

**Write for Free Seeds**

We are giving away, free, with our free beautiful new 1910 Seed Catalogue, a package of D. & H.'s Excelsior Swede. This Swede has an enormous yield, is of the finest quality and most perfect shape. Our new Catalogue is one of the most complete published. If you prefer, we will send you a free package of Burbank's Giant Crimson California Poppy or our Asparagus Beet. If interested write us today, saying which you prefer.

Be sure and mention this paper. It is of interest to us.

**DARCH & HUNTER SEED CO., Ltd.**  
London, Ont.

**"Nerves."**

A doctor gives this advice to his patients who are suffering from worn out nerves. He says, according to the Compton, study and labor with a definite object are better tonics than rest for many women. Hobbies are blessings when they lead one to forget themselves. Brain culture is a fine tonic, and hysteria cases need mental stimulation rather than sedatives. His advice is to study anything but yourselves and your absolutely important feelings and sensations. Be useful; reach out into other lives, and touch upon the strong questions of the day. A complete change of work, though to the house mother this is seemingly impossible, is one of the very best things for her. Long walks and romping with the children is good. To throw one's self, heart and soul into some absorbing occupation will strengthen the nervous system, if not carried too far. The work cure should extend even to the invalid, confined to her couch, and there are many little light duties that can be readily and absorbingly done by these ailing ones. It is not always that the hands alone can be brought into service; the mental faculties are often to be aroused and set to work. Thinking for others, shunning sympathetic friends, looking for the funny things to be found, seeing the humorous side, are all better than medicines, and can everyone be had by "whosoever will." Think health, talk health, look health, and refuse to live under a cloud, and you will see a difference. "Just be glad." It is a long way easier to laugh than to cry, if you only thought so.

**Latest Idea in Evening Gowns.**

Veiled effects are much the vogue in evening gowns and, at first the idea may seem a particularly extravagant one, yet on the other hand, the lovely veiled gown may often provide the opportunity for using up foundation one's last year's silk or satin party gown. Perhaps the prettiest of these gowns this year are trimmed with artificial flowers, either in garlands or arranged here and there in rather normal-looking little bouquets.—Grace Margaret Gould in Women's Home Companion for February.

**Vindictive Wills.**

Some peculiar instances of vindictiveness in the drawing of wills have been brought to light by several of these instruments lately filed for probate in the midland counties of England.

One of these, the testament of a railway magnet, contained this interesting clause: "My estate would have been considerably larger if it had not been for my unfortunate marriage with the cleverest known legal daylight robber. My association with this perambulating human vinegar crust I consider to have cost me considerably over four hundred pounds."

Probably the record case of meanness in bequests was that of a man who left to his wife the sum of one farthing, with the direction that it be sent her at once in an unstamped envelope, the postage due upon which of

**Family Physician Said Incurable She was Cured Completely by Dr. Hamilton's Pills**

**A Terrible Experience with Indigestion.**

Another example of the marvelous merit of Dr. Hamilton's Pills comes from Kingston, where Mrs. E. V. Holton was snatched from the grave and restored to sound health by this wonderful medicine.

"Three weeks ago I was taken suddenly ill. My head throbbed and ached and I became so dizzy that I had to go to bed. There was a terrible feeling of weight and fullness in my left side and all the region of my stomach and liver was sore even to touch. I was in a terrible state—had no appetite, in fact I was afraid to eat because of the suffering I had to endure after meals. I got so bilious and had such pains across my eyes that I could scarcely see. My doctor said I had incurable indigestion.

"As a last hope I used Dr. Hamilton's Pills, I saw clearly they were doing me good and continued the treatment. My appetite and strength gradually returned—my color improved and day by day the stomach and liver derangements were less troublesome. All symptoms of biliousness and indigestion have now passed away. I am cured by Dr. Hamilton's Pills."

The same medicine that so wonderfully cured Mrs. Holton will cure anyone else of biliousness, constipation, indigestion, headache, poor color, and stomach trouble. Get Dr. Hamilton's Pills day-by-day—refuse any substitute, 25c per box, or five boxes for \$1.00. By mail from The Catarrhzone Company, Kingston, Ont.

course would be collected from the "beneficiary."

Another of these ante-mortem declarations of "malice, hatred and all uncharitableness" conveyed to the daughter of the individual drawing it, all his property on condition that she pay a few cents to a dealer for the purchase of a rope or halter for his wife, of which, as the will read, "I trust she will make use without delay."

**ZAM-BUK CURES PILES.**

**Evidence From All Sources.**

There so many so-called "remedies" for piles that sufferers are often at a loss what to try. Piles are caused by distention of the hemorrhoid veins, and the tissue becomes highly inflamed, dry and sore. Zam-Buk cools and soothes the inflamed tissue and the healing essences in Zam-Buk penetrate the diseased parts, giving ease quickly and eventually curing the most obstinate case of piles.

Mr. George Harris, of Virden, Man., says "I suffered acutely from piles, but I am glad to say that Zam-Buk gave me ease and brought about ultimate cure."

