

Mastication and Digestion.

Dinner, the most important meal of the day, is attended with a certain degree of ceremony in the most modest household. Breakfast may be hurried over in haste that is unseemly even when one considers that the day's work is all ahead of the family, and luncheon may dwindle down to a "cold bite" eaten standing. Everybody must dine, and dining is always "business." A dinner party is the most serious of social functions, and even a family dinner follows a proscribed order. There must be a beginning, a middle and an end. Plates must be changed, for even in the back-woods meat and pudding are not set on the table at the same time.

This is as it should be. If we would have "Good digestion wait on appetite, and health on both," we must bring to the discussion of the heavier nourishment set before us orderliness, leisure and tempers free from annoying discomforts. Magnificence is within the reach of a few; modest elegance is attainable by many; cleanliness and good manners are free to the humblest house-mother and her brood.

But I would lay stress upon a cardinal duty—a duty the neglect of which is a proverbial national disgrace.

It is a physical impossibility to eat properly—and to digest with any prospect of healthful assimilation—a breakfast of coffee, steak, hot rolls and fried potatoes, in five minutes, or in fifteen. Yet this is what the commuter, the clerk, the collegian and a host of other men (including an occasional capitalist) try to do six days in the week. They eat, as they live, on the jump. When an especially audacious jump lands them in the grave, intelligent scientists effect to wonder with the rest of mankind at the untimely taking-off.

Big mouthfuls and bolting are alike part of the national trick advertised in dead earnest, not satirized, by the rousing shout of breakfast at the half-way house: "Five minutes for refreshments!"

Mr. Gladstone did not consider it undignified to give, as one secret of the sanity of body and mind prolonged through fourscore years, his habit of chewing twenty times upon every morsel of meat taken into his mouth. The family physician who attended one of our great men—lately deceased—in his awfully brief final illness, said frankly that certain sharp attacks that had afflicted the statesman for several months before the cruel climax came were caused by the habit of eating hurriedly such luncheons as he could snatch in the intervals of business. If the truth were told as bravely in thousands of other "mysterious visitations," business men would be startled and enlightened if not cured of like practices.

A tickling or dry cough can be quickly loosened with Dr. Shoop's Cough Remedy. No opium, no chloroform, nothing unsafe or harsh. Sold by All Dealers.

How One Man Saved a City.

It was back in the Thirty Years' War, it was in 1631, that the principal event in the history of the city took place: the principal event, in the judgement of every inhabitant. It is annually commemorated by a play, a pageant, in which all that happened in the course of the great day—the day of the Meister-trunk, the Master Drink—is repres-



Fly High!

- ☛ It pays. Correct dress is the magic key that unlocks every door.
- ☛ You can fly as high here in quality as you want.
- ☛ Our thirty-five dollar suits are better than the most custom-fitted taste is used to.
- ☛ You can fly as low as it's safe. Our twelve dollar suits are worth a full eighteen.
- ☛ High or low, we pledge distinctiveness of style and perfection of fit.

"MALE ATTIRE"
Tailored Clothes

On sale by
W. B. NICHOLSON,
AGENT
Woodstock, N. B.

Zam-Buk

SURE CURE FOR SKIN INJURIES & DISEASES.

A purely herbal balm; best thing for the tender skins of children, yet powerful enough to heal an adult's chronic sore; highly antiseptic; eases pain and smarting soon as applied that is Zam-Buk. Remember it is purely herbal—no mineral poisons, no animal fats. Power and purity combined!

All druggists and stores sell at 50c. a box.

ented by generals and councillors, soldiers and people, costumed in character, in the streets, in the market place, in the Rathaus.

For the ferocious Tilly captured Rothenburg and, enraged by his losses, declared that the town should be destroyed, the leading inhabitants slain, and the rest turned over to the soldiery. But women and children wailed lamentably as he rode to the Rathaus, and clung to his stirrup imploring mercy. And he flung them mercy with contempt. "Let the dogs live," he said; "I will be merciful. None but the burgomaster and all the counsellors of the town shall die."

He went into the great room of the Rathaus, and called for wine, and a frightened girl carried in a huge and brimming goblet so huge that he burst into a great laugh. "Am I to drink this?" he said, holding it up. And then grim humor seized him. "If any man of Rothenburg will drink this at a single draught I will spare the city and spare every life!"

There was a great silence, and then a former burgomaster, a certain Nusch—his name is worthy of remembrance—stepped intrepidly forward and took the goblet from Tilly's hand. He drank, and the silence deepened as the foot of the goblet slowly rose in the air; he drank and drank till every drop was drained. Then he fell senseless to the floor.

"Revive him," said Tilly; and Nusch came slowly back to life.

Tilly was a good loser. "You have won," he said, admiringly, as the man raised himself and looked around.

