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#### THE WORK WE DO IS WELL DONE

Whether it's a full piping for a new house or the repairing of work already done. We tell you all about our work—there's no secret about it. We want you to see how we apply pipes and solder and will tell you why we do it that way.

#### FEWER BROS.

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All Modern Improvements. Permanent and

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#### OFFICES TO LET.

I have to let on the second flat of my Wooden Block, on Main Street, near the Bridge, three of the best lighted and most comfortable and convenient offices in the Town. Steam heat. Elec-Dec. 7th, 1908.

J. N. W. WINSLOW.

# Heart Strength

Heart Strength, or Heart Weakness, means Nerve Strength, or Nerve Weakness—nothing more. Positively, not one weak heart in a hundred is, in it self, actually diseased. It is almost always a fidden tiny little nerve that really is all at fault. This obscure nerve—the Cardiac, or Heart Nerve—simply needs, and must have, more power, more tability, more controlling more governing

strength. Without that the Heart must continue to fail, and the stomach and kidneys also have these same controlling nerves.

This clearly explains why, as a medicine, Dr. Shoop's Restorative has in the past done so much for weak and ailing Hearts. Dr. Shoop first sought the cause of all this painful, palpitating, suffocating heart distress. Dr. Shoop's Restorative—this popular prescription—is alone directed to these weak and wasting nerve centers. It builds; it strengthens; it offers real, genuine heart help.

If you would have strong Hearts, strong digestion, strengthen these nerves—re-establish them as needed, with

### Dr. Shoop's Restorative

OLD BY ALL DEALERS.

#### now To Keep Young.

The way to keep young, according to Sarah Bernhardt, is not to worry, to take plenty of hot baths, and get plenty of sleep. "When I'm tired, I take a hot bath she said, "and when I'm nervous, I take a hot bath and a massage eleep."

When you are low-spirited or depressed, take a hot bath, rub off briskly with a course bath towel, dust with a good talcum powder, and sleep for two hours in a darkened room. If you ever try this, get up and look in your mirror, and you will smile with delight at the changed face which greets you. It is a woman's duty to look as well as she can and to retain her lovliness in every way as long as she has her faculties. In this connection Sarah Beruhardt is an authority who should command respect.

Croup positively stopped in 20 minutes, with Dr. Shoop's Croup Remedy. One test alone will surely prove this truth. No vomiting, no distress. A safe and pleasing syrup—50c. Sold by All Dealers.

#### Poor Sandy!

The young Scotchman never liked his mother-in-law and this weighed heavily on the mind of his wife, who was ill.

Calling her husband to her bed-side, she said to him, "Sandy, lad, I'm varra ill and I

want you to gie me a promise." "I'll promise," replied Sandy. "What is

"Weel, I ken that when I dee I'll have a fine funeral, and I want you to ride up in front in a carriage wi' my mother."

"Weel," sadly responded Sandy, "I've gied ye my word, an' it's nae me that's gang back on that, but I'll tell ye one thing, ye've spoilt the day for me."

#### Salutations of Different Lands.

The Chinese when saluting each other will say: "How is your stomach'? Have you

eaten your rice?" The Pole's greeting is: "How do you have yourself?"

The Russians meet on the street with: "How do you live on?"

The Persian's friendly recognition of a friend is: "May your shadows never grow

The French gaily call out in passing acquaintances: "How do you find yourself?" The Italian's greeting is: "How do you

The Egyptian's greeting is: "How do you

The Dutch say: "How do you fare?" The Sweeds cry out merrily: "How can ou to-day?"

The Enslish and Americans nod quickly, and in passing say: "Howdy-do?"

#### How to Win and Keep Friends.

The moment a man feels that you have a real live interest in his welfare, and that you do not ask about his business, profession, book, or article, merely out of courtesy, you will get his attention, and will interest him. You will tie him to you just in a proportion to the intensity and unselfishness of your interest in him. But if you are selfish, and think of nothing but your own advancement; if you are wondering how you can use everybody to help you along; if you look upon every man or woman you are introduced to as so much more possible success-capital; if you measure people by the amount of business they can send you, or the number of new clients, patients, or readers of your book they can secure for you, they will look upon you in the same way.

If you have friends, don't be afraid to express your friendship; don' be afraid to tell them that you admire or love them. If you love anybody, why not say so? It costs you nothing; it may mean everything to your friend and to your friendship.

