

WHAT THE BOY WROTE.

A young man once wrote to his father, saying, "I am well, only I don't feel like making any part of physical exertion." Thousands of people feel exactly like that young man—and they are not young men, either. They are, generally, dyspeptics, with a first touch of indigestion; they need a short course of Mother Seigel's Syrup, to put their stomach, liver and bowels into healthy activity, so that their food will nourish and strengthen them. Mr. George J. Henry, of Shippen P.O., Gloucester Co., N.B., who suffered for years from Dyspepsia, writes: "I became weak and almost unable to work. After trying many medicines without success I took several bottles of Mother Seigel's Syrup and it gave me relief at once. I recommend it as much superior to all other medicines for stomach troubles."—Price 60 cts. per bottle. Sold everywhere. A. J. White & Co., Ltd., Montreal.

How to be Popular.

Popularity comes high for everybody except the few who are born with sunny, lovable natures.

It means that one must forget self and be interested in the lives of others, rejoicing with their happiness and sympathizing with their miseries.

It means the elimination of jealousy, envy and dislike and the cultivation of tact and infinite patience.

Does it pay? That you must decide for yourselves.

Judging from appearances, it pays in handsome dividends—in health, more power and material comforts.

The popular person is flooded with invitations to all kinds of amusements and can save money by accepting even a small proportion of the hospitality showered upon her.

The popular women are showered with gifts and have merely to voice a wish to have it gratified.

There are popular women whose methods are easy to discover. They always attract interesting men and women wherever they go.

No gossip could be traced to them, no disagreeable act laid at their door.

Such women would never want for homes if misfortune ever overtook them, because they would be valuable additions to any household.

But misfortune seems to pass by such people and fastens upon the other kind, as a punishment, perhaps, for the indulgence of small sins of omission or commission.

It is the best of reasons for self-restraint.

Why Not Fill Your Body WITH NEW ENERGY

And avoid the weakness and tired feelings of spring—You can do this by using DR. CHASE'S FOOD.

You need not be a victim of circumstances and suffer all the weakening and depressing effects of spring.

Tired feelings, headaches, indigestion and nervous troubles all fly away when the system is flooded with rich, red blood.

Energy and vigor only come after all the ordinary wants of the system are supplied. Dr. Chase's Nerve Food is so wonderfully successful as a blood-builder that you soon begin to feel strong and healthy by its use.

By means of this great restorative treatment you can rebuild the body when it has been wasted by worry, overwork, lingering colds or the depressing and debilitating effects of spring.

There is no reaction after the use of Dr. Chase's Nerve Food because it is not a stimulant. On the contrary it is a blood-forming, system-building medicine which by working hand in hand with Nature proves of lasting benefit to the system and thoroughly drives out weakness and disease by filling the system with new energy and vigor.

Mrs. H. A. Loyne, nurse, Phillipsburg, Que., writes:—"I was all run down and could not do my own work. Everything I ate made me sick. In nursing others I had seen the good results of Dr. Chase's Nerve Food and resolved to try it. As a result of this treatment, I have gained ten pounds, do my own work alone and feel like an entirely different person."

Dr. Chase's Nerve Food, 50 cts. a box, at all dealers, or Edmanon, Bates & Co., Toronto.

Up to Snuff.

A man in workman's garb one day called at a local dentist's, and the door was opened by a maid.

Workman—Is the gent in that draws teeth?

Servant—No, sir, but I expect he will be in shortly.

Workman (pausing on doorstep)—Does he give gas?

"Yes."

"What does he charge?"

"One dollar."

"What—one dollar! Do you mean to say, miss, a fellow's got to swallow over 1,000 feet of gas to have one tooth pulled out? No fear. I reckon I know a bit about it, for I work down at the gas works myself. I'll go to another dentist and have it pulled without gas."—Exchange.

Don't judge a man by his clothes. It may be his tailor's fault.

A Tear-Stained Handkerchief.

When the death of John B. Gough was announced, wagonloads of flowers were turned back from the door of his home, with the order that these flowers be distributed among the poor.

