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Sole Agent  
A. J. White & Co., Ltd., Montreal.  
**SEIGEL'S SYRUP**  
MOTHER  
of the Body.  
Vitality of Health to every Organ  
System, Invigorates the Vigor and  
the Bowels, Tones the Digestive  
tion and Constipation, Regulates  
bars and leaves. It cures Indiges-  
Selig's Syrup, made from roots,  
And Blood Purifier is Mother  
**AN IDEAL TONIC**

### The Irrelevant Conclusion.

The editor of a Canadian church weekly has been in the habit of preaching in his periodical a sermon based on some fact which came to him through press despatches.

He was in deadly opposition to certain evils, amongst which was cigarette smoking. One day he read a telegraphic report of a great conflagration, which caused immense loss of property. The disastrous fire, he discovered, was due to a pedestrian throwing the butt of a lighted cigaret into a refuse heap.

Thereupon he wrote his sermon and from the fact of the fire being caused by a cigaret, argued that cigarette smoking was an awful evil.

Granting that, at any rate with the young, it is an evil and with adults a not pleasant habit, the logical conclusion to be drawn from the report should have been that no one should carelessly throw lighted cigarets amongst ignitable substances.

This good man stands for a type of moral reformers, who in their zeal, put forward such flimsy arguments that they are easily seen to be irrelevant and futile.

The consequence is that meaning to do good, these friends of righteousness only do evil, because their well-intended arguments confirm the enemy in the belief that moral reformers deal in sophistry.

Just as Christ is too often wounded in the house of his friends, so the fair ideal of righteousness, or becoming conduct, is besmirched by the too palpably false reasonings of those who otherwise live pure and undefiled.

If an alleged evil is really an evil, only right logic and truth can destroy it.—Toronto World.

## No Pain with Red Blood

Get your blood right by using Dr. A. W. Chase's Nerve Food and Rheumatic pains will disappear.

Rheumatism and diseases of the nerves are closely allied—both are due to thin, watery and impure blood.

Have you ever noticed that it is when you are tired, weak, worn out and exhausted that the rheumatism gives you trouble.

Well, if your blood were analyzed at such times it would be found lacking just such elements as are contained in Dr. A. W. Chase's Nerve Food. Because this great restorative actually forms rich, healthful blood it positively cures rheumatism.

Mrs. M. A. Clark, Meaford, Ont., writes: "I was so weak and helpless I required help to move in bed. Indigestion and rheumatism caused great suffering. By the use of eleven boxes of Dr. Chase's Nerve Food I have been made strong and well."

Portrait and signature of A. W. Chase, M. D., the famous Receipt Book author, on every box. 50 cents at all dealers or Edmanston, Bates & Co., Toronto.

## Dr. A. W. Chase's Nerve Food

### Size Yourself Up Right.

Hundreds of young men today find themselves in positions which they feel they have outgrown, and who, looking ahead in the establishments with which they are connected, fail to see sufficient in the future for them to remain longer in such positions—if they can help it.

But inevitably the question which follows upon the heels of this consciousness is, What am I to do about it?

Imagine a young man who has been two or three years in discovering that he is fitted for something better than he finds hope of attaining. He may recall the difficulties and discouragements which he faced in getting that first opportunity for proving himself.

Just in proportion to these difficulties, the element of risk in breaking loose from his place will emphasize itself. "Out of a job" is no pleasanter in sound because the idle one resigned from his former place. But to be out of a job may be one inevitable condition which he must accept in order to better himself. Has he nerve enough to take the risk?

He must satisfy himself as to the sufficiency of his nerve. To do so sanely he must satisfy himself as to his capabilities. Cap-

ability, without opportunity to prove it, is useless.

But with capability of which he is certain and with nerve of which he has no doubts, this dissatisfied young man holds a long, strong lever with which to open the door of opportunity.

To the dissatisfied young men, then, we say: Be sure of your fitness for that something better; be sure of your nerve and grit; consider that the element of chance is not to be eliminated.

Then act—hit or miss; but the likelihood in chances is that you will hit it right.—Toronto World.

### Diet for Consumptives.

By Dr. J. C. Bayles.

Many thousands of young men and women threatened with consumption are bravely trying to avert it by self help. In the success of such efforts lies the only hope of controlling tuberculosis. Advice addressed to such people should be strictly practical.

