

They Didn't Have to Change.

During the years in which our pure food laws have been put into effect there has been a great hurrying and scurrying on the part of the food manufacturers to change their methods to make them conform to the law.

The Quaker Oats Company is a conspicuous exception. It was admitted that Quaker Oats was as pure and clean as possible and that it was an ideal food. The purity and cleanliness of Quaker Oats is familiar to every one who has compared it with other brands of oatmeal.

It is so cheap that any one can afford it and so nourishing that everyone needs it. The result of last year's experiments at Yale and other points where food values were tested is that Quaker Oats has been adopted by many persons as their food on which they rely for adding vigor and endurance of muscle and brain.

Golden Wedding.

A very pleasant event took place at McAdam on Friday evening, when Mr. and Mrs. Luke Lawson celebrated their golden wedding at the home of their daughter, Mrs. J. B. Johnston. Only immediate friends and members of the family were present. Mr. and Mrs. Lawson were married at Canterbury Station, Oct. 15, 1859, by the late Rev. Thomas Hartin. There are six children living—John A. Lawson of Boston, Mrs. J. B. Johnston, McAdam; Mrs. M. H. Goodspeed, Ottawa; Mrs. George J. Green, and Mrs. W. W. Burns of McAdam.

Mr. Lawson was for many years a leading merchant in Canterbury, and represented the municipality of York for more than twenty years. During the last fourteen years he has been on the customs staff at McAdam and where he has made many friends who will wish him and Mrs. Lawson health and prosperity for many years to come.

Kidney Suffering IN THE SPRING

Backaches and tired feelings tell of weak kidney action—Prompt relief by using DR. CHASE'S KIDNEY-LIVER PILLS

No organs of the body are so susceptible to the quickly changing temperature of spring as the kidneys. Sudden cold waves mean chilling of the surface of the body, closing of the pores of the skin and over-crowding of the kidneys at a time when they are already overworked in an effort to free the system of the accumulated poisons of winter.

The tired, draggy feelings you experience and the weakness and pains in the back tell of a poisoned system and defective kidneys. There is no treatment for kidney disease which will afford you relief so quickly as Dr. Chase's Kidney-Liver Pills and none which will so certainly cure the most complicated forms of this disease.

There is a reason for this. Dr. Chase's Kidney-Liver Pills awaken the action of the liver and bowels as well as the kidneys and thereby effect a thorough cleansing and regulating of the whole excretory system.

In this combined action Dr. Chase's Kidney-Liver Pills are unique. There are no substitutes or imitations which possess this principle.

Mrs. F. O. Bacon, Baldwin's Mills, Que., writes:—"I was very sick last spring. The doctors said I must go to the hospital for an operation but I didn't want to. My liver and kidneys did not act and I suffered terribly. I then began using Dr. Chase's Kidney-Liver Pills, and nothing else, and am now fully cured and doing my own work for a family of seven."

Dr. Chase's Kidney Liver Pills. One pill a dose, 25 cts. a box, at all dealers, or Edmanson, Bates & Co., Toronto.

Did You Know?

That an open bottle or flat vessel of coal oil set inside the clock will keep the works oiled?

That the deep corks out of olive or pickle bottles are just the best thing to apply brick to the kitchen knives and forks?

That you sharpen your scissors by using the same motion as when cutting, around the neck of a small glass bottle? Keep one in your sewing basket.

That the four-ply black yarn divided in two strands, makes a stronger mending yarn for boys' stockings than what you buy on those little cards?

That asbestos mats used under the tablecloth will save your polished table from the effects of hot dishes?

That old potatoes at this time of year should stand in cold water for hours before peeling, rendering them firm and mealy?

Go to the blood, if you are to drive out Rheumatism. A Wisconsin physician, Dr. Shoop, does this with his Rheumatic Remedy—and with seeming success. Rub-ons, says the doctor, never did cure rheumatism. It is more than skin deep—it is constitutional always. Because of this principle, Dr. Shoop's Rheumatic Remedy is perhaps the most popular in existence. It goes by word of mouth from one to another, everywhere. Grateful patients gladly spread results. It is an act of humanity to tell the sick of a way to health. Tell some sick one. Sold by all dealers.

Beautiful Complexions.