Whereat Rothenburg's hero could only gasp out, with a touch of good old-fashioned humor even in such a presence:

"I never—could—save—another town!"—Robert Shackleton, in Harper's Magazine for May.

Sleeping Sickness; Africa's Great Scourge.

The Sleeping Sickness Commission is hoping that Theodore Roosevelt will pay a visit to the expedition's camp at Seese, Uganda, where Sir David and Lady Bruce are in charge of the segregation hospitals. The governments of Germany, France and Belgium, as well as the government of the United Kingdom, are working together endeavoring to find a cure or preventive for the sleeping sickness. Altogether seven European doctors have succumbed to the fatal disease since the determined attempts to cope with the evil were commenced. Governor Sir Hesketh Bell describes his latest visit to the camp in part as follows:

"The patients were lodged in large thatched bandas and were divided according to sex and the various stages of the disease. In one enclosure we saw a number of infants in whom the first outward signs of the scourge were just appearing. Unaware of their impending doom, the little black mites played and romped to their hearts content in the shade of the banana grove and only the swelled glands at the base of their necks showed that their fate was sealed. It was sad indeed to think that in a very short time these merry peals of laughter would gradually become more and more rare, and that all those poor little creatures, in whom the joy of life was so strong, would after a year or two of misery be laid in the crowded cemetery that I could see just between the trees.

"In a row of sheds, surrounded by the banana groves which supply the food for the patients, we saw numbers of those who had reached the second stage of the disease. Most of them appeared to be suffering acutely. They seemed to shun the cool shade of the broad thatched roofs and preferred to sit or lie in the full blaze of the noontday sun. Even there many of them shivered almost constantly and drew about their emaciated limbs the brown rags of dark cloth which partly covered them. Drawn features and haggard eyes testified to the gnawing pains that almost constantly afflicted them and the unhappy creatures appeared to have special dread of being touched. Many of them were in the peculiar state of lethargy which has doubtless been responsible for the misleading name by which the disease has become commonly known.

"Further on we came to those who were in the last stages of the disease. Lying about on beds of withered leaves they had reached a degree of emaciation that was horrible to see. The unhappy creatures looked like skeletons and only their doleful moaning indicated the presence of life in the wretched remains. A few in whom nature was struggling hard had gone raving mad, and in spite of the fact that the poor creatures had

to be chained to heavy logs to prevent their doing harm, one almost envied them their insensibility to the tortures their fellow victims. The frenzied laughter of these unfortunates seemed particularly dreadful in that abode of suffering and death.

"It is generally accepted that a variety of the tsetse fly is the principal if not the only, agent for the transmission of the disease. This fly exists in enormous numbers on the shores of the Victoria Nyanza, and also on the borders of some other lakes and rivers of Uganda. Its habitat, however, is restricted to a narrow belt of forest growth adjoining water, and a width of two miles is believed to be the limit of the infested zones. Out of some 300,000 souls inhabiting the shores of the Victoria Nyanza and the islands in the great lake, over 200,000 have already been swept out of existence and it remains to be seen whether the remainder can be saved.

"The extermination of the tsetse appears to be a hopeless task and it has therefore been decided to remove all the surviving population out of the reach of the fatal fly."

For Women.

Sunlight and air, which are known to be so good to make the hair grow, have, unfortunately, the same effect on the short hairs of the arms and neck. Short sleeves are very charming on children, but the downy hairs on the chubby arm are made stronger and coarser. Then when the girl—if it is a girl—grows up and puts on her first ball gown, she notes with horror that her arms are "hairy." Women who golf and cycle with bare hands are likely to find superfluous hairs appearing. It is not that there are more hairs on their hands, but the hairs, being coarse, show more. Many women, though, loving the "feel" of the sun and air on their hands, and the freedom of doing things with bare hands, are willing to risk the coarse hairs.

What a craze there is for crepe as a fabric for blouses! Not content with the tones of black and of white, the manufacturers are putting out this material in the most charming shades. There is a lovely tone of apricot that would be exquisite decorated with a little embroidery in self tones; also a delicate pink, neither rose nor salmon, that reminds one of the shade seen in sea shells, and dainty mauves and soft water blues.

Harper's Bazar:—The climax of ugliness would seem to have been reached at last in the eccentric millinery of the late months, and this in spite of the appearance of really charming straws and unusually lovely trimming materials. The preference seems to be for inverted-pot crowns, every imaginable pot shape and size being included in the latest inventions of the milliners.

The straws themselves are soft, highly finished, and very light in weight. Many of the best require little trimming. Crush and "fluted" Tagel and Tuscan straws are among these. Those in burnt tones or in pale butter color are among the most pleasing of the really summer hats.

