

RATHER STALE BREAD.

"What! a loaf of bread over 1,800 years old? Nonsense!" Well, my friend, there is no nonsense about it. You can see several of them in the Royal National Museum, at Naples, burned black like carbon, or charcoal. They were found in the ruins of Pompeii, a city that was buried by an eruption of hot, fiery ashes from Mount Vesuvius in the year 79. No one could eat this bread, although carbon is the element in our food that promotes heat in the body.

When indigestion prevails, your food does not nourish you and you have headaches, poor blood, constipation, dizziness, and other ills. Mother Seigel's Syrup, the sure herbal remedy cures all these ills. Mr. Burton Shortliffe, Central Grove, Digby Co., N.S., writes:—"I was troubled with indigestion for a long time and found no medicine to give such immediate relief as Mother Seigel Syrup. For indigestion and all stomach troubles it is a grand remedy."

The Irish Way of Cooking a Potato.

Half the magic lies, as a matter of fact, in the simplicity of the process. The Irish woman first throws the potatoes unpeeled—into a pot half full of cold water, then places it over a moderate fire and brings it to a boil.

Where another cook would continue boiling until a prod with a fork satisfied her that they were ready to serve, the peasant woman is of a different mind. Holding a cup of cold water in one hand, she dashes the contents quickly into the pot so as to throw the water momentarily off the boil.

This has the effect of casting all the heat inwards, so that the centre of the potatoes continue to cook while the outside has ceased to work for the time being, with the result that no danger is run of overdoing the outer portion at the expense of the "kernel," and the potato is served white, mealy and floury throughout.

Source of Misery Protruding Piles

Read the evidence that this distressing ailment is cured by DR. CHASE'S OINTMENT.

Some people find it hard to believe that anything short of a surgical operation will cure protruding piles. The doctors have brought about this belief. There is any amount of proof that Dr. Chase's Ointment is a positive cure for this as well as all other forms of piles.

Captain Wm. Smith, Revelstoke, B. C., writes:—

"It is with much pleasure I state that I have used Dr. Chase's Ointment for itching, protruding piles of many years standing and it has completely cured me. I had previously tried many other remedies but they did me no good. I would strongly recommend this ointment to those suffering from this complaint for it is a good and genuine cure."

Mrs. Captain Chansmith, Salvation Army, Essex, Ont., writes:—

"It is with pleasure that I write to you in praise of Dr. Chase's Ointment. Two years ago I was taken with a severe attack of protruding piles and became so bad that I had to keep my bed and could lie in no position except on my stomach. Doctors could give me no help and the various oils and ointments used proved of no avail.

"One Saturday night when I was suffering untold agony my husband went to the drug store for a box of Dr. Chase's Ointment which I had heard of as a cure for piles. Although I had almost given up hope, to the wonder of those around me, I was able to be up on Monday and have had no difficulty from piles since. As a treatment for all kinds of sores and burns, Dr. Chase's Ointment works like magic."

Dr. Chase's Ointment, 60 cts. a box, at all dealers, or Edmanson, Bates & Co., Toronto.

No Danger.

(Cosmopolitan).

Much sobered by the importance of the news he had to communicate, youthful Thomas strode into the house and said breathlessly:

"Mother, they have a new baby next door, and the lady over there is awful sick. Mother, you ought to go right in and see her."

"Yes, dear," said the mother. I will go over in a day or two just as soon as she gets better."

"But, mother," persisted Thomas, "I think you ought to go in right away; she is real sick, and maybe you can do something to help."

"Yes, dear," said the mother patiently, "but wait a day or so until she is just a little better."

Thomas seemed much dissatisfied at his mother's apparent lack of neighborly interest, and then something seemed to dawn upon, for he blurted out:

"Mother, you needn't be afraid—it ain't catching."

Not Exempt.

An evangelist was exhorting his hearers to flee from the wrath to come. "I warn you," he thundered, "that there will be weeping and wailing and gnashing of teeth!"

At this moment an old woman in the gallery stood up. "Sir," she shouted, "I have no teeth."

"Madam," returned the evangelist, severely "teeth will be provided."

The Doctor.

Physicians, particularly surgeons, are, as a rule looked upon by the majority of people as mere, skilful machines, who have sacrificed the finer sensibilities to science.

Neither is this view without cause, for this is exactly what the physician has striven to do. He cannot do his work well and be a man susceptible to the transmission of pain. He is a machine, that is, he wishes to be, and the closer he resembles it the greater are his chances of success.

