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# Constipation

Baked sweet apples, with some people, bring prompt relief for Constipation. With others, coarse all-wheat bread will have the same effect. Nature undoubtedly has a vegetable remedy to relieve every aliment known to man, if physicians can but find Nature's way to health. And this is strikingly true with regard to Constipation.

The bark of a certain tree in California—Cascara Sagrada—offers a most excellent aid to this end. But, combined with Egyptian Senna, Slippery Elm Bark, Solid Extract of Prunes, etc., this same Cascara bark is given its greatest possible power to correct constipation. A toothsome Candy Tablet, called Lax-ets, is now made at the Dr. Shoop Laboratories, from this ingenuous and most effective prescription. Its effect on Constipation, Biliousness, Sour Stomach, Bad Breath, Sallow Complexion, etc., is indeed prompt and satisfying.

satisfying.

No griping, no unpleasant after effects are experienced, and Lax-ets are put up in beautiful lithographed metal boxes at 5 cents and 25 cents For something new, nice, economical and effective, try a box of

SOLD BY ALL DEALERS.

#### What the Sandwich Was For.

A stately old professor was approached by young student one day in a Western college. Trying hard to keep back a smile, the young man asked:

'Professor, you say you are an expert at solving riddles, don't you?"

'I claim that I am, my boy.'

·Well, then, can you tell me why a man who has seen London on a foggg day and a man who has not seen London on a foggy day are like a ham sandwich?"

The profersor studied for a time, venturing several answers, which proved to be wrong. Finally, at his wits end, he said:

'I give it up.'

'Why,' was the reply, 'one has seen the mist and the other has missed the scene. Ha, ha, catch ou?'

'Of course I do, you lunatic!' But what has the sandwich to do with it?'

After the youngster had recovered from spell of laughter, he chucled:

'Oh, that's what you bite on.'-The 'Circle.'

If you would have a safe yet certain Cough Remedy in the home, try Dr. Shoop's-at least once. It is thoroughly unlike any other Cough preparation. It's taste will be entirely new to you—unless it is already you favor any other stupifying ingredients are used. The tender leaves of a harmless, lung-healing mountainous shrub, give to Dr. Shoop's Cough Remedy its wonderful curative properties. It is truly a most certain and trustworthy perscription. Sold by All Dealers.

#### A Hot-Weather Luxury.

'A manhattan pudding is one of my own the turnip flavor in butter." specials. Sprinkle one quart of raspberries with one cupful of sugar; cover, and let stand two hours. Mash, squeeze through cheesecloth, and add one cupful of cold water, and ish steamship Mereddio, Capt. Clark, has a lemon juice to taste. Turn the mixture in a brick-mold. Whip one pint of heavy cream, using a Dover egg-bester, and add one half cupfull of powdered sugar, one half tablespoonful of vanilla, a few grains of salt and two thirds of a cupfull of walnut meats cut in small pieces. Pour the cream mixture over the fruit mixture to overflow the mold, Cover with buttered paper, buttered side up, fit on the cover, pack in finely crushed ice and rock-salt, and let stand three and one half hours .- Woman's Home Companion for

Pains of women, head pains, or any pain stopped in 20 minutes sure, with Dr. Shoop's Pink Pain Tablets. See full formula on 25e. Box. Sold by All Dealers.

## Drawing The Long Bamboo.

An Englishman was once rallying a native of India upon his faculty in lying. The native at once replied, "Why, sahib, we are all more or less liars in my country, and if one tells a story, another immediatly cape it. Two young men of my country had a boasting match, and one said, 'My father is so rich and has so many horses that his stable is of such extent as to to take a horse eleven months to go from one end stall to the other. Shabash, brother, replied the second boaster, that is very good. My father has a bamboo so long that he can sweep the clouds away with it when they obscure the sun in harvest time. 'Hi! hi!' exclaimed the first. That is very wonderful; but pray, brother, where does your father keep such a answer, 'in your father's stable, to be sure!,

Tell some deserving Rheumatic sufferer. that there is yet one simple way to certain relief. Get Dr. Sheop's book on Rheumatism and a free trial test. This book will make it entirely clear how Rheumatic pains are quickly killed by Dr. Shoop's Rheumatic Remedy-liquid or tablets. Send no money. The test is free. Surprise some disheartened sufferer by first getting for him the book from Dr. Shoop, Ricine, Wis.

# Give The Cows Salt.

Now, when the cows have been on the fresh grass for some time, it is wise not to fo get the importance of feeding plenty of and increases the appetite.

When cows are upon pasture, it is not easy to feed them salt in the best manner. mixed with their daily rations, as may be done in the winter time, but it can be placed where they may have access to it every day, and this will do better than neglect.

If salt is taken in large quantities it is purgative, but this animals will seldom or never do, if left to themselves. When salt is mixed with sood fed daily, it has been estimated that the average horse should be fed about two ounces, a milch cow four ounces, and a feeding steer six ounces.

#### Bank Manager Transferred.

J. M. Aitken, manager of the Royal Bank of Canada here, leaves by to-morrow's Maritime express for Moncton where he will take charge of the branch of the bank in that city. Tonight a number of representative citizens met at the White House where O. Turgeon, M. P. presided and presented Mr. Aitken with a filled travelling bag. Mr. Turgeon's remarks on making the presentations expressed the regret that all felt at the departure of Mr. Aitken as well as their satisfaction in his promotion.

Speeches were made by several of those present while songs were rendered by others. Mr. Aitken was connected with some of the popular institutions of Bathurst and will be much missed .- Bathurst cor. St. John Standard, June 16th.

Mr. Aitken's many friends in Woodstock will be glad to hear of his promotion.

