Good Digestion.

You are only at your best when your digestion is perfect. When it is faulty, weakness and pain are certain and disease is invited. Mother Seigel's Syrup corrects and stimulates the digestive organs, banishes the many ailments which arise from indigestion and invigorates the whole system. Take it daily after meals.

MOTHER SEIGEL'S SYRUP.

60 cts. per bottle. Sold everywhere. A. J. WHITE & CO., LTD., MONTREAL. POT TO THE TO THE TO THE TOTAL THE TOTAL TO THE TOTAL THE TOTAL TO THE TOTAL THE TOTAL TO THE TOTAL THE TOTAL TO THE TOTAL THE TOTAL THE TOTAL TO THE TOTAL THE THE TOTAL THE TOTAL THE TOTAL THE TOTAL THE TOTAL THE TOTAL THE THE TOTAL THE

Those Who Walk Alone.

Women there are on earth, most sweet and

Who lose their own, and walk bereft and

Loving that one lost heart until they die, Loving it only.

And so they never see beside them grow Children, whose coming is like breath of ficwers;

Consoled by subtler loves the angels know Through childless hours.

Good deeds they do; they comfort and they

In duties others put off till the morrow; Their look is balm, their touch is tenderness To all in sorrow.

Betimes the world smiles at them as 'twere shame,

This maiden guise, long after youth's departed: But in God's Book they hear another name-

"The faithfu'-hearted."

Faithful in life, and faithful unto death, Such souls, in sooth, illume with lustre

That glimpsed, glad land wherein, the V sion saith,

Earth's wrongs are ended. -Richard Burton, in the Century.

To Strengthen the Nerves

Nerve force like electricity is hard to ex-

One thing is certain. Nerve force can only be created from rich, red blood. Make the blood right and you cure diseases

of the nerves such as headache, indigestion, sleeplessness, irritability, weakness of the bodily organs, prostration and paralysis.

This is the only way actual cure can possibly be brought about and because Dr. A. W. Chase's Nerve Food is a great blood builder it accomplishes wonderful results in the cure of diseases of the nerves.

Mrs. Robert Darrah, Chipman, Queen's Co., N. B., writes: -- "My daughter suffered from nervousness and general debility brought on by grippe. When the doctors failed to help her Dr. Chase's Nerve Food built her up wonderfully and cured her."

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

Dr. A. W. Chase's Nerve Food

Plan For Summer Vacation.

In this country the majority of men save something out of their incomes against a rainy day. A good many of them keep on saving from habit long after the fear of a rainy day has passed.

To save is a good and prudent provision for misfortune and old age; but the present has its rights as well as the future. Of the great number of men that save, few ever really have the use of their savings.

To most men death comes before they have retired on their money and while they are still adding to their pile.

Why not, then, borrow a little from the future? After all it is just as pleasant to have a rest and recreation this year as to have them when one is seventy and cannot enjoy them.

Morever, there is a fair certainty of being alive this summer; but if one waits until one is seventy, death may intervene and cheat one of the expected pleasures.

It is curious how many families stay at home because they think they cannot afford to travel, while families whose income is no larger go where they have a mind to go, get much enjoyment out of life, and never lack food or comfort to the end.

There is a middle way, a golden mean, between parsimony and extravagance. Wealth is not well saved which costs health or a dull dropped 3,000 or 4 000 feet below it's pres-

He is a poor man indeed, who cannot afford to buy some amusement and recreation Thus the temperature seems to have been while able to enjoy them.

stopped in 20 minutes sure with Dr. Shoop's Croup Remedy. One test will surely prove. No vomiting, no distress. A safe and pleasing syrup—50c. Druggists.

Knew His Business.

A wanderer, wearing a suit of clothes that might have been in the height of tashion in 1079, ascended the hall door steps of a Belfast dwelling a few mornings ago, and asked to see the lady of the house.

"May I trouble you for a glass of water, ma'am?" he said, removing his hat on her ap-

"Certainly," she replied, "but the house maid could have-"

"I beg your pardon, ma'am," he interposed. "You were about to say that the housemaid could have supplied me with as simple a thing as a glass of water; but this is a case in which a domestic could hardly be house next door," he continued, feelingly, "for a collation of stewed mutton and rice pudding, particularly grateful to the palate of a hungry man, and this is why I do not ask you for the remains of a boiled ham, evidently a masterpiece of cookery, whose rich fragrance still lingers in the air of your kitchen' if I may take the liberty of so ex. pressing myself. Before I trespass on your kindness for a glass of water, however. you will pardon me if I make a stipulation which could not be met at the house of your generous neighbor next door. Do you use boiled water?"

