

Old Folks' Coughs

Because Resisting Power is Weak
Pneumonia Often Follows.

Tells of a Sure Cure and a Never-Failing Com-
fort for Colds, Coughs, Catarrh.

Just think of it—a direct breathable medicine, full of soothing antiseptic pine-essences that reach every sore, congested membrane in two seconds. No drugs to take—nothing to harm the aged or the infant, because Catarrh-ozone is the purest, safest cough, catarrh, and cold remedy ever devised. Mrs. M. E. Walford, wife of a well-known grocer in East Sheffield, writes: "For three years I suffered with a hard, racking cough and bronchial irritation which annoyed me so much at night that I couldn't sleep. I tried many remedies, catarrh tablets, sprays, syrups, etc., but they only helped for a short time. Catarrh-ozone brought me wonderful comfort from the first. I inhaled its balsamic fumes every hour or two, and am now free from any trace of cold, bronchitis, and catarrh. I can go out in all kinds of weather and don't take cold."

There is no remedy so certain and safe as Catarrh-ozone, but being a good remedy, it is limited. Beware of the substitute. Large Catarrh-ozone lasts two months, price \$1.00; smaller sizes 25c and 50c. All reliable dealers or Catarrh-ozone Co., Kingston, Ont.

As They Play The Merry Game in Washington.

Everybody in Washington pretends he is on the most intimate terms with somebody just a little bit higher in society, and nearly everybody has to run in debt to keep up the bluff. At the top of the social scale in the diplomatic corps, who are supposed never to have to worry about money, and who spend all their time talking to pretty women and giving dinners. Bless your simple little heart, if you would only look behind the scenes and see some of the diplomatic bluff, it would open your eyes! The diplomats all bluff each other, and each minister tries to make all the others believe that he is the one man whom the president likes. And there are very few of them that don't economize when society isn't looking. And hash is hash, whether in an embassy or a five-dollar-a-week boarding house.

It is the women who are the greatest bluffers in Washington, because they are all crazy to be in society, and most of them have nothing to do but amuse themselves. They come to Washington thinking that, because their husbands are congressmen or government officials, the president's wife is going to chum with them and diplomats will ask them to dinner two or three times a week. And when they have been in Washington a week or two, and find out that they are very small toads in a very big puddle, they begin to bluff. They make the other people at the boarding house sit up and take notice when they talk about dinner at the White House tea at the embassy, which they know about as well as most people in Washington do, strictly from the outside, for the upper ten know only people who have been properly "presented" to them, and don't waste their time on the boarding house crowd.

And so it goes up and down the scale. Society in Washington is like a pou-se cafe where each ingredient is in a compartment by itself. The congressman who lives on his salary isn't in it with the congressman who married a rich wife and has a big house. The senator is higher than the congressman, but, unless he has money, he doesn't count for much. The member of the cabinet is way up, and he can work the bluff best of all, for everybody has to be good to him, and there are any number of people who would be only too glad to pay his rent if he would agree to invite them to dinner once a week. —Spencer Harley, in January Smart Set.

HOW CHILDREN ARE QUICKLY STRENGTHENED

Develop Them with Ferrozone, Which Makes Rich Blood, Hardy Muscle, Steady Nerves.

Children brought up on Ferrozone are known by their strong rugged frames, their chubby cheeks, and healthful appearance.

Mothers find it an indispensable tonic and body builder, and in thousands of homes no other remedy is used. Mrs. E. Montgomery, of Pittsburg, writes: "A little niece came to visit me, and noticing her pale and haggard looks, I started her on a course of Ferrozone. The change that girl underwent in a few weeks was marvelous. Her appetite chirped up, she had more spirit and strength, and a rosy color came into her cheeks that I never saw there before. I weighed my niece about the time she started to pick up, and in seven weeks she gained almost eight pounds, and just looked the picture of health. I think this should be an example to many mothers, and I hope that others will try Ferrozone for their little boys and girls. I am thoroughly convinced that it's the most strengthening tonic. It has my strongest endorsement."

Every Child Improves on Ferrozone

The reason Ferrozone works so beneficially with Ferrozone is that it acts directly on the blood, freeing it of all unhealthy matter, at the same time giving it an additional supply of iron. Get Ferrozone and the result we guarantee will be satisfactory. Price 50c per box or six boxes for \$2.50, at all dealers or the Catarrh-ozone Company, Kingston, Ont.