## Turnipy Taste in Butter.

The following dissertation on turnipy milk and butter is published in a German agricultural journal:

'The milk from cows fed on turnips has a peculiar odor and taste. Apparently some volatile products from the turnips gets into the body fluids of the cow and thus affects the milk. This fault may be corrected by warming or aerating the milk. But, besides this, certain organisms, as coli bacteria, Actinomyces odorifer, Penicillium brevicaule and lactic acid bacteria, which are found in the faeces of cows fed on beets or turnips, also produce the turnip flavor and aroma in butter made from milk or cream in which they are present.: The turnip taste of butorite Cough Remedy, No opium, chloroform, ter may be due to both of these causes together. Butter may have the turnip flavor and aroma, however, even when no turnips are fed, as coli bacteria causing the taste are found also on oats, barley, corn, rape and other feeding stuffs. Pasteurizing the milk, with subsequent aeration, is reccommended as a means of preventing the development of

## Sea Serpent Raced Ship.

Extered in the permanent log of the Britrecord of a sea monster sighted while the ship was on a passage between Penarth and Santos. Chief Officer Neil S. Murray was in charge of the bridge at the time and a Greek quartermaster, was at the wheel. The quartermaster, who first sighted the monster, was almost petrified with fear and was at the point of permitting the big freigh- or wearied by past indulgence. ter to take her own course.

"It was like this," explained the chief officer when the Mereddio docked at East Boston. The ship was 500 miles from Santos. ed the direction he was looking. My hair allel to the ship was a monster lizard. It was as big as a whale. The ocean fairly house and one coil of the beast's neck; were adove water. For a distance of nearly 300 feet the sea heaved and was lashed into foam, I think the lizard was fully the Mezeddio's length, and I feared for the safety of the steamship as the creature, mailed in huge, bony scales of a dark green color, swelved as if to come alongside. It had a sawlike ridge on its back and its girth was fully as great as that of a whale. After the serpent had raced the ship several minutes it humped its back and sounded. The swash from its commotion shook the ship and sent spray over the star-board rail. I have followed the sea many years and, mind you, I am not given to fancies. That creature so impressed me that I entered the incident in the scrap long bamboo?' 'Why, you stupid,' was the log, and later made a permanent record of it.'

The Mereddie's crew substantiates Officer Murray, while the Greek quarter-master admits he did not recover from the shock for several days.

#### Drunkards Not Wanted. A few decades ago it was common to hear

of ability rendered comparatively worthless in many walks of life by alcoholic indulgence. In professional and industrial callings the lament for bad habits on the part of the otherwise competent was frequently heard. Now the able man who drinks is seldom heard of, because his weakness speedily robs him of recognition and of any chance to desalt. It will materially increase the flow of monstrate his abilities. There is no longer milk, and promote the health of the cow as any room for the drinker, however able he well. It is an aid to digestion, improves the may be. The great railway corporations appearance of the animal, stimulates, in a have effected a complete change in the dis-



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

Railway service requires minds keenly alert and watchful, and its demand are too exacting for those who are muddled by alcohol

The rules have been gradually growing more strict until now the men composing train crews on some of the leading systems must be total abstainers both on and off Ilsaw the Greek acting strangely and follow. duty. The change prompted by the economic needs of the service has been found stood on end at the sight. Swimming pant to lie in the direction of moral reform. The United States Steel Corporation has lately made a move in the same direction. At seethed as it propelled itself with enormous Pittsburg it has taken the form of restricdragon's claws. A head as big as a pilot tions on the men with regard to leaving the works during the noon hour, but it is full and clearly recognized as a restraint on the drinking habit. Whatever may be the motive of the great steel corporation, the result is in the line of social improvement. and promises ultimate benefits to the em. ployees.—Canada Farmer.

Moving a Mountain With One Blast

One of the biggest things in the blasting line over done, took place the other day near Stein's Pass, Ariz., when the whole side of a mountain was broken into small pieces and enough rock was dislodged to ballast 100 miles of track, all in one explosion. Preparations for the blast had been going on for several weeks, under the direction of G. W. Kearney, powder expert for the Southern Pacific, and A. B. Crane, an expert for the company, which furnished the powder. In making the blast 78,000 pounds of powder was used. The object was to obtain rock for ballasting the Tuscan division of the Southern Pacific The sight when the powder was touched off was one of the most remarkable ever witnessed in that part of the Southwest. The whole side of the mountain was flifted about twenty-five feet and then settled back with a groan, a broken mass of stone. It is estimated that a body of rock weighing 775,000,000 pounds was dislodged by this explosion.

## Deep Breathing.

Pay attention to the great importance of deep breathing, that is, of inflating the lungs to their fullest capacity. Shallow breathing moderate degree, all the secretive functions, cipline of their employees in this regard. is the rule, deep breathing the exception;

that is why consumption finds such a fertile field in a large proportion of people. In the majority of cases consumption commences just below the clavicle (or collar bone), for here is the portion of the lungs that is least used in ordinary breathing. The individual with a pair of healthy lungs might inhale millions of tubercle bacilli daily with impunity. Like every other organ in the body, the lungs become vigorous with use; disuse means decay; therefore, todevelop the lungs, they must be exercised! by deep breathing. Even five minutes of lung exercise daily will work wonders.

# WOOL WANTED.

Hewsons Cloth, Blanketing, Clothing, Warns, &c., will be exchanged for good washed wool at 26c. lb. Also our large stock of Dry Goods, Hardware, Groceries, Boots and Shoes, Crocking &c., have been marked for below the regular price. Highest prices paid for Butter and

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Middlings \$1.55 " These goods are guaranteed.