When the vast congregation of people came to the funeral there was not a flower upon the casket; the only decoration was a little, faded, tear-stained handkerchief, and the story of that handkerchief was this:

Many years before that, a young lady had married a young man, and they had gone to the city of New York to live. After they had finally settled there, the wife found that he was a drunkard and a gambler, and soon he began to leave her alone at night. Two little children came into their home, but he cared not for them seemingly, for he would be out all night. Then he began to beat his family, curse them, and pawn the furniture. One by one the pieces of furniture she had brought from old Kentucky were sent down to the pawnshop. After a while this poor woman had to go out and wash for a living, that her children might have bread to eat. She had one treasure left, that was the piano which her mother had given her on her wedding day. She would take her little tots, and play on the piano and sing to them, then they would say their prayers, and go to bed.

She came home one night and her piano was gone. She knew what it meant—the last thing she had to tell of her old home had been pawned by her husband for drink. Her heart was breaking, but her babies came and asked her to sing. She put her arms around them and tried to sing the best she could without her piano. Somehow, the whiskey had not tasted as good that night as usual. (Sometimes when mixed with a woman's tears it gets a little bitter.) Her husband came home not so drunk as usual. As he came around the house he looked in at the window, and he saw the children in their little nighties, and his wife was playing a lullaby song, then they pruned, kneeling down beside her. Each one asked God to bless them, to bless mamma, then to bless papa, and help him to be good, and to bring him home sober. He slipped softly in, and kneeled down by his wife's side, and said: "Wife, if you'll forgive me, I'll never do it again." She said: "Tom, will you sign the pledge to-night?" He said: "I will." They went down together to a hall where John B. Gough, the great temperance lecturer, was giving a lecture. Tom went up and put his name down.

One day during Mr. Gough's illness there came to his home a woman who told her story to Mrs. Gough. She said: "I hoped I might give some present to Mr. Gough, but I can not do it. I have brought my handkerchief. I have not shed a tear since the night Tom signed the pledge. I brought this and I thought I would give it to Mr. Gough." When Mr. Gough heard this, he told his wife to send all flowers that might be sent to him at his funeral to the poor, and put nothing but that little handkerchief on his casket, and tell the people that there was one soul on earth he knew he had helped make better. When the people saw that little handkerchief on the casket of John B. Gough, it taught them a lesson all the flowers in the world couldn't.—Ram's Horn.

A clever, popular Candy Cold Cure Tablet—called Preventics—is being dispensed by druggists everywhere. In a few hours, Preventics are said to break any cold—completely. And Preventics, being so safe and toothsome, are very fine for children. No Quinine, no laxative, nothing harsh, nor sickening. Box of 48—25c. Sold by all dealers.

Date Cake With Coffee Icing.

One-half cup of butter creamed, one and one-third cup of brown sugar added and beat together, two eggs well beaten, one-half teaspoonful cinnamon, one-half teaspoon nutmeg, one and one-half cup sweet milk, one and three-quarter cups sifted flour, three-quarter cups dates, stones removed. Cut up fine and reserve a little of the flour to shake over them.

Icing.—Two tablespoonfuls strong, strained coffee and the same quantity of the white of an egg stirred together. Thicken with powdered sugar until stiff enough to spread. Allow the cake to cool before it is iced.

Your Reflection

It isn't enough, nowadays, to be all right. You have got to look all right, because the biggest part of becoming a success is to make people think you are all right.

What is your reflection in the world's mirror—a well dressed, successful man, or a shabby failure?

Show that you think enough of yourself to look your best at all times.

Back up your good character by wearing good clothes—like

"Progress Brand" Clothing



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

The Latest Modes.

Glove cutting bodices are predicted. The bolero fashion is at hand again. Children once more wear pinafores. Low shoes are ornamented with big buckles.

Much black velvet is being used in millinery.

Shaded silk hosiery has something of a vogue.

The flower hat is now the rival of the peach basket.

There is a fad for inset lace medallions on stockings.

Braided and embroidered cotton soutache buttons prevail.

Jet and bead fringes are much used on the gowns.

Muslin evening frocks are touched with metallic trimming.

