

DINNER BELL MUSIC.

The music of the dinner-bell is always welcome to the healthy man or woman—like to the working man or woman who eats a plain meal at noonday, or to people of easier lives who enjoy a rich dinner in the evening. But to the Dyspeptic there is no music in the dinner-bell—it calls him to a trial for which he knows he is unfit. No one can enjoy a meal, or get nourishment and strength from it, knowing that pain and distress will follow after. The true course, even for healthy people, is to help the digestive system, from time to time, with that excellent tonic medicine, Mother Siegel's Syrup.

Mr. Michael Bureau, of Stanham, Quebec County, P.Q., writes: "For some time I suffered from indigestion. I had headaches which made life a misery. I could not sleep at night and after eating I felt a sensation of fullness and pains, with heart palpitation. I took no medicine for this illness except Mother Siegel's Syrup and was cured when I had used one bottle of it."

How The Day Broke.

(National Monthly.)

Hampton Roads is noted for its fishing. Naturally much of this sport is indulged in for profit as well as for pleasure. Not long ago three young men of that vicinity decided to go on a fishing and hunting excursion. They gathered their nets and guns and set out, arriving at their destination, a small island, about sunset, and prepared to spend the night so as to be in good condition for early fishing. One of the boys was supposed, by the other, to be greener than themselves, thinking to have some fun, one remarked:

"Now, George, we want to get up early in the morning. You must listen and get up when the day breaks. You'll know when it does, because it makes a terrible noise breaking the island."

George said nothing, but towards morning he got up, and, placing a double-barrelled shotgun between his sleeping companions, fired both barrels simultaneously. Thoroughly startled, they sprang to their feet, and, seeing George standing calmly by, cried out:

"What in the Dickens is the matter, anyway?"

"Oh nothing," replied George, as he rolled a cigarette, "that's just the day breaking. Didn't you fellows hear it?"



Weak blood when analyzed, shows lack of red corpuscles—the vital part of the blood.

Dr. A. W. Chase's Nerve Food actually forms new, red corpuscles in the blood—makes the blood rich, nourishing and life invigorating.

Because it works hand in hand with Nature the cures it brings about are both thorough and lasting.

Dr. A. W. Chase's Nerve Food

builds up the system and cures headaches, sleeplessness, indigestion, nervousness and irritability, nervous prostration, partial paralysis and locomotor ataxia. The illustration shows style of package. Imitations will only disappoint. 50 cts. a box, at all dealers or Edmanson, Bates & Co., Toronto. Write for free copy of Dr. Chase's Recipes.



For Shampooing the Hair.

Everyone admires a beautiful hair, and it is easy to have it if the hair is properly cared for. Try shampooing your hair every two weeks with a teaspoonful of canthox dissolved in a teacupful of hot water. It lathers abundantly, cleans the scalp thoroughly, stops all irritation and makes the finest kind of shampoo. Soap is dangerous to use on the scalp, as the alkali in it tends to kill the hair. Canthox makes the hair soft and glossy, dries quickly, and is now being used very extensively by the best class of hair-dressers. When prepared at home, canthox shampoo is decidedly inexpensive. All druggists handle canthox.

It seems likely that the prediction made early in the season, of a yield of 120,000,000 bushels of wheat from Western Canada, will be realized.

Shiloh's Cure
quickly stops coughs, cures colds, heals the throat and lungs. 25 cents.

The King is Born.

BY HORATIO WINSLOW.

What light is this that puts to scorn
Each other star that night hath born?
Comes it the harbinger of morn,
Or shines it for a king new-born?
It shines because The King is born.

Who are these still and hurrying,
That flit as swift as birds a-wing;
Or doers of some evil thing,
Or servants of the new-born King?

The Wise Men seek the New-born King.
Let me too offer sacrifice
To Him before the mid-dark dies:
Yet how shall I dare to life mine eyes

In that high birth-hall where He lies?
Nay, cradled in a stall he lies.

What gift have I? What shall befall
When I creep to the oxen's stall
A broken man—a prodigal?—
Sure I shall be despised by all.

You shall be welcome most of all.

—Wander Songs.

Pews are Now Merely Altars to Mammon.

A critic writing from Maryland in THE DELINEATOR for January has the following explanation as to the inefficiency of the churches: What is the matter with the churches? Answer!—

The dollar mark fever.

The greed for gold.

Financial thirst.

The worship of Mammon.

All these different names for a disease that is calculated to kill or destroy anything. The church (catholic or universal) stands to-day, divided into as many grades as any social circle or financial institution in the land; and the dollar mark is its standard.

Show your church trustees any help unsupported by the glorious coin, and see how cordial your reception into that fold!

Let us return to the simple form of worship of our Saviour's time and make it possible for the mechanic and laborer to join the throng with that feeling of fellowship that makes us of kin.

A Civilization 5000 Years Old.

