoy life depends mainly upon the ability of your digestive organs to extract strength and nourishment from food. When digestion fails, as in dyspepsia and indigestion, the body is starved, no matter how much food is eaten. It also becomes poisoned. Food remaining in the stomach ferments, producing poisonous gases, which, being absorbed into the blood, shatter the nerves, dull the brain, create disease, and give rise to headaches, languor, loss of appetite, palpitation, flatulence, and other disorders of the blood and nerves.

When the stomach, liver and kidneys fail to perform their functions perfectly, there is no remedy that will so soon restore them to health and vigour as Mother Seigel's Syrup. As a digestive tonic and stomachic remedy it has no equal. This is the testimony of thousands. Mrs. Peter Brennan, Peterville, P.E.I., writing on August 15th., 1908, says:—  
Our little daughter, Annie May, suffered from stomachic malady and headaches for nearly three years. We tried numerous remedies but nothing seemed to do her any good until we give her a fair trial of Mother Seigel's Syrup. She has now taken the contents of two bottles and to-day she is in perfect health.

Price 60 cents a bottle. Sold everywhere.  
A. J. White & Co., Ltd., Montreal.

and other intoxicants in the old way. He can do it because he uses desperately old-fashioned tools and methods. In modern working arrangements the laborers are often indoors, and they are nearly always sedentary. The machine moves for them.

While there are exceptions, to be sure, in the unusual instances, the hard drinkers are sunk to the lowest levels of society, 'the ooze which degles our dainty civilization.' Nineteenth of crime is attributed to drink, 25 per cent. of poorhouse inmates trace their low estate to the bottle. "The most prolific of all the causes of pauperism" is stated by Charles Booth to be drink. Bernard Houghton, who has made faithful researches, finds "the general mortality due to alcohol much exceeds the figure of 10 per cent. of the total deaths." The insurance companies support him in his decree which goes to indicate that the strong, the self-respecting, the representative types of the race have evolved out of alcoholism that the coming race will be sober by nature.

**Good Home Recipe.**

Get from any prescription pharmacist the following:

Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces.

Shake well in a bottle and take a teaspoonful dose after each meal and at bedtime.

The above is considered as the most certain prescription ever written to relieve Backache, Kidney Trouble, Weak Bladder and all forms of Urinary difficulties. This mixture acts promptly on the eliminative tissues of the Kidneys, enabling them to filter and strain the uric acid and other waste matter from the blood which causes Rheumatism.

Some persons who suffer with the afflictions may not feel inclined to place much confidence in this simple mixture, yet those who have tried it say the results are simply surprising, the relief being effected without the slightest injury to the stomach or other organs.

Mix some and give it a trial. It certainly comes highly recommended. It is the prescription of an eminent authority, whose entire reputation, it is said, was established by it.

A druggist here at home, when asked, stated that he could either supply the ingredients or mix the prescription for our readers, also recommends it as harmless.

**Sanitation in the Home.**

Handkerchiefs used in cases of cold, catarrh, or throat or lung troubles should be washed by themselves, subjecting them to a disinfecting process. They should not be washed with other clothing until this is done. All white clothes should be boiled, if only as a sanitary measure, to kill germs and disinfect. A high degree of heat is necessary, and merely scalding will not do. All clothing worn next the skin should be boiled, or put through a disinfecting process, whether the wearer is diseased or not. Many infectious diseases are spread through the carelessness of those handling soiled clothing. There are so many harmless disinfectants, which can be used with even colored clothing, that this should not be neglected. Every child should have its own handkerchief, towel and wash rag, as well as tooth brushes, comb, and other toilet belongings. Soiled clothing should not be kept in the sleeping rooms of the house, and everything worn next the body, whether garments or bed clothing, should be well aired and sunned frequently. Water standing in the bedroom pitcher over night should not be used for drinking purposes, but if water must be kept at the bedside, cover it closely. Do not allow bedroom slops of any kind to stand in the bedrooms; empty, scald and wash every thing used. Do not make up the beds too early in the day. Sun the bedding as often as possible, and all coverings should be left in the fresh air and sunshine, if only between windows or doors, for at least an hour or two, every morning if the 'bedroom smell' is not wanted. Burn all sweepings of the bedroom, or the living room, especially, and it is a safe way to dispose of all dust and litter gathered about the premises. Let in as much fresh air as you think you can stand.

**The Poultry Yard.**

Droppings should be cleared from the houses twice a week, and insect powder dusted over the perches and into the crevices. Kerosene is good for this purpose, also.

The original cost of the flock represents about all the cash outlay, with the exception of course, of the poultry building and accessories, which need not be expensive, and the addition of a new breeding male every alternate season.

With a fair-sized flock of poultry the farmer can convert a great amount of waste material about his farm into money—in the shape of eggs and chickens. With intelligent management poultry ought to be all-the-year revenue producers, with the exception, perhaps, of the moulting season.

Salt in small quantities, is beneficial to poultry, but it should be mixed in the feed. Large amounts are apt to cause serious illness or result fatally. From half a

dram to a dram of salt is fatal to the average adult chicken. This quantity will cause loss of appetite, great thirst, inflammation of the membrane lining of the mouth and throat, and diarrhoeas; if the fowl be opened after death the intestines will be found in a condition resembling, somewhat, that resulting from arsenical poisoning.

Sickness among fowls is often caused by the absence of sufficient grit or grinding material!

