

COUGHS & COLDS

LEAD TO CONSUMPTION

Colds are the most dangerous of all forms of disease. A neglected cold leads to Bronchitis, Consumption, Pneumonia. "Coughs" are the result of irritated bronchial tubes. "PSYCHINE" cures coughs by removing the irritating particles and healing the inflamed membrane. It is a germicide and destroys the tubercle germ. It is a tonic that strengthens the lungs, the liver, and tones up the system. It makes for better health in all conditions of humanity. Get strong and the cough will disappear. "PSYCHINE" makes weak people strong. It cures coughs of the most obstinate kind and breaks up a cold in a few hours.

Write for Free Sample.

For Sale by all Druggists and Dealers 50c. & \$1 per bottle.

Dr. T. A. SLOCUM LIMITED, TORONTO

PSYCHINE
PRONOUNCED SI-KEEN

The Lean Years are Upon us.

BY JIM HILL.

Why are millions of men in the United States idle? Why does food cost so much? Why are the cities thronged with poverty stricken human beings?

James J. Hill, master railroad builder and adviser to the American farmer, has given what he believes to be the right answer to these questions in a 10,000 word article in *The World's Work*, issued by the Doubleday Page Company. Excerpts from this article are given below. His arguments and warnings are similarly applicable to the Canadian farmer.

The food condition presses upon us now. A shortage has begun.

As far as our food supply is concerned right now the lean years are upon us.

We have to provide for contingency not far distant from us, but already present.

Thousands of farmers are seeking homes in the Canadian Northwest, owing to the cheap lands offered there, and the difficulty of securing such lands in the United States.

Yet we still retain the land laws under which, for so many years the great heritage of the people has been passing so largely into unworthy hands.

Since 1899 the average wheat crop in the United States has fallen from 15.8 to 14 bushels an acre. It is a disgraceful record.

The fields of Great Britain yield over 32 bushels of wheat per acre.

For many years the United States has made the mistake of unduly assisting manufacture, commerce and other activities that centre in the cities at the expense of the farm. We must preserve jealously the right and possibility of free access to the soil. This is the safeguard not only of national wealth but of national character.

For the sake of the coming millions, who will be helpless unless each can be furnished with a piece of tillable land, we should see that the speculative abuses which these land laws of ours have fostered are brought to an end.

It is as well assured as any future event can be that the population of the United States will be 200,000,000 by about the middle of the present century. Millions of persons now living will see the 200,000,000 persons here. How are they to be fed?

Suppose the average yearly per capita consumption of wheat is six and one-half bushels. It will then require 1,300,000,000 bushels of wheat for our bread supply. Twice only in our history have we exceeded 700,000,000 bushels.

We will be left practically with a shortage of 400,000,000 bushels. A supply to meet the coming new demand is nowhere in sight. I have said many times in different articles and addresses that a price of over rather than under \$1 per bushel might be expected hereafter.

Suppose the United States produced 28 bushels per acre, or double its present showing. That would be nothing extraordinary in view of what European countries have done with inferior soils. It would have added 634,000,000 bushels to our product last year.

Such close and careful cultivation as will yield the highest profit per acre can best be given to land when it is cultivated in small farms. Ten farmers, each cultivating from 40 to 160 acres, with the most approved methods, each can earn a profit equal to that taken from two to three times the same area by slovenly tillage.

To raise the productivity of our soil 50 per cent, would be an increase greater in value than the entire volume of our foreign trade.

These results can be brought about by such instruction as we now give in our technical schools and institutes for the trades.

We cannot wait for the work of the agricultural colleges, because the emergency is one of the present generation.

If I could have my way I should build a couple of warships less a year. I would take that \$5,000,000 or \$6,000,000 a year and

start at least 1000 agricultural schools in the United States at \$5000 a year each, in the shape of model farms.

It would require a small amount of land, all told, to place a model farm in every agricultural county in the United States.

There should be a trained man to each farm, say of 80 acres; and a general superintendent, a thoroughly trained agriculturist, to manage three or four counties and visit the different farms.

The farmer must cultivate no more land than he can till thoroughly. With less labor he gets more results. Official statistics show that the net profit from one crop of 20 bushels of wheat to the acre is as great as that from two crops of 16 bushels to the acre.

There must be rotation of crops. Ten years of single cropping will pretty nearly wear out any but the richest soil.