There is now housed temporarily in a London strong room which is described as the most remarkable and interesting collection of prehistoric art ever seen in the city. It consists of pottery dug out of about three miles of burial grounds a few months ago in the Chimana Valley of Peru, and the discoveries indicate that a more highly developed civilization than had previously been suspected existed on the western slopes of the Andes 5,000 years ago.

Sir Clements Markham, F. R. S., and C. H. Read, president of the Society of Antiquaries and keeper of ethnology in the British Museum, have examined the pottery and are satisfied as to its value and the very high level of its artistic execution. Several curious characteristics emerge at once from a careful inspection of the pottery, says a writer who has seen it. The religion of its possessors was of the early type connected with the sun and moon, possessing no affinities with that hideous form of devil worship found in the later Maya ruins of Central America.

Safeguarding Milk.

(Boston Post.)

The results of the Massachusetts State Board of Health's examinations of dairies in New Hampshire and Vermont come close home to thousands of families who use milk from the two States, generally without any knowledge of the fact. Of those in New Hampshire only 50 per cent, passed inspection; in Vermont still less. Dirt, impure water and unsanitary ways of handling the product were the chief causes of failure to satisfy the inspectors.

It is said that dairymen of other States are inclined to resent the visits of Massachusetts officials with their orders to clean up. But they are not obliged to obey. They may, if they choose, take the alternative of having their milk refused the privilege of sale in this Commonwealth. Few care to do that, however, and the work of improvement is constant.

Next to insuring a pure water supply, the safeguarding of milk is the most important hygienic work a state can carry on. Our citizens may rest assured that Massachusetts does it well.

The Beggar Stratagem.

(From the London Chronicle.)

For artistic methods the Parisian beggar is hard to beat. One man recently arrested was in the habit of wandering through the streets followed at a considerable distance by a Newfoundland dog. On seeing a bone or a crust in the gutter he would dart on it feverishly, and the dog would rush up and snatch it from him. A terrific struggle ensued, ending in the flight of the dog bearing off the prize, while the man lay exhausted in the gutter. It is easy to imagine how kind-hearted wayfarers, after assisting him to rise, would shower coins on a poor devil driven by poverty to fight so desperately for a meagre crust.

Wind on the Stomach

A Well-Known Westerner Tells of Suffering, Misery, and Pain That He Cured With "Nerviline."

"A few weeks ago I ate some green vegetables and some fruit that was not quite ripe. It first brought on a fit of indigestion, but unfortunately it developed into hiccoughs, accompanied by nausea and cramps. I was dreadfully ill for two days—my head ached and throbbed; I belched gas continually, and I was unable to sleep at night. A neighbor happened in to see me and urged me to try Nerviline. Well, I wouldn't have believed that any preparation could help so quickly. I took half a teaspoonful of Nerviline in hot sweetened water, and my stomach felt better at once. I used Nerviline several times, and was completely restored."

The above is from a letter written by G. E. Braun, a well-known stockman and farmer near Lethbridge, Alta. Mr. Braun's favorable opinion of the high merit of Nerviline is shared by thousands of Canadians who have proved Nerviline is simply a marvel for cramps, diarrhoea, flatulence, nausea, and stomach disorders. Safe to use, guaranteed to cure—you can make no mistake in keeping Nerviline for your family remedy. Large 25c. bottles; five for \$1.00. Sold everywhere, or The Catarthzone Co., Kingston, Ont.

**NERVILINE
STRENGTHENS
WEAK
STOMACHS**

Fashion Hints.

The rage for waists in perfect harmony with the suits has brought the colored net waists into great demand. These net waists are to be found in all the fashionable colors and black.

The plainly made waist of sheer materials is again in evidence, one notable example being of pale gray net of coarse quality, with very little fullness and striped from neck to waist with narrow satin ribbon, which gives the effect of tucks. Another of navy blue chiffon has the front developed in small tucks and a tiny yoke of cream lace in chemise effect at the neck. A narrow trimming-band of radium silk surrounds the yoke. The lace is repeated in small cuffs at the wrists and small blue silk buttons trim the spaces between the tucks.

In sleeves the tendency is all toward elaboration. Whether long or short or half-length, they appear, all, to associate several materials. In the newer models the leaning is toward puffs, short or long, cross or lengthwise.

Skirts, whether kilted, or cut circular, are nearly all given to top-yoke, and are designed to fall close to the body in an almost vertical line. They end in walking length, easily escaping the five-inch hem, and are made a short ground. At the same time the width of the skirt is steadily increasing at the foot. Some of the smartest are set upon Middle Ages jersey tops. Rather stiff panel effects are seen in the strictly tailored garments and both side and box plaits are let in at seams where fullness appears to be desirable. This sort of garniture is introduced on skirts of serge, etamine, homespun and manish worsteds. For thinner materials closely set half-inch plaits and fine knife plaits are popular.

Colored embroidery enters into much of the new lingerie neckwear.

For slim-throated wearers some novel neckpieces show little bows arranged at the top of the stock.