New Paris hats are all large and show divergent trimmings.

Lace monograms appear on some of the most fashionable stockings.

Washable chamol gloves are shown both in natural color and white.

There is a remarkable prevalence foulard in the handsomest daytime gowns.

Tucks still hold favor, but buttons have outrun them in the race for first place.

Collarless gowns are more freely worn in daytime than for many seasons past.

The Only Reason.

(Tit Bits.)

A keen golfer, but middling player, who was paying his annual visit to a certain seaside course, remarked to his caddie:

"By the way, I played a round with Tom McGregor the last time I was here. Grand player, McGregor!"

"Aye," said the caddie, "but ye could bate McGregor, noo."

"Do you think so?" exclaimed the gratified visitor, well aware of the McGregor prowess.

"Aye," drawled the caddie; "McGregor's deid."

London's Police Force.

The police force of London consists, says a correspondent of the N. Y. Post, of 20,000 men. After fifteen years' service, the men are permitted to retire with a pension that increases with each year's additional service, until, after twenty-six years, a man may stop working and have two-thirds of his salary continue. What this will be, depends, of course, upon his advancement.

An inspector of the first class draws about \$1,500 a year, a divisional inspector about \$850, and a section sergeant \$520. In any case, and it is this that makes the career attractive, there is an old age pension forthcoming when a man is still comparatively young. The men are not permitted to carry revolvers, and an average of 775 are injured annually in combat with London toughs.

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SACKVILLE, N. B.

56th Year
Commencing
September 9

Flassey-Treble School of Household Science
Normal Course Certificate from Mount Allison accepted as qualification for teaching Household Science in New Brunswick Schools.
Conservatory of Music
With Faculty of Ten Members, and equipped with Pipe Organs and over 50 Pianos.
Department of Literature
Course leading to M. L. A. Degree. Scholarships for worthy students.
Department of Oratory
Affiliated with Emerson College of Oratory, Boston. Graduates from this department at Mount Allison, may enter the Senior year at Emerson.
Owen's Museum of Fine Arts
In charge of John Hammond, R. C. A., and equipped with Pictures, Casts, etc., to the value of \$75,000. Courses in Designing, Etching, Wood Carving and Leather Tooling have been arranged.
Write for Calendar
REV. B. C. BORDEN, D. D., Principal.

Mount Allison Academy, SACKVILLE, N. B.

First Term of the Year 1909-10 will open September 9th

General, Special and Matriculation Courses leading to Colleges of Arts, Engineering, Medicine, etc., are provided. Additional rooms have been prepared for the accommodation of the increasing numbers seeking the advantages of this well known educational institution.

Large Staff. Charges Moderate. Write for Free Calendar giving full information

Mount Allison Commercial College

WILL OPEN ON SAME DATE. Two courses are open to intending students—the Book Keeping Course and the Course in Shorthand and Typewriting. Diplomas are granted to those completing either course.

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J. M. PALMER, M. A., Principal

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MANUFACTURERS OF

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, Station 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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Union Telephone No. 119

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

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET, WOODSTOCK.

Bank of New Brunswick East Florenceville Branch.

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Issued at the following rates: \$5 and under.....3 cts.
Over \$5 to \$10.....6 cts.
Over \$10 to \$50.....10 cts.
Over \$50 to \$100.....15 cts.

These orders are a safe way to remit money at a small cost, and are payable at par at any Chartered bank in Canada (the Yukon excepted) and in the principal Cities of the United States.

Special Offer.

Arrangements have been made with the publishers of the BUSY MAN'S MAGAZINE, enabling us to offer this bright, up-to-the-minute periodical along with THE DISPATCH one year for \$2.00

The regular subscription price of the Magazine alone is \$2.00.

BUSY MAN'S reproduces the cream of the world's periodical press by culling the live, interesting and instructive articles. Each issue also contains original Canadian articles of interest to every Canadian. Busy Man's is the kind of Magazine which arouses the reader's interest in the first page and keeps it up until the back cover is reached. All those wishing to keep posted on the live questions of the day should not hesitate to take advantage of our offer.

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