

BILIOUSNESS AND ALL LIVER DISORDERS

ARE
CURED
BY

The tortures of biliousness must yield to Mother Seigel's Syrup, because this great medicine tones and strengthens the liver, regulates the flow of bile, and cleanses the whole system.

**MOTHER
SEIGEL'S
SYRUP.** Sold Everywhere

A. J. WELLS & CO., LTD., MONTREAL

Got His Own Back.

A negro gardener, a jolly fellow, was employed at a school. The boys used to have great fun with him. Sometimes, however, he would prove too much for them with his repartee.

One day in the spring Sambo had been burning the school green in order to get rid of the old withered grass. A young fellow came along, and thinking to have some fun shouted:

"Say, there, Sambo, you ought not to burn that stuff."

"Why?" inquired Sambo.

"Because," replied the other, "it'll make that grass as black as you are."

"Well, massa," retorted Sambo, "dat's all right. Yes, dat's all right. Never fear, dat ere grass come up again, and be as green as you are!"

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.

We the undersigned have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KINNAN & MARVIN,

Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

Short Breath.

Respiration in health and under normal conditions of rest or moderate exercise is an unconscious act, almost as much so as digestion or the beating of the heart, but it is very easily disturbed, even in health, and in certain diseases its disturbance is often one of the most distressing symptoms, says Youth's Companion. The short breath following violent exertion, such as running or hill-climbing, is familiar to every one. It is due to the increased call for oxygenation of the blood and the temporary inability of the heart to pump the blood in sufficient volume through the lungs.

When shortness of breath is brought about by moderate exercise, it is due to some abnormal condition, such as anemia, obesity, a weak heart or indigestion. This tendency is relieved by attention to the weak point, whatever it may be, and a judicious system of exercises—a sort of modified training.

Permanent shortness of breath, or dyspnea, as it is technically called, is a more serious affair, and is usually due to some actual disease. What the disease is of which this dyspnea is a symptom can often be discovered only by a careful and thorough examination of all the organs of the body.

It is often called asthma, and treated at home by inhaling the fumes of burning niter paper or by some other of the ordinary remedies. But asthma is a distinct disease, although its true nature is not yet definitely determined. It occurs in paroxysms, usually at night, in the intervals of which the breathing is generally easy and quiet. Permanent dyspnea is another matter, and is an indication of something wrong.

It may be due to a great variety of causes only a few of which can be mentioned here.

Anemia, or poverty of blood, may give rise to permanent dyspnea, as well as to shortness of breath on exertion. The symptom is a regular accompaniment of diminished lung capacity, either through consolidation of more or less of the lung tissue in tuberculosis or pneumonia, or through compression of the lungs by an accumulation of fluid or air in the chest.

Anything that interferes with the free action of the heart, such as weakness of the cardiac muscle or disease of the valves of the heart, pressure by fatty deposits, an enlarged liver, or gas in the stomach will produce shortness of breath.

Short breath in children is commonly the result of obstruction in the air-passages, caused by enlarged tonsils, the presence of glandular tissue in the pharynx, called adenoids, or a swollen condition of the mucous membrane in the larynx.

Persistent shortness of breath is a symptom that should not be neglected.

Virtue Unrewarded.

One morning during the past winter, while it was still dark, Grimpson crept downstairs and set to work to clear the snow from the front of his residence. He worked like a nigger for an hour and a half and when he trotted off to business he chuckled at the thought of the pleasant surprise which was awaiting his wife.

When he returned to lunch he expected the subject would be mentioned, and he was not disappointed.

"That man did his work remarkably well," said his wife. "There wasn't a bit of snow left when he'd finished."

"What man?" gasped Grimpson.

"That man you engaged to clear away the snow," was the reply. "He was just finishing when I came down. I gave him a quarter. Was that right, dear?"

Grimpson didn't speak for some minutes, and when he did his wife got up from the table and left him, as he put it, to "have it out with himself."

The Fourteen Errors of Life.

The fourteen mistakes of life Judge Renoul told the Bartholomew Club are:

To attempt to set up our own standard of right and wrong and expect everybody to conform to it.

To try to measure the enjoyment of others by our own.

To expect uniformity of opinion in this world.

To look for judgment and experience in youth.

To endeavour to mould all dispositions alike.

Not to yield to unimportant trifles.

To look for perfection in our own actions.

To worry ourselves and others about what cannot be remedied.

Not to alleviate if we can all that needs alleviation.

Not to make allowances for the weaknesses of others.

To consider anything impossible that we ourselves cannot perform.

To believe only what our finite minds can grasp.

To live as if the moment, the time, the day were so important that it would live forever.