There must be soil renovation by fertilizing, and the best fertilizer is manure.

Every farmer can and should keep some cattle, sheep and hogs on his place. The farmer cannot prosper until stock raising becomes inseparable from agriculture.

If waste can be stopped, it would save more money for the farmer than the railroads could if they carried all his grain to market free of charge.

A SCIENTIFIC WONDER.

The Secret of a Famous Healing-Balm.

The re-discovery of a secret that has lain hidden in the dust of 20 centuries is an event full of fascinating interest, and the story of Zam-Buk, the world-famed first-aid and skin-cure will always enlist attention. Zam-Buk is the virtuous descendant of those wonderful and mysterious herbal balms by the use of which the manly athletes of Ancient Greece and the stalwart gladiators of Rome ensured the healthiness and ready healing of their skin.

Many are the attempts that were made to produce a perfect balm for the skin, but only in Zam-Buk has the ideal been realized. Since its discovery Zam-Buk has been welcomed in mansion and cottage, and the people of two hemispheres realized that they have been placed in possession of an absolutely unique cure for skin complaints.

The reasons for this triumph of science are simple and few. Taking a lesson from the Ancients, the proprietors of Zam-Buk first of all wisely decided that the ideal balm must be purely herbal and contain not the slightest trace of rancid animal fats or poisonous minerals. Thus Zam-Buk is made solely from rich and pure essences obtained from certain rare medicinal herbs. These juices and extracts are prepared and refined by ingenious scientific processes and then so skilfully blended that a unique, effective, and yet perfectly natural preparation for dispelling skin-diseases is secured.

Zam-Buk has an affinity for the human skin such as no ordinary ointment or liniment can possibly possess. Besides soothing pain and allaying irritation, it possesses unique antiseptic and germicidal qualities which virtually chase disease germs out of their hiding places in the skin-tissues; at the same time it purifies the pores and invigorates the natural functions of the skin in a way that no other preparation can.

Zam-Buk solves in a perfect manner the problem of always having handy at home or at one's work an ever-ready and reliable first-aid for cuts, burns, scalds, bruises, lacerations, scratches, etc. Zam-Buk is without equal for eczema, ulcers, piles, bad leg, ring-worm, scalp sores, festering sores, sprains, stiffness, poisoned wounds of all kinds, face sores, chafing, chapped hands, cold-sores, frost-bites, sore feet, diseased ankles, and all itching, irritation, and inflammation.

Zam-Buk is a daily need in every household and is sold by all druggists and stores at fifty cents a box. Refuse harmful and dangerous substitutes sometimes "pushed" as being "just as good."

Latest Journalistic Horror.

The editor of the Spiketown Blizzard refused to suppress the item.

"I'm going to publish it on you, Wes. Hopperdyke," he said. "It's in type, and it'll be in the paper tomorrow. You can't get on a roaring drunk and go around smashing showcases and things without my saying something about it. You've danced and you must pay the piper!"

"I'll find some way to get even with you, Mort Clugston!" exclaimed the infuriated caller, shaking his fist at the editor and taking his departure.

That night some man, supposed to be Mr. Hopperdyke, broke into the Blizzard office, dumped on the floor everything that was in type for that week's issue, and made his escape undetected.

As he couldn't pay the piper, he pied the paper.—C. W. T., in Chicago Tribune.

Odds and Ends in Winter Styles

Satin charmeuse remains the favorite fabric for ball and dinner gowns, and, in fact for evening gowns of all descriptions.

Rhinestone hatpins, ranging in size from a five cent piece to a silver dollar, are thought extremely well of and are to be used both as an ornament and for utility purposes.

Not only furs, but imitation fur fabrics will be very fashionable for both children and grownups the latter using them as trimmings and the little folks as entire garments. The bolero it is said will be in great favor the coming season.

An exceedingly dainty jabot seen recently is edged with the finest of tatting instead of the regulation val or baby Irish.

News comes from across the water that cream color fabrics are fast supplanting white. The French call this shade "bleu."

"Sick Man's Friend"

That's the Name Given by Thousands to the Old Family Stand-by, "Nerviline."

1,000,000 Bottles Used Annually

No better known or more popular family remedy has ever been compounded than "Nerviline." During the past half century its success has been phenomenal—due to the fact that it always cures.