There is a new shaped bonnet that seems to be all crown and no brim, and a model on these lines is made of prunella net with very fat pipings at intervals, and the short brim, if such one should term what appears to be only a continuation of the crown, was wedged with a couple of rows of mole tagel straw.

A very charming hat of the Charlotte Corday shape is made of moss green straw entirely covered with little frills of silk in this color, while green velvet ribbon strings are caught from side to side.

Clean Up Time on the Farm.

After the heavy work of seeding is over, there is a time when cleaning up can, and should be done around the farm. Nothing adds so much to attractiveness as having the place look neat. A day or so of work at this, will make people believe that it is a place where human beings live, where they themselves would like to live. Replace the broken pickets of the garden fence with new ones. This will keep the hens out.

In the orchard there are dead limbs, perhaps whole trees, and they should be removed. Straighten up the gates, and see that hinges and locks are all in good working order.

Just see that the machinery used for seeding is hauled back into the shed. There are some things around the farm which require lots of sunshine and fresh air, but farm machinery is not in that class.

Lucky Numbers.

From time immemorial superstition has attached luck or ill luck to certain numbers, and there are but few men who are entirely free from this hallucination. For a long time even numbers were considered unlucky, it being argued that their divisibility was symbolical, an omen of death. On the other hand, odd numbers were considered lucky because they are not divisible. The old Romans were especially attached to the number 3, as it is the smallest indivisible number. Their faith in this number 3 manifested itself even in their religion. Jupiter wielded a triple thunderbolt and Neptune carried a three-pronged trident. Pluto had a three-headed dog, and there were three fates, three furies and three graces. They also held that any number that could be divided by 3 was lucky.

The most prevalent numerical superstition without doubt, concerns the number 13. Many people will not sit at a table where there are 13 guests. It has been argued that this superstition has come down to us from the Last Supper of Our Lord, when, it will be remembered, Christ, with his twelve Disciples, was seated at the table, and the death of Himself and Judas followed shortly afterwards. The numbers 3 and 7 appears with surprising frequency in the Bible, and for that reason many people attach peculiar attributes to them. To take a more recent illustration, the number 23 has been considered indicative of what might be described as "Down and-out" or Skiddoo." Just for this reason it is surprising how many men in the past year have hesitated to undertake any important work on the 23rd of the month, and how many men who are numbered, like policemen, messenger boys and athletes in a contest, refuse to wear the number 23.

Field And Garden Seeds.

The Season for the purchase of Field and Garden Seeds now being at hand, we are led to think of the importance of buying only those Seeds which are pure and of strong germinating powers. The farmer who buys the best seed obtainable does a service, first to himself; second, to his neighbors; third, to his country. On the other hand, the man buying poor seed injures himself, his neighbor and his country; himself by raising a small crop of inferior quality; his neighbour by maintaining in his own fields a nuisance in the shape of Weeds, the seeds of which, at harvest time, will be blown into the adjoining fields; his country by diminishing to the extent of its own ability its producing power for the best products. In this connection we believe that the passing of the Seed Control Act of 1905 by the Dominion Government has been a large benefit to the farmers of our country, as it has undoubtedly prevented unscrupulous dealers from selling the very poorest seeds. For the above reasons the proprietors of York and Kent Brands of Timothy have been especially careful to buy only the best seeds procurable. We have seen a report of a qualified expert, which says that in the samples analyzed York and Kent Timothys do not contain a single weed Seed named in the Control Act of 1905. Therefore, if the farmers of this county wish to protect their own, their neighbor and country's interest, they will insist of getting York and Kent Timothy Seeds.

The Delineator for June.

Summer from many points of view is reflected in the beautifully illustrated pages of THE DELINEATOR for June. Alice Lounsbury writes about "The Return of Rose-Time" and Mabel Osgood Wright describes "Birds We Ought to Know." For those who are going to Europe and for those who will stay at home M. Landon Reed tells, most amusingly, of "The Hard Work of a Foreign Tour." Mabel Potter Daggett contributes an article of rare interest, a study of "One Woman's Civic Service," the woman being Rev. Caroline Bartlett Crane, who has achieved national distinction since she began to work for municipal reforms in Kalamazoo.

"The Seven Stages to the Stage" is a feature of special interest because the writer, Louise Closser Hale, expresses her opinion concerning the responsibility of mothers who teach their children to lisp verses and thus to copy the first of the seven stages of the stage. Another article that will cause readers to think is entitled "The Useless Tragedy of the Farmer's Wife." In this William Atherton Du Puy makes startling accusations concerning the general indifference to the sacrifices through which the women on the farm helps to attain prosperity that she, herself, seldom enjoys.

The first instalment of Richard Le Gallienne's account of his tramp across New York State appears in this June number. "October Vagabonds" is an exquisite piece of literature that will appeal to every lover of nature.