To estimate people by some outside quality, for it is that within that makes the man.

Rheumatism promptly driven from the blood with Dr. Shoop's Rheumatic Remedy. Don't waste time with common remedies. A test will surely tell. In tablet or liquid form. Sold by All Dealers.

An All Day Summer.

The famous "white nights" of the North are a most surprising phenomenon to the visitor from southern climes. It is a weird experience, declares Mr. A. M. Scott, in "Through Finland," to sit for the first time upon a verandah at midnight and read a newspaper, or to walk home from a restaurant at one o'clock in the morning and to see people still gossiping at the street corners or strolling along the promenades under a bright, clear sky.

A spirit of rest and peace is over all the earth. The sky is bright, not with the fiery brilliancy of noon, but with a tender, gentle radiance. The colors of the landscape have become softened, not blended. There are no shadows save for a week or two in June, when the bright northern sky at midnight projects faint, ghost-like shadows toward the south. The sun just dips below the horizon and no more. There is no division between the sunset and the dawn; the same, rosy flush serves for both.

Sinking Sensations in the Stomach

Do They Affect You?

These unpleasant feelings of weakness and collapse indicate that the sympathetic nervous system is out of order.

The cause is impairment of nerve tone, arising from failure of the stomach to perform its work.

Acute indigestion follows, and the natural result is mental depression, and a feeling of collapse and extreme weakness.

The best, because the quickest and surest cure, is Ferrozone.

It acts at once upon the digestive and assimilative organs—it fortifies the stomach—makes the blood nourishing, gives it a rich, red color, the best evidence of health.

"For ten years I suffered acutely from stomach trouble," writes Mr. Maxwell Thompson, of Toledo. "I always had a headache and dull feeling after meals. My appetite was poor, and I didn't relish food. It was all due to a weak, defective stomach. I read about Ferrozone, and ordered six boxes from my druggist. It was no time at all before I felt much better, and when all the Ferrozone was used, I really took a new lease of life. I am stronger, brighter, and feel more like work than before trying Ferrozone. It is a splendid tonic, the best I ever used."

Ferrozone is unrivalled in curing stomach ailments, try it and be convinced. Sold by all druggists in 50c boxes, six for \$2.50, by mail from The Catarrhzone Co., Kingston, Ont. 6

Summer in Finland is, in fact, one long day. Never a star is to be seen; and when the first faint star glimmers in the south it is a sign that the summer is past, and that the autumn frosts have arrived.

The long night has a marvelous effect upon vegetation, forcing its growth at hothouse pace. The "white nights" account both for the suddenness of the burgeoning and for the intensity of the heat. Land and water have no time to cool. One cannot fail to be struck with the enormous size of the foliage upon the oak and hawthorne trees as compared to that to which we are accustomed. Botanists have explained this as being due to the larger supply of light. It has sometimes been suggested that we may hasten the harvests by the use of artificial lights. Nature herself does this for the Finnish farmer.

Johnston-DeLong.

At the home of the bride's brother, Wednesday, Sept. 29th, the marriage of Miss Elizabeth C. Johnston, of McKenzie Corner, and David F. DeLong, of Grafton, was solemnized, by Rev. R. A. MacDonald in the presence of the immediate relatives. The happy couple took the B. & A. train for Presque Isle, Fort Fairfield and other places coming back to Woodstock by the C. P. R.

A Popular Model for Hats.

Just at present the hat without trimming is a popular new thing. The becomingness of this model is in the line of its upturned brim, and, of course, only a certain type of soft features can wear it gracefully. The upper and the lower surfaces of this novelty are of different materials. A band of silk or velvet is wound around the crown, and that's all.

After a visit to a famous entomologist, whose wonderful microscopes have proved that there is always some living being to be found preying on the last of the minutest creature last seen, an English writer turned to him and said:

"I came here, believing myself to be an individual. I leave, knowing myself to be a community."—Youth's Companion.

Getting Enjoyment Out of Life.

(Sir Hubert Perry, Director of the Royal College of Music.)

My first proposition is that every sane person tries to get as much enjoyment out of life as he can. However much you hope the future life may redress the balance of the present, it is just as well to make the best of what you know you have got. There are various forms of enjoyment. One gentleman thinks the height of enjoyment is to live at the top of a tall pillar. There is a whole hagiology of people who have chosen such enjoyments. There is in the East the man who finds his enjoyment in standing on one leg. We know some people whose form of enjoyment is to go through unendurable things in order to say that they have been to the North Pole.