It costs no more to provide the right kind of food than to provide the wrong kind. Indeed, to follow the best course which could be suggested will probably be found to mean a substantial economy. As the rule, the expensive luxuries are very low in the scale of food values, and are more or less injurious. For one with a pronounced tuberculosis tendency, they are distinctly to be avoided; fortunately for the poor, they are unnecessary. A very large proportion of the people in this condition are dyspeptic, and the more they eat, the less they are nourished. Often they feel a craving for food which they do not relish when they get it; more often the appetite is capricious, and but for habit and a sense of duty meals would be missed more often than taken. To be able to eat as much as they need, it is indispensable that it be of the right quality.

This is a large subject. Books have been written about it, and its brief discussion is difficult. For the purpose of this article, the most that is possible is to assume a typical case and advise a possible home diet. The case assumed is that of a young man or woman with incipient pulmonary tuberculosis, but earning a living wage and making a fight for life; the diet suggested will mean a saving over indiscriminate marketing.

Not much meat is required. Not oftener than once a day a good stew is relished, and may be beneficial. For this purpose lean, meat from the least expensive parts of the beef is best, as it contains most proteids. It should be cooked slowly, but thoroughly, and can be made extremely palatable if properly seasoned. Fats are of very little use in tissue building. Roast and broiled meats, if not indispensable, are useful, and may be used occasionally if desired. In no circumstances should a person fighting tuberculosis eat meat or anything else fried in grease. Salt cod, fresh sea fish, eggs and milk are recommended, and are usually among the cheapest of the food staples.

Of the common vegetables not all are suitable for use by the person battling tuberculosis. For example, potatoes in every form, turnips, carrots, beets and other roots and starchy or sugary tubers should be avoided, however agreeable they may be found. On the other hand, spinach, lettuce, cauliflower, asparagus, tomatoes, onions and celery are desirable, and most of the green vegetables have value and correct any tendency to monotony. As much good fruit as one can afford is always in order; unless for some reason it disagrees with the patient. As a laxative, fruit is better and cheaper than medicine.

The best of the starch foods is rice, if thoroughly cooked. Next comes sago and tapioca. If one does not find sago or toasted bread agreeable, it is well to substitute for it macaroni and spaghetti. As a matter of fact, one may live very well on rice alone, or macaroni alone. The number of millions of healthy people in the world who eat little else than one of the other of these would confuse statistics. Plenty of water should be taken, but it should be clean and not too cold. Tea and coffee in moderation are not open to grave objection, if not made too strong or loaded with poisonous properties, in unskilful making. Beer is dangerous and should never be taken. Alcohol in any form is likely to undo the best efforts at self-cure, and the man or woman who is trying to repel tuberculosis would do well to let every form of spirituous liquor entirely alone. Equally should be shaped all so-called consumption specifics. We have the best authority in New York—that of the special expert committee of the Charity Organization Society—for saying that in pulmonary tuberculosis "no cure can be expected from any kind of medicine or method except the regularly accepted treatment, which relies mainly upon pure air and nourishing food."

In what precedes no attempt has been made to indicate a suitable dietary for a tuberculosis sanitarium. It is meant to embody the best information which can be given in a few words to the man or woman able to procure food who is trying to avert or cure consumption by sane and approved means independent of charity and without sacrificing all the pleasure of life or incurring expenses beyond the elastic limit of a "living wage."



## Who Guarantees Your Clothes?

"Progress Brand" Clothing comes to you with a double guarantee.

It is guaranteed by the makers—it is guaranteed by the clothiers.

Every "Progress Brand" Suit and Overcoat is unconditionally warranted to give satisfaction, or money promptly refunded.

That's what the "Progress Brand" Trademark means.

It's a good thing to look for, whenever and wherever you buy.

Tailored and Guaranteed by  
H. Vineberg & Co. Limited, Montreal  
Sold with a Guarantee by  
John McLauchlan Co. Ltd., Woodstock  
Mrs. A. C. PHILIPS, Bristol

### Foreign Policemen.

London policemen carry no clubs. Attached to the middle of the belt behind is a dark lantern. The cuffs of their coats have vertical stripes, blue and white signifying rank and distinguished service. During the frequent showers and rains they wear little waterproof capes. Their silent regulation of street traffic by hand signalling is a realization of perfection. In Paris the ordinary patrolmen wear blue caps and coats, and in summer white duck trousers. They carry short sword, rather as an emblem of authority, but in extreme danger use the flat side as a club. In a downpour of rain the Paris policeman hangs his cap on a hook in the back side of his belt, and draws over his head the hood of a short blue cape of heavy cloth. This hooded cape is called a capochon and in its longer form, reaching to the knees is used by civilians as well, in cold or rainy weather. Accordingly, at such times the streets of Paris seem to be alive with cowed monks. Recently the London plan for controlling vehicles has come into vogue successfully on the Paris boulevards. The policemen detailed for such duty wear white gloves and signal with white clubs. German policemen wear helmets and have a distinctly martial air. 'Travel Magazine'