So much for the outer man and the doctor. How about the inner man? Perhaps no man or woman, outside the profession, knows what that inner man is. His sympathies may be broad—and in the majority of cases they are—but he must not show them, and he is a broad man always, because he has passed through the big school of crippled, erring humanity.

There is nothing that will humanize a nature quite so much as pain and the physician cannot be always a mere machine. He is one of the household. Perhaps he has been present when his young members were ushered into the world, and has been near when they were taken from it. There is a bond between him and those to whom the inevitable has come, and because they look to him for strength and comfort, he must be strong. He is, and therefore the world needs him.

Not always can he help those to whom he has been called for they are sometimes beyond the range of his skill. It is then the physician becomes strategist and he exercises the God given power of cheerfulness and plants hope where killing hopelessness has been. He woos the patient back within the range of skill.

All praise to the doctor who is great enough to cure because he is human enough to feel.

This world needs him.

The Country Preacher.

He may live in a small village—usually he does—and his home the parsonage—"The Parsonage," is generally neat and white—and has a wide green verandah in front and there you may often see him, seated, patient, thoughtful and happy, after the work of preparing his sermon has been performed. He is always glad to see you and his hand-clasp is sincere. Not always is his work congenial for the country preacher fills a sphere of usefulness quite different in its environment from that of his urban colleague. His daily contracts with the life of the people about him are necessarily more intimate. Hence there is the greater need for keeping his mental outlook wider than his immediate environment. He must have glimpses into the outer world more realistic than those afforded by the current literature, perhaps often too scant, that reaches his study-table.

The seeming narrowness of his surroundings in reality increases his opportunity for the personal uplift of others. His daily walks and talks must be known of all. The more informatory they can be made, the greater stimulus he can impart to others for both practical usefulness and higher living. The country parson has unusual contacts, and the institution of education that promotes his intellectual activities by increasing his points of view of the human life and occupations that surround him multiplies his power.

Pews That Carry Votes.

(London Standard)

In the gallery of Chertsey parish church there are certain pews which confer the right on their owners or tenants for the time being of claiming a vote at any election of a member of parliament for the division of Surrey, in which the town is situated. This extraordinary privilege appears to have come to the gallery pews at Chertsey church from an act of parliament, in order to allow the special alterations and renovations in connection with the church, then necessary, those who contributed definite sums towards the restoration obtaining the right to a parliamentary vote for the town. This privilege was transferred later to the future owners, when Chertsey became the head of a division in stead of having a member of its own. The pews have to pay a rate of £2 a year.

Why We Are Stronger.

The old Greeks and Romans were great admirers of health and strength; their pictures and statuary made the muscles of the men stand out like cords.

As a matter of fact we have athletes and strong men—men fed on fine strength making foods such as Quaker Oats—that would win in any contest with the old Roman or Greek champions.

It's a matter of food. The finest food for making strength of bone, muscle and nerve is fine oatmeal. Quaker Oats is the best because it is pure, no husks or stems or black specks. Farmers' wives are finding that by feeding the farm hands plentifully on Quaker Oats they accomplish a double result; the men go to their work with greater vigor and the expense of such feeding is less than with other foods.

Your Head Aches

**Tongue is Coated
Mouth Tastes Bad
Stomach is Sick**

**The Gastric Juices Are Not Doing
Their Duty and You're in the Grip
of Nervous Dyspepsia.**

A hot bitter fluid and sour undigested food rise in your mouth. Your vision is crossed with specks that float before the eyes.

Very shortly you'll have nausea, rank breath, and sleepless nights. What you need is Ferrozone.

It regulates the gastric juices, puts new life into the stomach, braces digestive powers, gives the aid that's so badly required. If you want proof, read the experience of Mr. E. P. Davison, a well-known resident of Portland, who writes: "Ferrozone is beyond doubt a most powerful cure for indigestion and weak stomach. Food so badly disagreed with me that I was almost afraid to eat. Pastry and starchy foods fermented, caused sour risings, and gave me headaches, brown taste, offensive breath. I grew weak, my weight ran down fifteen pounds, and my looks fully indicated all that was wrong. Ferrozone put me on my feet again. It braced me up, renewed my digestion, and made me a well man."

Doctor and patients alike speak of the merit of Ferrozone; it is different from other remedies, different because it cures so you stay cured. Try it; sold everywhere in 50c boxes, 6 for \$2.50, by mail from the Catarrhozone Co., Kingston, Ont.

Great Comet May 19.