AN ANSWER.

One Man Tells Why He Prefers to Trade at Home.

A physician in a town in the American west recently received a personal letter from one of the Chicago mail order houses in which his patronage was solicited. This eloquent appeal concluded as follows:

"If there is any reason why you do not buy of us, please give us your reasons in the enclosed stamped envelope and we will strive to remove the cause."

The forcible reply of the physician in which a loyal stand on behalf of the home town was taken, was as follows.

"Your letter asking why I had not traded with you for a long time received and as you ask me to tell you frankly, I will give you a few reasons.

1. I am in business in this community and am looking for my support. I cannot ask the merchants of this town for their support, if I do not give them mine.

2. In looking over my books I fail to find the names of either Mr.—Mr.—or any other of your company's officials, which reminds me that none of these gentlemen has ever given me a penny's patronage. Why is this? Am I too far away, or have neither of them needed a physician, or are they afraid of the mail order plan, when it comes to the practice of medicine? I can certainly give as good satisfaction by mail as your house can, and will appreciate a call from either of them when in need of medical service.

3. In looking over the subscription lists for improving our streets and public highways, I have failed to find your name on any of the charity lists where help has been rendered to our poor. In other words, you are not down as a contributor to our Helping Hand Society. In fact, in all the movements for the betterment of our conditions, where our community has needed the united effort of her public spirited citizens. I have failed to find your name among the lists of our contributing merchants. Your name is not on our city tax books, nor do I find where you have paid a license to do a mercantile business in competition with our home merchants.

"These are a few answers to your questions, and I trust you will see the justice of them."

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 Edmanston, Bates & Co., Toronto.

A Titled Dancer.

(London Daily News.)

Lady Constance Stewart-Richardson the granddaughter of a duchess, the daughter of an earl, the sister of a countess, and the wife of a baronet, has been engaged to appear for one month at the Palace Theatre in a series of classic dances. I have often heard of classic actors, amateur and otherwise, but this is the first time that a lady so closely connected with the peerage has contracted to perform as a music-hall dancer. Lady Constance is well known for her travels in the Himalayas, in America and in Somaliland with her husband. She often dressed in men's garments, and has made a name for herself as a player of the bagpipes, and a dead shot, a plucky rider (always astride), and a daring sportswoman—especially at polo. She holds a number of swimming championships, and she is reckoned one of the best amateur dancers in new mode invented by Isadore Duncan.

Last winter Lady Constance made some sensation in New York drawingrooms with her interpretations of Mendelssohn and Rubenstein. A charge for admission was made to get funds for the establishment of a small school for boys where her theories of physical training might be put into practice. The Palace engagement is a short way to the getting of these funds.

A New Machine Gun.

A new machine gun is under test in the United States which is said to be infinitely more destructive than the Maxim. For one thing it is more easily handled. The Maxim weighs 160 lbs. and five mules are required to transport it. The new gun weighs only 22 lbs. and the stock can be hung on one side of a cavalry saddle and the barrel on another and the two parts can be adjusted for action in twenty seconds. One mule can carry two extra guns and 1,200 rounds of ammunition.

For skirmishing purposes the new machine gun is said to be equivalent to 20 men armed with magazine rifles.

The general introduction of these new weapons will, some peace enthusiasts believe, by making war more destructive, tend towards peace. This hope, unhappily, however, is hardly justified by the history of previous inventions little less destructive.

More Than You Expect in Soap



You who are used to ordinary soaps will be surprised when you first try Taylor's Infants' Delight Soap.

No other soap compares with it for every toilet purpose—the bath, massage, shampoo, or for washing baby's rose-leaf skin.

For we make this soap of pure coconut oil from the isle of Ceylon, and vegetable oils from France.

We clarify and blend these oils and mill them by our own special process. Nothing is left undone to make this soap supreme.

Infants' Delight Soap

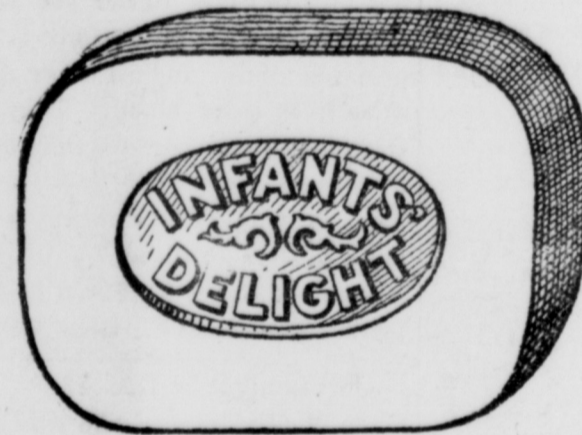
is the product of forty-four years of conscientious effort and costly experiment. Over a million Canadian families find it superior.