One of the most universal enjoyments, I venture to say, is doing things for other people. Even the scrubbier of creatures in remote slums think so. Look at politicians. Consider the insufferable boredom they suffer in the House of Commons under the idea they are doing good to their fellow-creatures. Look at the pillars-up of millions, the sordid toil they have to undergo in making their enormous piles. They know that they cannot hope to enjoy even a fraction of it themselves. It is all done for their fellow-creatures. They discover to us that there is nothing in the world which requires so much discrimination and judgement as the enjoyment of doing things for other people. If the world is to progress much further on these lines there will soon be very few people stupid enough to submit to have things done for them. This bears on the relation between music and democracy. Music enjoys with literature the happy advantage that it cannot be annexed by the millionaire. The supposition that unlimited opportunities lend themselves to finding the best enjoyment is contradicted by our own experience. That which is got without pain is kept without pleasure.

His Only Excuse.

Sir Thomas Shaughnessy is telling a good yarn of Lord Charles Beresford when that celebrated sailor visited New York some years ago in his private capacity. Lord Charles, says Sir Thomas, kept pretty well to himself during the voyage, but, installed in the deck-chair next to his was a westerner who smoked a great deal and spoke little. One morning, however, he said to Lord Charles: "Say, I don't care an awful lot for the smoke of your cigar, suppose you try one of mine." Beresford found it excellent. The next morning, and the third, the same thing happened, but the fourth day Lord Charles found a box of these cigars in his cabin. On asking the smoke epicure where he intended staying, he was told the Waldorf. The westerner, enquiring about his fellow-passenger was informed that he was just a sailor chap. After a day or two at the Waldorf he received a splendid thing in invitations to a dinner "to meet Lord Charles Beresford, admiral of the British navy." Lord Charles had gone out of his

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way to have the invitation sent. The westerner consulted a friend, owned he would like to go, but supposed a dress suit was the right thing. He was assured it certainly was. There was no time to have a suit made, but his friend informed him that there were establishments where he could hire dress suits for the night. On second thought, however, he decided that if Lord Charles really desired his company he could take him as he was, and as he was, he went. Of course, he was the only one there not in evening dress, but he stuck it out nobly and seemed to enjoy his dinner. When speech-making time came along, Lord Charles, who had spotted his friend of the cigars, thought it would be good fun to call on him for a speech, and the chairman fell in with the suggestion. The westerner seemed not at all surprised, but rose at once and said: "Gentlemen, I am more than pleased to be called on to speak. It gives me an opportunity of apologizing to this distinguished company for the clothes in which you see me. The fact is that I have no dress clothes in New York and my invitation came too late for me to order any. But a friend told me I could find establishment where I could hire a suit for the night. Well, gentlemen, I went the round of those establishments and at every one I was told that they were very sorry, but there was a big dinner being given to Lord Charles Beresford tonight, and every dress suit had already been hired."

DR. A. W. CHASE'S 25c.
CATARRH POWDER
is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. 25c. blower free. Accept no substitutes. All dealers or Edmanson, Bates & Co., Toronto.

Having told his favorite joke four times over without eliciting even a polite smile from any of his listeners, the man turned angrily upon his heels and muttered:

By George, I'll get a laugh on that story or know the reason why. I'll go tell it to Simpkins. He borrowed some money from me the other day."—Chicago Post.

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Just imported, a consignment of No. 1 White Wood.

Clapboards for sale.

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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 true, we wouldn't do that, would we?

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Harness Maker and Dealer,

MAIN STREET, WOODSTOCK.



The highest medical authority on foods,

Sir James Crichton Browne, LL.D.—F.R.S.
of London,

gives the best reasons for eating more

Quaker Oats

In an article published in the Youth's Companion of September 23rd, 1909, Dr. Browne, the great medical authority on foods, says, about brain and muscle building—

"There is one kind of food that seems to me of marked value as a food to the brain and to the whole body throughout childhood and adolescence (youth), and that is oatmeal."

"Oats are the most nutritious of all the cereals, being richer in fats, organic phosphorus and lecithins."

He says oatmeal is gaining ground with the well-to-do of Great Britain. He speaks of it as the mainstay of the Scottish laborer's diet and says it pro-

duces a big-boned, well-developed, mentally energetic race.

His experiments prove that good oatmeal such as Quaker Oats not only furnishes the best food for the human being, but eating it strengthens and enlarges the thyroid gland—this gland is intimately connected with the nourishing processes of the body.

In conclusion he says—

"It seems probable therefore that the bulk and brawniness of the Northerners (meaning the Scotch) has been in some measure due to the stimulation of the thyroid gland by oatmeal porridge in childhood."

The Scotch eat Quaker Oats because it is the best of all oat-meals.