

**Use of Lemons.**

Lemons are of untold good as health preserver. The way to get the better of a bilious system without blue pills or quinine is to take the juices of two or three lemons in just enough water to make it pleasant to drink without sugar, before going to bed. In the morning, before breakfast, repeat the dose.

Lemon juice is the best antiscorbutic remedy known; it not only cures the disease, but prevents it. Sailors make a daily use of it for this purpose. A physician suggests rubbing of gum daily with lemon juice to keep them in health. The hands and nails are also kept clean and in good condition by daily use of lemon instead of soap.

**Potato Salad.**

Six medium size cold boiled potatoes sliced. Two tablespoonfuls of grated cheese. Put yolks of three hard boiled eggs in stewpan with tablespoonful of butter, teaspoonful of mustard, same of flour, a little salt, mix into a smooth paste; pour over this one-half cupful of vinegar—use part water if vinegar is strong. Mix well together and set over fire, turning constantly. When nearly cold beat in 2 or 3 tablespoonfuls of olive oil and one-half cupful of thick cream. Put a layer of potatoes into the dish; sprinkle with a little of the grated cheese; pour over a part of the dressing; repeat until all the potatoes are used, putting dressing on last. Shred whites of eggs and put on top.

Magistrate (discharged prisoner)—Now, then, I would advise you to keep away from bad company.

Prisoner (feelingly) Thank you sir. You won't see me here again.—Lippincott's.

**ECZEMA AND PILES CURED.**

**Magistrate and School Commissioner Healed by Zam-Buk.**

Zam-Buk by its healing power has earned the praise of men and women in the highest stations of life. One of the latest prominent gentlemen to speak highly in Zam-Buk's favor is Mr. C. E. Sanford, of Weston, King's Co., N. S. Mr. Weston is a Justice of the Peace for the county, and a member of the Board of School Commissioners. He is also deacon of the Baptist Church in Berwick. Indeed, throughout the county it would be difficult to find a man more widely known and more highly respected.

Some time back he had occasion to test Zam-Buk, and here is his opinion of this great balm. He says: "I had a patch of eczema on my ankle, which had been there for over twenty years! Sometimes also the disease would break out on my shoulders. I had taken solution of arsenic, had applied various ointments, and tried all sorts of things to obtain a cure, but in vain. Zam-Buk, unlike all else I tried, proved highly satisfactory, and cured the ailment."

"I have also used Zam-Buk for itching piles, and it has cured them completely also. I take comfort in helping my brother man, and if the publication of my experience of Zam-Buk will lead other sufferers to try it, I should be glad. For the cure of piles or skin diseases, I know of nothing to equal Zam-Buk."

Zam-Buk also cures burus, cuts, ulcers, blood poisoning, ringworm, scalp sores, chapped hands, cold sores, and all skin injuries and diseases. Rubbed well on to the chest in cases of cold it relieves the tightness and aching. All druggists and stores sell at 50c. box, or post free from Zam-Buk Co., Toronto, for price, 3 boxes for \$1.25.

**Briton and Boer Friends.**

It was pleasant to see the good terms on which Boer and Briton met. Many of the English settlers whose guest I was, or with whom I hunted—the Hills, Capt. Slatter, Heatley, Judd—had fought through the South African war; and so had all the Boers I met.

The latter had been for the most part members of various particularly hard-fighting commands; when the war closed they felt very bitterly, and wished to avoid living under the British flag. Some moved west and some east; those I met were among the many hundreds, indeed thousands, who traveled northward—a few overland most of them by water—to German, East Africa. But in the part in which they happened to settle they were decimated by fever, and their stock perished of cattle sickness; and most of them had again found themselves under the British flag.

They were being treated precisely on an equal with the British settlers; and every well-wisher to his kind and above all every well-wisher to Africa, must hope that the men who in South Africa fought so valiantly against one another, each for the right as he saw it, will speedily grow into a companionship of mutual respect, regard and consideration such as that which, for our inestimable good fortune, now knits closely together in our own land the men who wore the blue and the men who wore the gray and their descendants.