Mrs. S. C. Cole, 468 Pacific Ave., Winnipeg, says: "A month ago I was cured by Zam-Buk of a bad attack of bleeding piles, to which I had been subject for a long time."

Mr. William Kenty, of Upper Nine Mile River, Hants Co., N. S., says: "I suffered terribly from piles. The pain from these was at times almost unbearable. I tried various ointments, but everything failed to do me the slightest good. I was tired of trying various remedies, when I heard of Zam-Buk, but thought, as a last resource, I would give this a trial. I procured a supply and commenced with the treatment. In a very short time Zam-Buk effected what all the other ointments and medicines had failed to do—a complete cure."

Wherever there is inflammation or ulceration there Zam-Buk should be applied. It heals ulcers, abscesses, festering sores, cold cracks, scalp sores, cuts, burns, scalds, bruises and all irritated, inflamed or diseased conditions of the skin and subjacent tissue. All druggists and stores, 50 cents a box, or post free from Zam-Buk Co., Toronto, for price. Refuse harmful substitutes.

**German's Scale of Living.**

(From the N. Y. Evening Post.)

The standard of living among German workmen of the higher grade is pictured in a volume containing 320 workmen's budgets compiled by the German Metal Workers' Union, an organization embracing about 700,000 members.

The published list covers every branch of the metal industry, from foundry hand to fine instrument maker, and every section of the empire. The average size of the family 4.91 persons, three children to the family being a surprisingly low average for the prolific German race. The average wages were \$442.

Of this four-fifths were the earnings of the head of the house. The rest came from wages earned by wife and children or from odd sources. Expenditure on food took from 46.3 p. c. to 45.8 p. c. of the entire income. The annual consumption of meat was 56 lbs. per head, or just about a pound a week; of butter, 14 pound, flour and bread, 380 lbs; sugar, 27 lbs; potatoes, 282 lbs; milk, 120 quart; and eggs, two per week.

The figures have been compared with the standard fixed in the British navy, where the daily consumption of meat is five times that of the German workman, butter and lard four times, and flour and bread nearly twice. From 1903 to 1907 wages increased by 18 p. c. But in 1909 the price of rye, wheat, potatoes, butter and lard have increased by an average of 24 p. c.

**Did it Tickle?**

"Don't you want your nice bread and butter, Anne?" asked her father. Anne shook her head. "It's a shame to waste such nice bread and butter," continued her father, "I'll eat it myself."

Anne watched the process with big eyes and a look of expectancy on her face. Finally, when the last mouthful had disappeared, Anne asked:—"Papa, did it tickle?"

"Tickle!" said her father. "Why, no. What do you mean?"

"I thought it would tickle," said Anne. "It had a long hair on it."—"The Circle."

**The Last Straw.**

(Judge.)

An attendant at a Kansas institute for the deaf and dumb was undergoing a pointless rapid-fire inquisition at the hands female visitor.

"But how do you summon these poor mutes to church?" she asked finally, with what was meant to be a pityful glance at the inmates nearby.

"By ringing the dumb bells, madam," retorted the exasperated attendant.

**The Tide.**

BY J. P. BUSCHLEN.

The sea is beautiful, mighty and wonderful. But the sea is sad. We stand in awe of its potent grandeur, but a cloud of sober loneliness—for what?—settles upon us like a pall when we stand on the beach in body and float out upon the briny water in spirit.

It is a fretful melancholy that belongs to the sea. There is no peace in the bosom of the ocean. Boisterous white-caps, tired of lashing the rocky shore, resolve themselves into mountainous swells; but having lost their fiery crowns they are no less dangerous; they seem to have resorted to cunning when ostentation proved unavailing. When the "ground swell" gives way to myriad waves, wavelets and mere ripples on the smooth surface, the ocean is not pacified; it is a lion crouching for a spring. It may appear calm on a still moonlight night, but that calm is not relaxation of billow and ripple, it is the tense equipoise of gravity and the transcendence of gravity's laws.

But of all old ocean's whimsical habits, the periodical assault and retreat of tides is the tides is the most strongly impressive. When the "note" of sobbing billows on implacable rocks sounds in the ear, a deep sigh escapes in one's sleep: for the tide seems to call one nearer that it may bear one far away to an unknown resting place, below the deepest cavern of the Deep.

The tide is so symbolic of life and its vicissitudes. Like a disappointed lover it knows no defeat; though repulsed every day it comes again to sue.

It is little wonder that Tenneson, who had suffered the loss of so dear a friend as Ham, lam, breathed into "Break, break, break" the essence of grief. You have watched the tide running in narrow gorges. If you have known sorrow—you think of your past hopes and how they vacillated. As the water shoots up through wedge-like fissures and falls again to join the retreating wave, so have you in the ecstasy of optimistic dreams soared to dizzy heights, only to fall and mingle with the common-places of this world.

Every section of the ocean is suited to the affairs of life. Squalls set it in commotion, every zephyr mars the surface. Like life it is beautiful and mighty, but like life there is a profound solemnity about it that inspires meditation.

But perhaps the saddest thing of all is the tide.