The tail of Halley's comet will sweep across the sky in the earth's orbit on May 19, 1910, according to an announcement made by Frank E. Seagrave, of Providence, R. I., the astronomer, who has been revising his recent calculations. On this day in May the comet will reach the plane of the earth's orbit. The tail of the comet will spread out fanlike over the earth's orbit, and the world will find itself swept by a curious "star dust" brought from millions and millions of miles away. After this one day sweep across our sky the planet plunges out of our vision again, not to return for seventy-six years.

Mr. Seagrave is considered by the world's scientists as the leading student of comets and his figures on Halley's comet have been accepted by American and foreign astronomers as the most advanced calculations made so far. Mr. Seagrave conferred with Harvard astronomers this week and verified his figures.

"There need be no fear when we see the planet," said Mr. Seagrave. It will do the earth no harm as it will be 13,000,000 miles away from us.

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.

Live and Let Live.

People human enough to see that the wants of domestic animals are satisfied, should go into the wider field and champion the cause of the wild.

The law does not extend the jurisdiction of the Society for the prevention of Cruelty to Animals to the creatures of wild nature that are confined, to their sorrow and hurt, in cages in zoological gardens, parks and other places of popular resort. The educational argument by which apologists for this practice attempt to defend it is not worth much. It does not improve the mind of any person to look into a cage containing wild animals or birds in a state of general wretchedness, with poor health and depression of spirits apparent in their very aspect. In the nature of things it is not possible for wild creatures to thrive in such conditions. They are almost always sickly and dejected, and their appearance repels rather than attracts all rightly constituted persons. To say that the exhibition of wild creatures in such a condition has a valuable educational influence is to say a foolish thing. As a notable writer quoted says, it would better serve every purpose of education to have the wild animals and birds stuffed. They would then have equally great educational value, and they would not shock anybody as the live creatures in captivity do by their pathetic and pitiful discontent with their environment. This subject is one that deserves the thoughtful attention of all persons of humane instincts.

A Difficult Question.

Senator Taylor of Tennessee tells of an old negro whose worthless son was married secretly. The old man heard of it and asked the boy if he was married. "I ain't sayin' I ain't," the boy replied, "Now, you, Rastas," stormed the old man, "I ain't askin' you is you ain't; I lo askin' you as't you is."

MOUNT ALLISON LADIES' COLLEGE

SACKVILLE, N. B.

56th Year
Commencing
September 9

Massey-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 60 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.

WRITE FOR FREE CALENDAR. J. M. PALMER, M. A., Principal

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, Store 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,

MAIN STREET, WOODSTOCK.



The Election of COUNTY COUNCILLORS, County of Carleton

The Election of Count Councillors will be held on **TUESDAY, The 12th day of OCTOBER next.**

Fifteen days public notice of the time and place of holding election to be given by Parish Clerks by posting in three most public places of the Parish. Nomination of candidates to be filed with the Parish Clerk, or to be left at his residence, at or before six o'clock, p. m., on Monday the 4th day of October next.

Parish Clerk to post names of candidates in three of the most public places in each Polling District on or before Thursday the 7th day of October next.

Candidates names also to be posted up at the Polling places before the opening of poll on day of election.

The Parish Clerk or District Clerk (as case may be) to act as Chairman, unless he refuses to serve, or is absent, or not competent by reason of relationship of candidate, when chairman to be chosen by electors present.

Assessors are required to furnish Parish Clerks with list of electors.

J. C. HARTLEY,

Secretary-Treasurer.

Dated the 1st day of September A. D., 1909.

IN THE PROBATE COURT.

Of Carleton County.

To the Sheriff of the County of Carleton or any Constable within the said County, GREETING:

WHEREAS Nelson Turney, Executor of the Last Will and Testament of Sabra J. Turney late of the Parish of Woodstock in the County of Carleton, deceased, hath filed in his Court an account of the administration of the said deceased's estate and hath prayed that the same may be passed and allowed in due form of law and also that a decree be made for distribution of said estate.

You are therefore required to cite the heirs, legatees, devisees and next of kin of the said deceased and all the creditors and other persons interested in the said estate to appear before me at a Court of Probate to be held at my Office in the Town of Woodstock within and for the said County of Carleton on Friday, the twenty-second day of October A. D. 1909, at ten o'clock in the forenoon, then and there to attend the passing and allowing of the said accounts and the making of the Order for distribution aforesaid.

(L. S.) Given under my hand and (Copy) Seal of the said Court this 2nd day of September A. D. 1909.

(Sgd) THANE M. JONES,

Judge of Probate for the County of Carleton.

(Sgd) JAMES MCMANUS,

Registrar of Probate for the County of Carleton.

LOUIS E. YOUNG, Proctor for Petitioner.