Its use prevents chapping, roughness and other skin complaints.

Containing a small amount of boracic acid, it combines the healing qualities of this much used antiseptic and cleanser with the stimulating and nourishing action of pure vegetable oils and essences.

It makes a rich, creamy lather, cooling and delightfully refreshing.

Prove for yourself that a cake will outlast any ordinary soap. See how delightful it is to use three times a day. Get a cake from your dealer today.



10 Cents a Cake Everywhere

John Taylor & Co., Ltd.
Toronto

Yawning and Muscular Development.

The secret of being well rounded and having the hollows filled out is not to be padded with fat, but to have a good muscular development, such as may be acquired by persistent exercise, says The Delineator for January.

A perfect chest and bust depend upon the lung capacity. As singers advance in years they develop superb chests because of the tremendous lung expansion what their forced breathing cultivates. We will go into this some other time for those who wish it; now I want to ask my readers if they know the value of a yawn and a good stretch for developing the chest, shoulders and neck? No? You've never thought of it, have you? Do so—and see what happens.

All breathing exercises are based upon the yawn, we can improve it. For instance, simulate a yawn—let it be an exaggerated, long-drawn-out yawn. The chest elevates itself, the abdomen distends itself, the shoulders raise themselves, the muscles in the neck grow tense, even the nostrils are dilated; in short, the entire breathing apparatus is tremendously stimulated.

Now hold the inhaled air while you throw the arms out and stretch vigorously; bend the elbows until the clenched fists rests on the shoulders, then flap the elbows back and forth while slowly exhaling the breath and relaxing generally. Nothing can equal the yawn and stretch practised and repeated in this way to develop the muscles and fill out the hollows of the neck, shoulders and chest.

"Expected to Die"

Biliousness, Dizziness, Vertigo, and Pain in the Back.

Owes His Life to the Curative Powers of Dr. Hamilton's Pills.

Lack of exercise and overwork were the causes that combined to almost kill Samuel S. Stephens, Jr., one of the best-known and most influential citizens in Woodstock. In his convincing letter Mr. Stephens says:

"A year ago I returned home after a long trip, completely worn out. I was so badly affected by chronic biliousness, so much overcome by constant headaches, dizziness, that I despaired of ever getting well. I was always tired and languid, had no energy and spirit, found it difficult to sleep for more than five hours. My appetite was so fickle that I ate next to nothing and in consequence lost weight and strength. I was pale and had dark rings under my eyes that made me look like a shadow.

"It was a blessing that I used Dr. Hamilton's Pills. In one week I felt like a new man. The feeling of weight and nausea in my stomach disappeared. My eyes looked brighter, color grew better, and, best of all, I began to enjoy my meals. The dizziness, languor, and feeling of depression passed away, and I fast regained my old-time vigor and spirits. To-day I am well—thanks to Dr. Hamilton's Pills."

The regular use of Dr. Hamilton's Pills keeps the system clear, healthy, and thereby prevents all manner of sickness. 25 cents per box, or five boxes for \$1, by mail from the Catarrh-ozone Company, Kingston, Ont.

We Have a Limited Number of Fur Lined Coats

For Ladies, that will be sold at prices very much reduced. Quick buyers will get some REAL bargains.

Our usual big stock of Fur Coats Jackets, Robes, is now complete.

We have just landed five carloads Pungs and Sleighs, the Highest Class Goods ever offered on the St. John River.

See samples at Woodstock Show Rooms, or with our agents.

BALMAIN BROS. Woodstock.

'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. We give a guarantee with every harness we sell. If they were not true, we wouldn't do that, would we?

FRANK L. ATHERTON,

Harness Maker and Dealer,

MAIN STREET, WOODSTOCK

Have You a Bank Account?

If not, why not? This Bank invites small and large accounts, and pays Interests on Savings Deposits.

Bank of New Brunswick
East Florenceville Branch.