There could be no better and manlier people than those, both English and Dutch who are at this moment engaged in the great and difficult task of adding East Africa to the domain of civilization, their work is bound to be hard enough anyhow; and it would be a lamentable calamity to render it more difficult by keeping alive a bitterness which has lost all point and justification or by failing to recognize the fundamental virtues, the fundamental characteristics, in which the men of the two stocks are in reality so much alike.—From "African Game Trails," by Theodore Roosevelt, in the November November Scribner.

**WATERY BLOOD**

**Nerves are Weak  
Face is Pallid  
You Lack Strength**

**Until You Ironize and Fortify the Blood There's No Hope of Cure.**

Thousands of tired workers need the invigoration, the strength, the nerve-force which Ferrozone can supply. Ferrozone imparts strength because it nourishes. Ferrozone is able to nourish because it supplies to the blood the elements it lacks. Once the blood is vitalized, its tonic influence is circulated to every nook and corner of the body, carrying new life with it.

Cases on record prove that Ferrozone builds up when all else fails. Mr. Alonzo W. Douglas, of Woodbridge, Ont., says: "I desire to state the results I derived from the use of Ferrozone. Two years ago I was stricken with pneumonia. So severe was the attack and so reduced was my strength that my life was despaired of. I had the very best medical attention, but made no progress towards recovery. When reduced to practically a skeleton, a kind friend told me of the remarkable powers of Ferrozone. An improvement began almost at once. I gained steadily in weight and strength until Ferrozone made me a new man. I will gladly answer enquiries from other sufferers if they care to have further particulars about my recovery. Ferrozone deserves its great measure of success." Price 50c per box. All dealers, or the **Catarrh-ozone Co., Kingston, Ont.**

**Equity Court.**

Before Judge Barker in the Equity Court, St. John, last week, Mr. M. G. Teed, K. C., for the plaintiffs, in the case of Jennie L. Boyer and William W. Boyer, jr., her husband, vs. Eric Webb Hartley, an infant, Joseph Fewer and J. N. W. Winlow, defendants, moved to confirm the report of Referee E. K. Connell of Woodstock, and also for the payment into court of the sum of one thousand dollars to be placed to the credit of the infant Hartley. Motion granted. The sum of one thousand dollars was paid into court by consent of all parties.

**England's Lord's.**

(Frederic Harrison in the Positivist Review.)

The House of Lords has become the refuge of the panic-stricken classes, holding titles or lands, or breweries, or financial and industrial concerns. It is a curious amalgamation of interests, bound together by no tie but fear of social reform. In the historic sense there is but a feeble trickling in its veins of any liquid that can be called "blue blood." Many of the titles are "faked" or "restored," like a picture dealer's "ancient master." Many titles record a low amour, a political job, or sheer bribery. But together they have power, and they herd together like wild and domestic animals in a prairie fire—the thin remnant of the old feudal barons—interesting survivals after all the slaughter in the days of the "Roses," Civil Wars, Whig oligarchies, aldermanic ancestries, and American inheritances—money changers who have never yet been driven out of our Temples—and adventurers who know "a real good thing" on the political turf. All of these together are shouting to the bewildered chiefs of the old governing class to risk a revolutionary throw, and chance what may come to our rickety old Constitution.

**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 Edmanson, Bates & Co., Toronto.

**Harmfulness of Headache Mixtures.**

In a pamphlet entitled "Harmfulness of Headache Mixtures," by L. F. Kobler, Chief of the Division of Drugs, Bureau of Chemistry, and Drs. F. P. Morgan and Philip Ropp, Asst. Chemists, and issued by the United States Department of Agriculture, acetanilid, antipyrin and phenacetin are dealt with particularly, these being the most freely used in the preparation of mixtures intended for the relief of headache and other minor aches and pains.

The symptoms produced by these drugs, which affect principally the heart and circulation, are blueness of the skin, general weakness, dizziness, shortness of breath, sweating, coldness of the extremities, rapid and weak pulse and occasional fainting. If the dose taken has not been very large the discoloration may be slight, and may affect only a small portion of the body. In some persons who habitually use headache medicines containing these drugs, all that may be noticed is an occasional blueness of the lips and mouth, and possibly of the nails and finger tips. Little attention was paid to these peculiar effects by physicians at first, as they thought it passing effect only. Since then, however, it has been found that this is due to destructive changes in the blood, which becomes impoverished. Those who make a habit of taking this remedy often suffer from "anaemia" or thin blood.