"No one could get me to go to bed at night unless I was sure we had Nerviline in the house," writes Mrs. R. R. Weightman, of Bolton P.O. "Six years ago my husband was taken badly with rheumatism, which affected his right arm and shoulder. It was so sore and stiff as to be almost helpless for four years. I read of the cure of James E. Everett, and felt sure that when Nerviline cured a case like his, it would cure my husband. I got a dollar's worth of Nerviline, five bottles, in Buffalo, and am pleased to write you that the fourth bottle cured. We have since used Nerviline for Lumbago, Neuralgia, Colds, Chest Tightness, and other minor ailments in the family, and found 'Nerviline' to be the 'Sick Man's Friend.'"

No other remedy is so useful in the home, so universally employed to alleviate pain and curing the sick. Refuse anything offered you instead of Nerviline, which is sold: Large 25c bottles or five for \$1.00. By all dealers, or The Catarthozone Company, Kingston, Ont.

Cured 4 Years' Rheumatism

Peace and Pain.

(John Boyle O'Reilly.)

The day and night are symbols of creation, And each has part in all that God has made;

There is no ill without its compensation, And life and death are only light and shade There never beat a heart so base and sordid But felt at times a sympathetic glow;

There never lived a virtue unrewarded, Nor died a vice without its meed of woe.

In this brief life despair should never reach us;

The sea looks wide because the shores are dim;

The star that led the Magi still can teach us The way to go if we but look to Him.

And as we wade, the darkness closing o'er us,

The hungry waters surging to the chin, Our deeds will rise like stepping stones before us—

The good and bad—for we may use the sin.

A sin of youth, atoned for and forgiven Takes on a virtue, if we choose to find;

Where clouds across our onward path are driven,

We still may steer by its pale light behind. A sin forgotten is in part to pay for,

A sin remembered is a constant gain; Sorrow, next joy, is what we ought to pay for,

As next to peace we profit most from pain.

FATAL CATARRH

Pneumonia, Consumption, and Kindred Evils Follow in its Trail.



Have you ever had Catarrh? Have you been subject to coughs and colds lately? Are you all run down? Do you take a cold easily?

Catarrh is the greatest protection against these complaints ever known. You just breathe it, that's all, and it cures. The Inhaler is suitable to carry in the vest pocket or purse, and can be used while at work, in the church, theatre, any place, any time. Carry a Catarrh Inhaler, use it now and again, it is quite pleasant, and you won't have colds or catarrh.

Breathe Catarrh for five minutes occasionally, and it cures coughs and colds.

Breathe it five minutes four times a day and it cures Bronchitis and Catarrh.

Don't let your cold run on any farther. Cure it now by Catarrh. Complete outfit, hard rubber inhaler, and sufficient liquid for three months' use, costs but one dollar; small size 50 cents. At druggists. The Catarrh Co., Kingston, Ont.

Peace Preferred.

I'm glad I'm not a candidate— The reasons I need scarcely state; I seem to me a crying shame To smudge some other fellow's name, Or when the fires of hatred burn To get your own smudged in return, In short I hate the battle ground, Where fur is flying all around.