There are three remarkable short stories: "The Heart of Old E-mah" by Honore Willise, "Mr. Caw's Love Affair" by J. J. Bell and "Children of Spring" by Arthur Springer.

The fashion pages are, as usual, sumptuously illustrated. Mrs. Simcox gives hints to the latest modes, and the Paris letter contains much of interest to women.

A silver and brass polish is made by mixing together one and one-half cups of white, fine-grained ammonia and one-half cup of water.

To clean piano keys use alcohol.

Use turpentine on the yellow handles of knives.

NOTICE.

On and after the 1st of August, I will change my business over to the cash down system. For Produce taken as cash.
MRS. C. A. PHILLIP, Bristol.
April 21-3mo.

"OZANGE"

TERMS, \$15.00
Single Service \$5.00 \$5.00 at time of service.
Season Ten Dollars, when mare proves with foal.
Mares disposed of considered with foal.
Mares and Colts holden for service.
All mares at owners' risk.
White, star, little white on left front foot, both hind feet white; Foaled April 6, 1904. Bred by M. Cabaret, commune of Chapelle, Canton of Tuffe, Department of Sarthe. Sired by Anida 4864, dam Bichonette 35189, she by Astrakan 6362, 2nd dam Bonlotte 25606, she by Monton 1640 3rd dam Lisette 369, she by Bayard 717.
OZANGE was approved by the French Government to stand for public service in France. He is a perfect draft horse of the highest quality. His pedigree, like his individual merit, is the best that can be found in France, his immediate ancestors on both sire's and dam's sides being the most noted prize winners and breeders in that country. He is fitted to be placed at the head of the best stud of pure bred mares in France.
For further particulars apply to:
C. Roberts, Samuel Haydon, Miles Meeva, J. F. Murdoch Groom.
Will leave Hartland on Monday, April 26th and go to Lakeville 27th, Centerville 28th, Thursday 29th to Florenceville and up west side of river to Bardsville on 30th, May 18th Perth, at the hotel until the 4th; then down the East side of river on May 5th and 6th, and at Hartland 7th and 8th.
The above route will be continued once a week during the season.
Audover, June, 1909.

Canadian Pacific Railway

Effective October 11th, 1908.

(Trains daily, except Sunday, unless otherwise stated.)

DEPARTURES.

(QUEEN STREET STATION).

- 6.35 A MIXED—For Houlton, McAdam Jet, M St. Stephen, St. Andrews, Fredericton, St. John and points East; Vanceboro, Bangor, Portland and Boston etc.; Pullman Parlor Car McAdam Jet, to Boston; Palace Sleeper, McAdam Jet, to Halifax. Dining Car, McAdam Jet, to Truro.
- 10.55 P MIXED—For Perth, Junction Plaster M Rock, and intermediate points.
- 12.10 A EXPRESS—For all points North; both as to Piquette Isle, Edmundston, Riverview and Quebec.
- 4.50 P MIXED—For Fredericton, etc., via Gibson Branch.
- 5.33 P EXPRESS—For Houlton, St. Stephen, M St. Andrews after July 1st, Fredericton, St. John, and East; Vanceboro, Sherbrooke, Montreal, and all points West, and Northwest, and on Pacific Coast, Bangor, Portland, Boston, etc. Palace Sleepers, McAdam Junction to Montreal; Pullman Sleepers, McAdam to Boston; Pullman Parlor Car, McAdam to St. John.

ARRIVALS.

- 12.10 A. M.—EXPRESS—From St. John and East St. Stephen, (St. Andrews after July 1st), Boston, Montreal and West.
- 12.40 P. M.—MIXED—From Fredericton, etc. via Gibson Branch.
- 1.17 P. M.—MIXED—From Perth Junction and Plaster Rock.
- 5.33 P. M.—EXPRESS—From Fort Fairfield, Caribou, Piquette Isle, Grand Falls, Edmundston and Riverview du Loup.
- 10.05 P. M.—MIXED—From Fredericton, St. John and East; St. Stephen, Andrews, Houlton Vanceboro, Bangor, Portland, Boston, etc.

WM. STITT, G. P. A., Montreal.
W. B. HOWARD D. P. A., St. John.

60 YEARS' EXPERIENCE

PATENTS

TRADE MARKS
DESIGNS

ANYONE sending a sketch and description may quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. HANDBOOK on Patents sent free. Oldest agency for securing patents. Patents taken through Munn & Co. receive special notice, without charge, in the

Scientific American.
A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms for Canada, \$3.50 a year, postage prepaid. Sold by all newsdealers.

MUNN & Co. 361 Broadway, New York
Branch Office, 625 F St., Washington, D. C.