**Smuggler Caught**

William L. Kelley, of Richmond, Carleton county, N. B., who for seven years has been sought by the authorities for a murderous assault committed on Deputy-Collector of Customs, Frank W. Burns, of Fort Fairfield, was captured last week by United States Deputy-Marshal, Fred Stevens, of the Portland office, after a desperate hand to hand struggle that lasted nearly half an hour, at Union Corner, a lonely spot seven miles from Houlton, Me., and only 200 feet from the Canadian border. Another unknown man who was with Kelley escaped, although Deputy Collector of Customs Victor T. Peters, who was with Stevens, fired two shots at him.

Kelley is looked upon as one of the worst border desperadoes. On April 17, 1902, he turned upon Deputy-Collector Burns after that officer had seized his team as contraband, and although he received a bullet in his chest, the scar of which he wears today, yet he beat Burns into insensibility with a sled stake, so crippling him that he did not recover for six months.

An indictment was returned against Kelly by the United States circuit court, but he had escaped across the border and successfully fought extraditions. Ever since that time the officers have been waiting to catch him on American soil.

The prisoner was taken to Portland Me., and will be arraigned before United States Commissioner Bradley for assault on an officer and for smuggling, since he had a cartload of goods when captured, that he had driven over from the Canadian side.

The charge on the old indictment of assault on Burns will be brought before Judge Hale, in the United States circuit court in a few days.

The officers were not looking for Kelly, and his capture was a complete surprise. There had been complaints lately of an unusual amount of smuggling on the border near Houlton. Deputy Marshal Stevens, one of the most daring officers in the district, was sent for. Early last evening Stevens and Peters went out to Union Corner and hid in the bushes near the spot where the boundary road crosses the border into Maine.

They had lain shivering for two hours when suddenly a big two-horse wagon, accompanied by two men on foot, appeared. The two officers leaped from their ambush, Stevens tackling Kelley, and Peters making for the other man. Kelley couldn't escape, for Stevens gripped him, but his companion got away.

Kelley is fifty-nine years old, but he stands six feet two, and weighs 190 pounds. Deputy Stevens is four inches shorter and fifteen pounds lighter, but very wiry and muscular. The men fought for life and death, for Kelley whipped out a long-bladed jackknife and worked desperately to get at the officer. Finally by a hard blow on Kelley's hand and at the same time a throttle hold on the throat, Stevens knocked the knife into the bushes. Then the men rolled into the road.

Kelley got the officer's left hand between his teeth and lacerated it fearfully, and Stevens responded with a right hander that closed Kelly's eye. After fifteen minutes hard work Stevens managed to get his prisoner's heavy mittens off so as to make room for the irons; it took ten minutes more of desperate fighting to get the irons on to Kelley's wrists.

All the way into Houlton Stevens had to sit on his prisoner in the bottom of the cart, for Kelly, although ironed, fought like a madman.

The goods in the waggon, which was confiscated, consisted of a crate of hens and a lot of farm produce, while a cow was led behind.

Kelley claimed that he was only driving them across for the other man, who escaped. Kelley leaves behind him a family of ten children, the oldest a girl of eighteen and the youngest an infant in arms.

**Kootenay Steel Range**



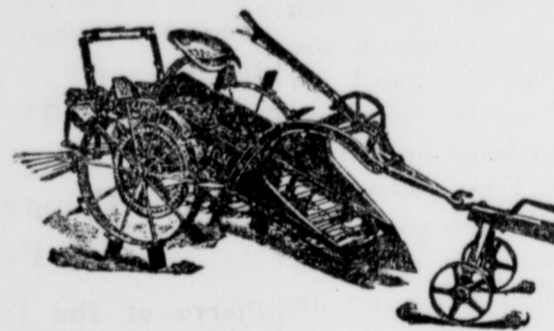
The Kootenay broiler and toaster door is very spacious. Large enough for a feed door. Free Booklet on request.

Turn button to open clean-out door. Use scraper and pan, and flues can be cleaned out in a minute.



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Prices, \$4.00 to \$10.00.

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