Hilda Thomas, the charming comedienne,

has made a deep study of the subject, the various causes and effects of different methods of living upon the human body, and has come to be recognized as quite an authority on the subject. In a recent talk delivered by Miss Thomas to a woman's club, speaking of ancient and modern methods used by women to produce a beautiful complexion, she said in part:

"Available records show that the women of ancient days used more cosmetics, than the modern actress does nowadays in her stage work. The Greek lady had a retinue of retreating maids who rubbed out the wrinkles and shaded the face with red and white paints, tinted her eyelids and anointed the face with the white of an egg and goose grease to protect the complexion from the air and sun.

"Queen Isabelle of Bavaria, had enormous decoctions of chickweed poured into her bath. Queen Elizabeth bathed in wine; Mary Queen of Scots in milk; Italian ladies in warm blood; Mme. Tallien in crushed strawberries and raspberries poured into water; the Empress Josephine in milk perfumed with violets.

"It is pleasing to note, however, the wonderful change which has taken place among women, regarding this interesting subject. Nowadays it is pretty clearly understood, that the more cosmetics or lotions used on the face, the worse will the complexion ultimately become. Natural methods have come into vogue. Cold water is spoken of in the highest terms as being conducive to a beautiful complexion as is also deep breathing.

Dreadnaughts or Box Cars.

An Englishman in the West in writing to friends on the question of imperial defence says that Canada needs box cars more than "Dreadnaughts." This is a terse if crude way of putting a thought that must constantly occur to anyone who knows conditions in this country. We are at a stage of development where we need money more for brick and mortar than for the maintenance of armies and navies. In a month or two the cry for money and other facilities for moving our crops will be so insistent that our financiers and transportation companies will be at their wit's end. It is idle to characterize this attitude as selfish and mercenary. Canada will be found as ready to spend money and men in defence of the Empire as any member of it but we can be pardoned for not taking seriously the efforts of jingoes to rush us into extravagances we can neither afford nor think are necessary.—Home Journal.

Good Recipes.

(The Delineator.)

GRAPEFRUIT AND GINGER.

Grapefruit is particularly appetizing when served with preserved ginger. Cut the fruit with one of the new cutters. Remove the hard pithy centre, the skin between the sections and the seeds. Shred the pulp with a silver fork, adding to each half a heaping teaspoonful of sugar, a heaping teaspoonful of desiccated coconut, one tablespoonful of preserved ginger, cut into dice, and a tablespoonful of the ginger syrup. Cook for several hours before serving. When ready to place serve in grapefruit dishes, cover with whipped cream and top with a little chopped ginger.

GREEN TOMATO CHUTNEY.

Eight pounds of green tomatoes, two pounds of tart apples, two pounds of onions, one and a half pounds of brown sugar, one-half ounce cayenne pepper, two ounces dried chillies, two ounces of garlic, one ounce ground ginger, one ounce ground cloves, one ounce of cinnamon, one-half bottle Worcestershire sauce, three pints of vinegar. Cut up the tomatoes and sprinkle well with salt and let stand for five hours. Then boil together with all other ingredients for three and one-half hours. Keep constantly stirred. If liked, a little curry powder may be added to the chutney.

When You Have Found Your Place.

You will be happy in it—contented, joyous, cheerful energetic.

The days will be all too short for you. Dinner time and closing time will come before you realize it.

You faculties will give their consent to your work; will say "Amen" to your occupation. There will be no protest anywhere in your nature.

You will not feel humiliated, or a shoe-maker; because, whatever your occupation or profession, you will not be an artist instead of an artisan.

You will not apologize because you are not this or that, because you will have found your place and will be satisfied.

You will feel yourself growing in your work, and your life broadening and deepening.

Your work will be a perpetual tonic to you. There will be no drudgery in it.

You will go to your task with delight and leave it with regret.

Life will be a glory not a grind.—Success Magazine.

INVALUABLE TO EVERY FARMER

Its Wonderful Power in Curing Sick Cattle and Colicky Horses Makes "Nerviline" Worth Its Weight in Gold.

The stockman or farmer that doesn't know of the thousand and one uses of "Nerviline" around the stable has a great deal to learn. "Why, I wouldn't think of locking my stable door at night without knowing I had a supply of 'Nerviline' on hand. I always get a dozen bottles at a time from my druggist. To cure colic, indigestion, and bad stomach in a horse or cow there is no remedy on earth in the same class as 'Nerviline.' Last summer I had a \$250 horse that got the scours, and I would have lost him if I hadn't been able to give him Nerviline. I poured a full bottle of Nerviline in a pint of water down his throat and saved his life. I know of neighbors who have saved many heads of valuable stock, stricken with colic, just by using Nerviline. It is equally good as a rub-on liniment, and I know from my experience that for man or beast, internally or externally, 'Nerviline' is worth a dollar a drop.—James E. McCullough, Stock Breeder, etc."