Among the fads of the moment is the one of lacing the sleeve all the way up on the outside of the arm.

Well-coiffured hair has excellent opportunity for displaying under the up-turned brims of the new boat-shaped turbans. These have high, rolling sides which meet in a point at the front.

Eating for Strength.

The greatest pleasure to be derived from eating is the pleasure one gets in the knowledge that his food is giving him greater strength and vitality.

Because of this fact there is a constant increase in the consumption of Quaker Oats; every time the strength making qualities of Quaker Oats have been tested by scientific investigation or by experiments in families it has been found to be a food without an equal.

It builds the muscles and brain without taxing the digestive organs; it costs so little anyone can afford it, and it is so carefully prepared and packed that it is absolutely pure and clean. A Quaker Oats eating family is always a healthy family.

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PAPERS ON TIMELY TOPICS
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Greenfield

In memory of Velma C. Clark, who died Nov. 10th, 1909, Age 3 years, 7 months and 29 days.

Now still and quiet Velma lies,
Upon her snowy bed,
Kind hands have closed her little eyes
They whisper "she is dead."

And we shall hear on earth no more
Her voice of childish glee,
Her little foot-fall on the floor
Or see her on our knee.

Her little palms are closed for aye
No power can her restore,
Or rouse her from her sleep today,
With music as before.

No more she'll nestle to our breasts,
A sweet and precious pearl,
For angels have transferred a rest
Upon our Baby Girl.

The little flowers will bloom above
The green earth where she lies,
And ever shadow forth the love,
That parts, but never dies.

Then lay them softly, gently by,
Two little shoes, a curl,
In Christ shall live all men that die,
And we shall meet our girl.

Forty-Fifth Anniversary.

On Wednesday afternoon, the forty-fifth anniversary of the marriage of Mr and Mrs Simon MacLeod, the happy couple were presented by the Newcastle W C T U with a congratulatory address and several handsome presents—to Mr McLeod a gold mounted ebony cane, and to Mrs McLeod a very beautiful silk dress. The presentation was made by Mrs James Rundel. Others present were Mesdames James M Long, C C Hayward, J W Miller, J S Lewis, O N Nicholson, J Tollansbee, C Sargeant, A E Shaw, J Robertson, T W Crockett, W H Bell, T A Clarke, Jas Falconer, T A Scribner, F H Gough, Henry Wyse, and Russell; Misses McGregor, Pedolin, McLeod, Crammond, Rundel, Russell, and Hosford, and Messrs James and Sherman Troy and Cecil Mercereau. Mr and Mrs MacLeod were also well remembered by their children.—Newcastle items, Daily Telegraph.

"Constipation for Three Years"

Had Dizziness, Bad Breath, Head-aches, Bad Color, Poor Appetite.

Dr. Hamilton's Pills Cured Quickly.

Those who doubt if constipation and chronic stomach trouble can be cured, need only read the striking testimony of Mrs. B. C. Curran, of Westport, to know that even if all else had failed, certain cure attends the use of Dr. Hamilton's Pills.

"For full three years I have suffered the torture of biliousness, constipation, and stomach disorders. I had terrible pains in my head. My appetite faded away, and when I did eat anything it disagreed and made me very sick for hours after each meal. The active pains in my stomach and the dizzy headaches I had to endure almost set me wild. Sometimes attacks came on so severely that I had to go to bed. I would feel so worn, depressed, and utterly miserable that for hours I wouldn't speak to my family. My system was poisoned with wastes and nothing helped me till I used Dr. Hamilton's Pills. Without this grand system-cleaning remedy I would still be sick, but each day brought me better health and spirits. I was cured and made as strong, ruddy, and healthy looking as one could wish, and will always use and recommend Dr. Hamilton's Pills."

Thousands who are in an ailing, low state of health need nothing else but Dr. Hamilton's Pills. They cure blood disorders, pimples, rashes, bad color, biliousness, liver, stomach, and kidney troubles—25c per box at all dealers.

A Christmas Memory.

BY DOROTHY GREENN.

Without, the world is white and still,

Within, is Christmas cheer.

Above the tread of dancing feet

The music rises clear.

The walls are hung with holly sprays,

The Yale-log's ruddy glow

Flickers across a merry throng

Beneath the mistletoe.

Yet though the leaping firelight plays

On faces bright and fair,

There ever comes a memory.

Of one who is not there.

And as I dance I think of her

I kissed a year ago,

When in her cheeks the roses bloomed,

Beneath the mistletoe.

Have You a Bank Account?

If not, why not?

This Bank invites small and large accounts, and pays Interests on Savings Deposits.

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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, Stable 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.

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For Ladies, that will be sold at prices very much reduced. Quick buyers will get some REAL bargains.

Our usual big stock of Fur Coats Jackets, Robes, is now complete.

We have just landed five carloads Pungs and Sleighs, the Highest Class Goods ever offered on the St.

John River. See samples at Woodstock Show Rooms, or with our agents.

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