Chickens seldom get sick without a local cause. Find out what it is and guard against it in the future.

In time of hatching, remember that good food, pure water, and freedom from lice will insure fertile eggs.

Sunflower seed and millet are both good for chickens, especially during the moulting period.

The benefit derived from making one's flock better is far greater than the expense incurred.

The wholesome, harmless green leaves and under stems of a lung healing mountainous shrub, give to Dr. Shoop's Cough Remedy its curative properties. Tickling or dry bronchial coughs quickly and safely yield to this highly effective Cough medicine. Dr. Shoop assures mothers that they can with safety give it to even very young babes. No opium, no chloroform—absolutely nothing harsh or harmful. It calms the distressing cough, and heals the sensitive membranes. Accept no other. Demand Dr. Shoop's. Sold by all dealers.

**A Professor Blackie Joke.**

A correspondent sends to the Glasgow Herald an anecdote concerning the attempt of a serious-minded lady to lure Professor Blackie into giving his opinion of Sankey's hymns, at a time when they had an enormous vogue. The lady was giving the Professor lunch, and he tried to fob her off by praising a Stilton cheese on the table. Some time after the lady sent him a copy of Sankey and a piece of the cheese, hoping thus to draw him. She succeeded, to the extent of these four lines of verse:

Thrice blessed is she that hath done what she could

To make a lean man fat and a bad man good;  
For the body, cheese; for the soul, Sankey—  
For both, thank'ee.

This sort of thing was quite in Blackie's time.

**A Fortune In Comic Opera.**

(From The London Chronicle.)

The fortunate composer of "The Merry Widow" has already made £70,000 by this most popular comic opera. It is safe to say that in the history of the stage no such work has attained the same enormous success. A few high-class works, such as "H. M. S. Pinafore," "The Mikado," "The Geisha" and "San Toy," have made small fortunes for their composers and have enjoyed the distinction of being performed in all languages and in all kinds of theatres. But "The Merry Widow" has beaten records not only in this country but also in America and in Germany, Austria, Holland and Norway.

The opera of the ex-bandmaster of an Austrian infantry regiment, Herr Franz Lehar, was first produced at the An der Wien Theatre, Vienna, on Jan. 3rd, 1906.

Any opera that Herr Lehar now writes is willingly bought at his own price. The composer's autograph to-day is worth five shillings. Three years ago no one would have thought of asking him for it. He was then an unknown man.

**Thanksgiving Hints.**

Let no one else suspect that you have little cause for thankfulness.

Remember that every one has cause to be thankful—if not for personal, at least for family, sectional and national reasons.

Try to find the time spirit of thanksgiving in thinking of other people's happiness and so find at least a faint reflection in your own heart.

If the unavoidable hitches in the domestic machinery occur, console yourself with the thought that, although the turkey was underdone, the pumpkin pie was beyond reproach and that if the cook forgot the celery she remembered the salad dressing which you had forgotten.

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MRS. CHAS. TINKER,  
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Sept. 9-41.

**The Long, Cold, Dark Evenings,**

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.

**C. R. WATSON,**

Dealer in Musical Instruments.

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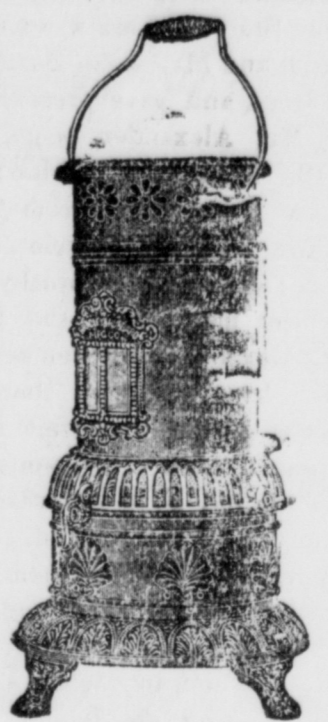


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CALEDONIAN, the Oldest Scottish Fire Office  
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ATLAS, Founded in the reign of King George III and the QUEEN.  
I shall be pleased to see intending insurers.

**LOUIS E. YOUNG,**  
Woodstock, N.B.

**Clothes Cleaned and Pressed**

—AT—

**SAM W. FONG'S LAUNDRY**  
**HARTLAND.**

PRICES LOW.

**All in The Point Of View.**

"What curious creatures human beings are!" said the little crab. "Just look! They walk straight ahead!"—Robert T. Hardy.



SEALED TENDERS addressed to the undersigned, and endorsed 'Tender for Partridge Island Wharf, N. B.,' will be received at this office until 4.30 P. M., on Friday, November 20, 1908, for the construction of a Wharf at Partridge Island, St. John Harbour, St. John County, N. B., according to a plan and specification to be seen at the offices of E. T. P. Shewen, Esq., Resident Engineer, St. John, N. B., Geoffrey Stead, Esq., Resident Engineer, Chatham, N. B., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the printed form supplied, and signed with the actual signatures of tenderers.

An accepted cheque on a chartered bank, payable to the order of the Honourable the Minister of Public Works, for fourteen hundred dollars (\$1,400.00), must accompany each tender. The cheque will be forfeited if the person tendering declines the contract or fail to complete the work contracted for, and will be returned in case of non-acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By order,  
NAP. TESSIER,  
Secretary,

Department of Public Works,  
Ottawa, October 7, 1908.  
Newspapers will not be paid for this advertisement if they insert it without authority from the Department.