"We do," said the lady wonderingly.

"That is good," he rejoined, with emphasis. "One question more: Is it filtered?" "No, sir; it is not."

"That is unfortunate!" he exclaimed, shaking his head. You will pardon me if I withdraw my request for a glass. I am a little particular," he continued, with a hollow

"The operation of boiling, while it detroys the life of the harmful organisms that render your city drinking water at this sea son of the year, as well as at all others, dangerous to the human system, yet leaves them floating about in the liquid itself. They are unfit for human consumption, and should be eliminated.

"And this leads me to remark," he went on, placing his begrimed hand in his coat pocket and drawing forth a small brass object, "that I am the agent of a filter which can be attached to the nezzle of your teakettle, and is guaranteed to-

At this juncture the lady of the house shut the door in his face.

Gold Coast Liquor Traffic.

With regard to the importation and sale of spirituous liquors, wine, and beer in the northern territories of the Gold Coast, it is notified, with effect from July 1, that no spirituous liquors or wine may be imported into the Northern Territories, except by non natives who are conveying them for their own use, or except under the following conditions: Non-natives desiring to import spirituous liquors or wines for their own uses to be shipped either directly to themselves or to any agent on their behalf in the North. ern Territories, or for the purpose of sale to non-natives under licence, or in the capacity of agents on behalf of any other non-natives must make a declaration and receive a permit from the Chief Commissioner of the Northern Territories or other appointed offi cer. The Chief Commissioner may, at his discretion, grant licenses to non-natives for the sale to non natives of spirituous liquors and wines in original bottles and not to be consumed on the premises. Each license will cost \$10, and will expire at the end of the year in which it was issued. Licenses may also be issued to natives and non-natives for the sale of beer in original bottles to natives and non-natives for consumption off the premises-such license to cost £5, and to expire at the close of the year in which issued.

OUTDOOR SPORT & ZAM-BUK.

Every athlete, every ball-player, every swimmer, every canoeist, every man or woman who loves outdoor life and exercise, should keep a box of Zam-Buk handy.

Zam-Buk as a purely herbal preparation which, as soon as applied to cut, bruises, burns, sprians, blisters, etc., sets up highly beneficial operations. First, its antiseptic properties render the wound free from all danger from blood.poisoning. Next, its soothing properties relieve and ease the pain. Then its rich herbal balms penetrate the tissue, and set up the wonderful process of healing. Barbed wire scratches, insect stings, skin diseases, such as eczema, heat rashes, ringworm, babies' heat sores, chafed places, sore feet -- all come within Zam Buk's power. It also eases and cures piles. All druggists

The Antiquity of Man.

In his recent lecture in Washington, Professor Penck said that it has been known for geite a long time that in Western Europe man existed during the glacial epoch. We now know that the great ice age consisted of different glacial times separated by interglacial times. In glacial times the snow-line ent level in the Alps, whereas in interglacial times it lay 1,000 feet higher than at present. higher in the interglacial periods than it is now. There is some reason for thinking that at least 20,000 years have elapsed since the glaciation, and that the man whose jaw bone was recently found near Heidelberg lived 00,000 years ago.

The Reason

some dealers offer "something just as good" as Progress Brand GARMENTS, is obvious. The less there is in a garment, the smaller the cost. The smaller the cost the greater the profit—and there are some merchants who are out trusted. I am indebted to the lady of the for the large profits, even if they have to look for new customers every day.

> PROGRESS BRAND CLOTHING aftords the dealer only an honest legitmate profit, plus the gain that comes from satisfied customers.

Look for the Progress Label You will find it as an honestlymade garment, and in the hands Prices. of an honest clothier. Every garment guaranteed—"satisfaction or money back."

Should you have any difficulty in procuring Progress Brand GARMENTS, write us direct. While we cannot sell you at retail, we will place you in communication with the nearest merchant handling our goods, a man who will be satisfied to serve you at a legitimate profit.