A lady was asked how she managed to get along so well with disagreeable people. "It is very simple," she replied; "all I do is to try to make the most of their good qualities, and pay no attention to their disagreeable ones." No better formula by which to win and hold friends could be found,-" Succ-

ButterPaper for sale at this office.

#### Birthday Forecasts.

MARCH, 1909.

1. A person born on this day should sifeguard the eyes, in motor travelling or work. It is not a good day for those suffering from weakness of heart or nerves.

2 Travel will benefit, and new undertakings will prosper.

3, Favours will be granted, especially from those in the family.

4. An exceedingly lucky anniversary, likely to bring success in every direction.

5. An uncertain day.

6. A lucky day; good for health and suc-

7. An occult person, occult studies will be

8. A very fortunate birthday; will bring love and happiness.

9. An unimportant day.

10. A fortunate birthday for all engaged in

iterary work. 11. Those born on this day will most likely

travel, and many pleasures will be theirs. 12. A successful day for those seeking em-

ployment, or change of work. 13 An unimportant day, with no parteiu-

14. A fortunate birthday for the aged.

15. A lucky day for the literary.

16. Those born on this day should safeguard against accidents, especially falls, fire, and railway fatalities. An unfortunate day. 17. Only lucky for long travels by land or

18. A most unlucky day for everything.

19. A day of no importance. 20. A lucky day for soldiers, and all con-

nected with military affairs' 21. Those born on this day will experience many changes during this year, which should bring much success and happiness in this

22. An uncertain day, which may be either lucky or unlucky.

23. An unfortunate day, not effecting any one in particular.

24. A happy and fortunate birthday, especially for those commencing business on their own account, or for marriage.

25. Those born on this day will most likely marry during the year.

26. Elderly people born on this day, in think I'm gang to dee, and before I dee I any year, will benefit in health and fortune; but it is an unfortunate birthday for young

27. An uncertain day.

28 A day of no special importance.

29. A fortunate day for ministers of religion; also for teachers of any kind or sex.

30. A favorable day for marriage or er gagements to marry.

31. A most fortunate birthday, which should bring much health, success and happiness during the year.

REPRAT IT :- "Shiloh's Cure will always cure my coughs and colds."



#### "For three weeks I actually had to be fed like one feeds a baby, because my hands and arms were so covered with eczema that they had to be bound up all the time."

That is the experience of Miss Violet M. McSorley, of 75, Gore Street, Sault Ste. Marie. She adds: "I could not hold spoon nor fork. From finger tips to elbows the dreaded disease spread, my finger nails came off and my flesh was one raw mass. The itching and the pain were almost excruciating. I had three months of this torture and at one time amputation was discussed."

"Zam-Buk alone saved my hands and arms. I persevered with it and in the end had my reward. To-day, I am cured completely of every trace of the dreaded eczema, and I fervently hope that sufferers from skin disease may know of my case and the miracle Zam-Buk has worked."

Zam-Buk is without equal for eczema, ring worm, ulcers, abscesses, piles, cracked hands, cold sores, chapped places, and all skin injuries and diseases. Druggists and stores at 50 cents a box, or post free from Zam-Buk Co., Toronto, for same price. You are warned against dangerous substitutes sometimes offered as "just as good."





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Paints, Oils, Varnishes, Alabastine, Varnish Stains, Builders' Hardware,

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BANK MONEY ORDERS Issued at the following rates: Over \$5 to \$10......6 cts.

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

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Exchange Bought and Sold. One Dollar opens a Savings Bank Account

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# The Long, Cold, Dark Evenings,

Are coming upon us when the wise father and mother will look about for some means to keep the young people at

Nothing will do this more effectually than a musical instrument, a Violin, an Organ, or a Piano. I heartiy recommend to your notice the renowned Gourlay Piano. Won't you come and have a talk with me about the matter.

## C. R. WATSON,

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#### Woodstock,

That large two story dwelling with ell and shed attached on Green street now occupied by Rev. George D. Ireland. Lot freehold, ten rooms, bathroom with hot and cold water, wood furnace, electric lights and bells. Verandahs on front and one side with balcony. Everything in first class repair. Possession given first day of next November. Terms easy \$1600 may remain on mortgage at 5%. Apply to REV. G. D. IRELAND, or to J. N. W. Winslow.

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#### COOK WANTED.

A good capable cook wanted for Carleton County Hospital. Apply to the Matron.