Nerviline Cures Colicky Horses

You will not regret using Nerviline—but see you get it and not something else. 25c per bottle, or five for \$1.00, at all dealers, or The Catarrhzone Company, Kingston, Ont.

Caruso and the Tax Collector.

(Strand Magazine.)

I was dressing for "Pagliacci" when a man walked into my room tapped me on the shoulder and said, "Give me £140." I looked at him and asked, "What for?" He replied, "Income tax." I was already late and said, "Come again. I have not got the money here." Whereupon, with the rapidity of a conjurer, he produced from his pocket a paper, apparently a warrant for my arrest. This seemed to me to be carrying the joke too far, and so I asked the manager to be kind enough to pay the man the money. He did so at once, and the good income tax collector replied, "And now may I have a seat to see the show?" And he got it. That's London.

The wholesome, harmless green leaves and tender 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.

Mistaken Identity.

An Irishman who wasn't much of a hunter went out to hunt one day, and the first thing he saw to shoot at was a blue jay sitting saucily on top of a fence. He blazed away at the bird, and then walked over to pick it up. What he happened to find there was a dead frog which he raised carefully at arms length, looking at it with a puzzled air. Finally he remarked:

"Well, begobs, but ye was a devil of a fine lookin' boird, befur Oi blew ther fithers off o' yerse."

Family Physician Said Incurable She was Cured Completely by Dr. Hamilton's Pills

A Terrible Experience with Indigestion.

Another example of the marvelous merit of Dr. Hamilton's Pills comes from Kingston, where Mrs. E. V. Holton was snatched from the grave and restored to sound health by this wonderful medicine.

"Three weeks ago I was taken suddenly ill. My head throbbed and ached and I became so dizzy that I had to go to bed. There was a terrible feeling of weight and fullness in my left side and all the region of my stomach and liver was sore even to touch. I was in a terrible state—had no appetite, in fact I was afraid to eat because of the suffering I had to endure after meals. I got so bilious and had such pains across my eyes that I could scarcely see. My doctor said I had incurable indigestion.

"As a last hope I used Dr. Hamilton's Pills. I saw clearly they were doing me good and continued the treatment. My appetite and strength gradually returned—my color improved and day by day the stomach and liver derangements were less troublesome. All symptoms of biliousness and indigestion have now passed away. I am cured by Dr. Hamilton's Pills."

The same medicine that so wonderfully cured Mrs. Holton will cure anyone else of biliousness, constipation, indigestion, headache, poor color, and stomach trouble. Get Dr. Hamilton's Pills to-day—refuse any substitute. 25c per box, or five boxes for \$1.00. By mail from The Catarrhzone Company, Kingston, Ont.

FOX BROS.

It's easy to see at a glance that there's a style about some men which distinguishes them among their fellows; they go about their business in the usual way, and they may be just usual men; but there's something about their looks that's different.

HART SCHAFFNER & MARX

Dress a man that way; there's a finish, a class to these clothes which you don't get in any other.

We want you to look that way; and we've got the clothes here that will do it; all-wool, perfect tailoring, and style that's distinctive. Do you want it?

Suits \$20 to \$45.

Overcoats \$16.50 to \$60

This store is the home of Hart Schaffner & Marx clothes.

FOX BROS'

Aroostook's Greatest Clothiers,

Hatters and Furnishers,

HOULTON, MAINE.

WOODSTOCK WOOD-WORKING COMPANY, LIMITED,

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, Sta 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.

N. B. Telephone No. 68-3.

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,

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FURNACES FOR SALE.

We have on hand: Hot air Furnaces, for coal or wood, the best and most economical furnaces on the market. They generate their own gas and burn it. Call and see them before purchasing elsewhere.

We have also two second-hand Small & Fisher Furnaces for burning wood, practically as good as new.

HAMILTON BROS.,

Connell Street next to Clarke & Johnson's Hardware Store.

Mahogany Furniture.

I am prepared to restore old pieces of Mahogany Furniture, no matter how badly broken up. These old pieces when repaired are quite valuable and far superior to anything of modern make. Being a Cabinet Maker and "French Polisher" of many years' experience in the city of St. John, I think I understand my business. Also general repairing White.

G. N. A. BURNHAM, Upper Woodstock, N. B.

THE DISPATCH AND FAMILY HERALD AND WEEKLY STAR

\$1.50 For BOTH

"Little men delight in little controversies."