Tailored and Guaranteed by H. Vineberg & Co. Limited, Montreal Sold with a Guarantee by John McLauchlan Co. Ltd., Woodstock Mrs. A. C. PHILIPS, Bristol

Plaited Frills Popular.

Always popular are the blouses with plaited frills down one side of the front. Some of them, according to The Record-Herald, show an insertion of lace, others are hemstitched, and the more expensive are hand scalloped. The French skirt maker, pe she ever so humble, realizes the full value of the shoulder strap, whether it be plain or tucked or a band of lace or embroidery; its advantages are evident to the home sewer at a glance. It tends to give a firmness at this straining point and it joins the back and front artistically by concealing the fact that the tucks do not accurately hit in the joining. The long sleeve on the newest blouses shows the tailored cuff with or without the frill, although the leg o'-mutton sleeve is not passe. Some of the three-quarter sleeves are gather ed into a lace frill at the lower edge, while others show the lace and tucks as part of a fitted sleeve.

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

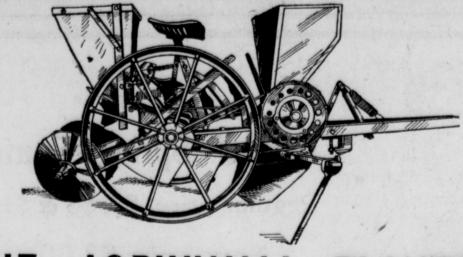
No Loser for Him.

This one is credited to O. Henry, but he refused the \$2. A pessimistic young man dining alone in a restaurant ordered broiled live lobster. When the waiter put it on the table it was obviously minus one claw. The pessimistic young man prompiy kicked. The waited said it was unavoidable-there had been a fight in the kitchen between two lobsters. The other one had torn off one of the claws of this lobster and had eaten it. The young man pushed the lobster over toward the waiter. "Take it away," he said, wearily, "and bring me the winner."-Everybody's Magazine.

A Cure for Corns

The following cure for corns and bunions is given by a writer in the Record Herald: Wet a bit of absorbent cotton with three drops of castor oil and sprinkle lightly with baking soda. Bind it upon the corn or bunion and draw an old stocking foot over the foot. Do this for several weeks or until the corn or bunios is removed. It is simple and harmless and will effect a cure if one is patient. These excrescences do not yield in a few days.

THE DISPATCH AND FAMILY HERALD AND WEEKLY STAR For BOTH



ASPINWALL PLANTER,

with Fertilizer Attachment.

This Planter is the gem of the Potato Field. Plants [from one-quarter to one-third faster than these machines which require two men to operate them.

No misses. No changing of pickers for different sized seed. No bruised or cut-off fingers. No ruined eya sight.

More acres per day than with two-men machines-less workless trouble, less draft and greater results.

It is the Perfect Planter.

Sold only by us and our agents. Write us for Catalogue and

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Doors, Sashes, Blinds, School Desks, Sheathing, Flooring and House Finish of all kinds

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

Hard Pine Flooring and Finish. N. B. Telephone No. 68-3.

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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

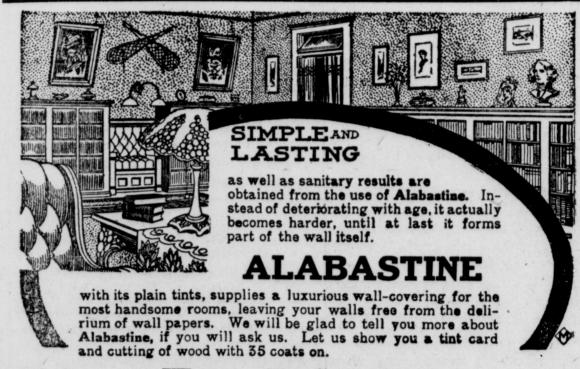
If that Harness they got from us was all right. If it's not we want to know. We give a guarantee with every harness we sell. If they were not right, we wouldn't do that, would we?

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET.

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Dressed pigs and hogs, any weight, fat cattle and veal, fat sheep, lambs, ducks, geese, chickens and turkeys. Imperial Packing Co., Limited, Woodstock, N. B.

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Treats all domestic animals. Filing and Ex praction of Teeth a specialty. tromptly attended day or night.