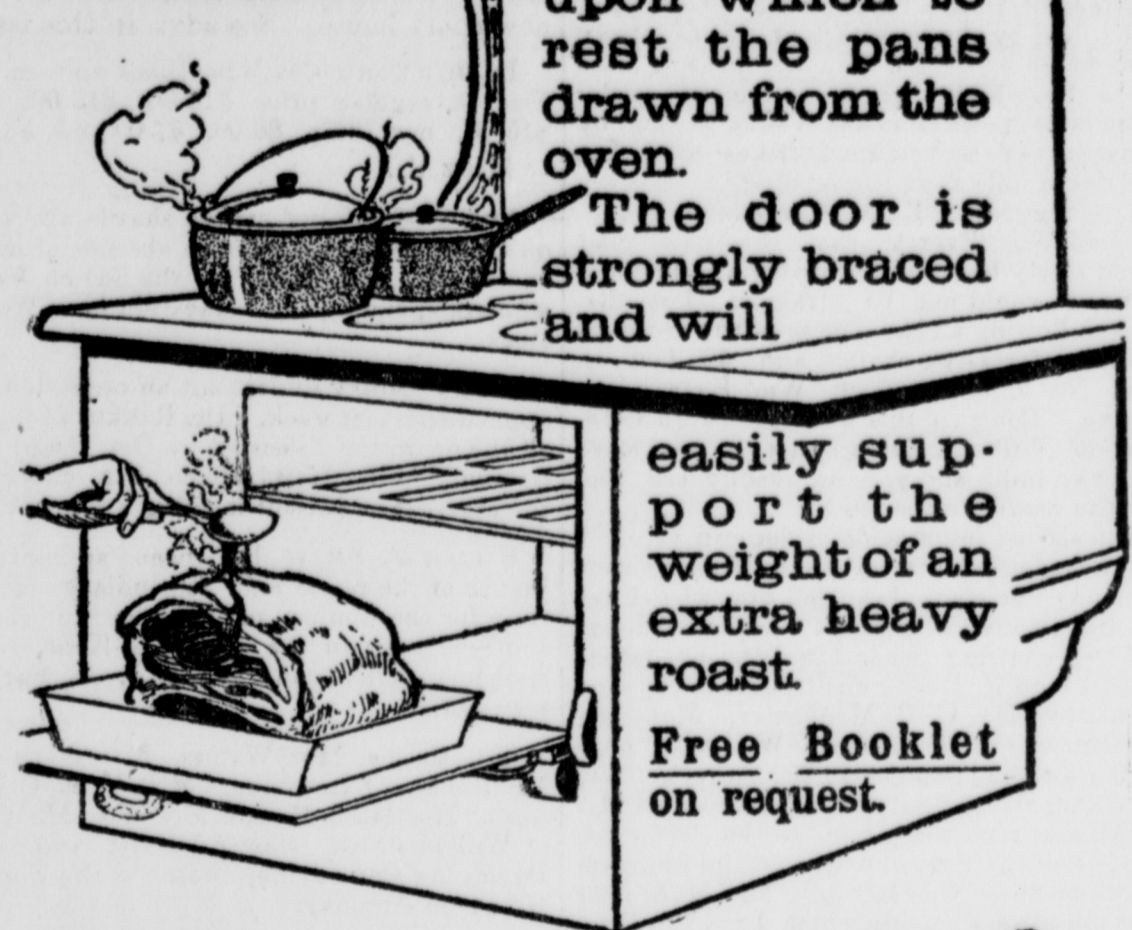
—Cleveland Plain Dealer.

DR. A. W. CHASE'S CATARRH POWDER 25c. is sent direct to the diseased parts by the Improved Blower. Heals the ulcers, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. 25c. blower free. Accept no substitutes. All dealers or Edmondson, Bates & Co., Toronto.

Kootenay Steel Range

The oven door of the Kootenay drops down and provides a shelf upon which to rest the pans drawn from the oven.

The door is strongly braced and will

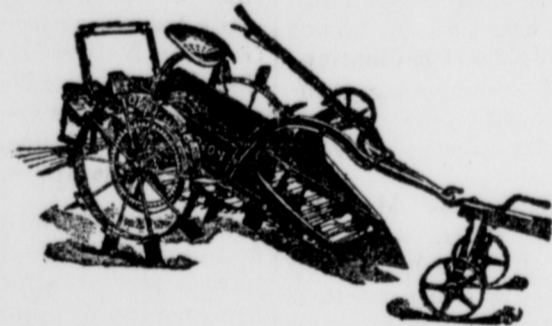


easily support the weight of an extra heavy roast.

Free Booklet on request.

McCLARY'S

For Sale by H. E. BURTT.



The Machines For This Weather.

- Deering Reapers, Deering Binders, Champion Diggers, Moody Threshers, Cambridge Reversible Sulky Plows, Wilkinson Plows.

Want anything in above lines? Then call and see us or one of our agents.

BALMAIN BROS. Woodstock.

Have You a Bank Account?

If not, why not? This Bank invites small and large accounts, and pays Interests on Savings Deposits.

Bank of New Brunswick East Florenceville Branch.

The Queen Down Draft STOVE



The Greatest Wood Heater manufactured. It burns all kinds of rough wood. It is the cleanest stove made. No ashes, dirt or soot can possibly get out as there are no openings but at the top.

Prices, \$4.00 to \$10.00.

If you want a heater that will burn all kinds of wood and give good satisfaction, buy the QUEEN DOWN DRAFT.

W. F. Dibblee & Son.