The tender leaves of a harmless lung-healing mountainous shrub, give to Dr. Shoop's Cough Remedy its marvelous curative properties. Tight tickling or distressing coughs, quickly yield to the healing, soothing action of this splendid prescription—Dr. Shoop's Cough Remedy. And it is so safe and good for children, as well. Containing no opium, chloroform, or other harmful drugs, mothers should in safety always demand Dr. Shoop's. If other remedies are offered, tell them No! Be your own judge! Sold by All Dealers.

### A Woman's Bargain.

An Oil City man, who was detained at the house for a part of the day, handed his wife, who was going downtown, a quarter of a dollar and requested her to get him three cigars for it.

When she returned she handed him the package, remarking exultantly:

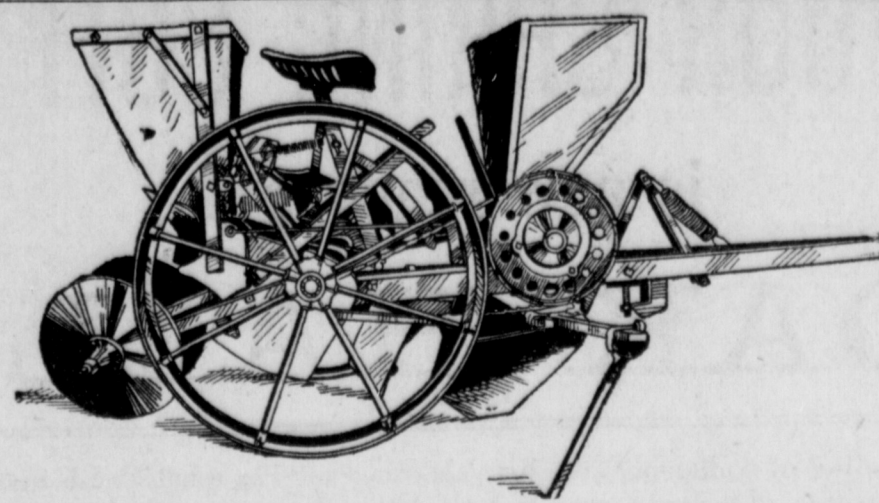
"That shows that women can beat men all hollow when it comes to making purchases. I found a place where I could get eight for a quarter instead of three. Isn't that going some?"

And the poor man, as he took his medicine merely remarked:

"It certainly is, dear."—Oil City Blizzard.

A pain prescription is printed upon each 25c. box of Dr. Shoop's Pink Pain Tablets. Ask your Doctor or Druggist if this formula is not complete. Pain means congestion, blood pressure. Head pain, womanly pains, pain anywhere get instant relief from a Pink Pain Tablet.

EASTMAN KODAKS \$5.00 up. Brownie Cameras \$2.00 up, at Gaiden's Drug Store.



## THE ASPINWALL PLANTER, with Fertilizer Attachment.

This Planter is the gem of the Potato Field. Plants from one-quarter to one-third faster than these machines which require two men to operate them.

No misses. No changing of pickers for different sized seed. No bruised or cut-off fingers. No ruined eye sight.

More acres per day than with two-men machines—less work, less trouble, less draft and greater results.

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Just imported, a consignment of No. 1 White Wood.

Clapboards for sale.

Hard Pine Flooring and Finish.

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## '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. with every harness we sell. If they were not right, we wouldn't do that, would we?

## FRANK L. ATHERTON,

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MAIN STREET, WOODSTOCK.

**SIMPLE AND LASTING**  
as well as sanitary results are obtained from the use of Alabastine. Instead of deteriorating with age, it actually becomes harder, until at last it forms part of the wall itself.

**ALABASTINE**  
with its plain tints, supplies a luxurious wall-covering for the most handsome rooms, leaving your walls free from the delirium of wall papers. We will be glad to tell you more about Alabastine, if you will ask us. Let us show you a tint card and cutting of wood with 35 coats on.

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Apply to LOUIS E. YOUNG, Woodstock, N. B., Nov. 27th, '08.

### WANTED.

A girl to do general housework in a family of four. No children. Apply to WM. M. CONNELL, Connell Street, Woodstock.

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