It rises but to sink again,  
The faithful tide,  
To leave exposed the mud and slime,  
The barren crag,  
And as I watch the ebb and flow  
My heart is sad.  
The tide of life now high now low,  
Runs there instead.  
Our hopes ride high and flood the soul,  
But like the wave  
Recede and leave an ugly shoal  
Or gaping grave.  
Rocks now appear that once were hid  
By buoyant youth.  
Upon the shores of time lie dead  
Decayed, forsooth,  
The confidence and love we held  
For fickle man  
Till ebbing years at last revealed  
Deceit and sham.

**The February Tree.**

Now blooms for all the world to see  
The February cherry-tree,  
Whereof, with all veracity,  
We now set down the history.

First Cupid saw it standing fair  
And cried, "A tree, I do declare!"  
Then, whipping out a knife, with care  
He left initials carved there.

George Washington then cut it down  
In order to acquire renown,  
And since in every vale and town  
The story serves his fame to crown.

A few years later Lincoln came.  
He also wished to make a name,  
Pursuing thus the noble aim,  
He split it into rails and fame.  
—February Lippincott's.

**Straight Talk On Danger of Colds**

Let your cold gain headway and you can't keep it from running into Catarrh.

Catarrh never stays in the same place—it travels down into the lungs, then it's too late!

Drive colds and catarrh right out of your system while you have the chance.

Easily done by inhaling Catarrh-ozone, which instantly reaches the true source of the trouble, gets right where the living germs of catarrh are working.

**Catarrh-ozone**  
A Convenient Inhaler Treatment is the Proper Remedy to Cure.

You see, Catarrh-ozone is simply healing balsams and rich, pure essences, and is able to patch up the sore spots and remove that tender, sensitive feeling from the nose and throat. Hawking and spitting cease, because the discharge is cured. The nostrils are cleared, headache is relieved, breath is purified. Every trace of catarrh, bronchial and throat weakness is permanently cured.

Two months' treatment, large size, price \$1, and guaranteed. Small size, 50c. All reliable dealers, or the Catarrh-ozone Co., Kingston, Ont.

**Rural Phones**

**Solve These**

**Every-Day Problems**

**Problem I. Bad Roads:—**  
The old way was to curse nature and idly await sun's return.  
The new way is to telephone for what you want, and smile because you get the information in a thousand part of the time.

**Problem II. Weather Forecasts:—**  
The old way was to work on belated information, and to excuse the losses with "That's what the farmer has to put up with."  
The new way is to telephone every morning to the weather man and overcome much of the needless haste and bustle of the old way.

**Problem III. Prices Current:—**  
The old way was to ask a neighbor or trust to the newspapers.  
The new way is to get information in the nick of time over the phone, thus knowing when to sell and when to hold.

**Problem IV. Emergencies:—**  
The old way of procedure when some one took sick, was to harness up the "driver" and make all haste for the doctor. Effort in this direction often procured as its only result the information: "doctor is out."  
The new way is to call up the doctor on the phone, and know instantly what can be done pending the medical man's arrival.

**Problem V. Help:—**  
The old way was to allow men to go on "boys' errands"—waste half a morning walking to Smith's only to find that his harrow was already loaned.  
The new way is to make the phone your errand boy—buy, borrow, begot by means of the "silent partner."

**We have prepared a Booklet describing fully a rural phone system. Haven't you better instruct us to send you this interesting bit of information, seeing it costs you nothing.**  
Ask for Booklet 3117

**The NORTHERN ELECTRIC and Manufacturing Co. Limited**  
Manufacturers and Suppliers of all apparatus and equipment used in the construction, operation and maintenance of Telephone and Power Plants. Address Office nearest you.  
MONTREAL TORONTO WINNIPEG VANCOUVER REGINA

**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

**For Sale.**

An Eight-room House, Woodshed, Barn and double lot all on St. Gertrude Street, Woodstock will sell or exchange for a suitable farm for terms apply to B. T. GASKIN, Kilburn, N. B.

**WANTED.**

Dressed pigs and hogs, any weight, fat cattle and veal, fat sheep, lambs, ducks, geese, chickens, butter and turkeys. Imperial Packing Co., Limited, Woodstock, N. B.

**HIGHEST PRICES PAID FOR CALF SKINS.**

**MAX SMITH,**  
Opposite Graham's Store and next Queen Hotel, Woodstock.

**Lodgers Wanted.**

A few lodgers can be accommodated with pleasant rooms in a central part of the town. Apply to MRS. G. H. HARRISON, Connel Street. 1 mos.-Dec 22.

**Found.**

A set of false teeth on Main St. on Friday morning. The owner can have same by applying to CHARLES GLEW, Woodstock.

**FOR SALE.**

One Sleigh, nearly new; one Carriage, rubber tires and automobile seat, Cash register and Safe, all in good condition. Apply at this office.

**TEACHER WANTED.**

A Second Class female teacher for District no. 18, Beaufort, Parish of Kent and Aberdeen. To begin teaching the 1st of March or April. Apply stating terms to R. J. LEE, Secretary. 6i-Jan. 19.

**THE DISPATCH AND FAMILY HERALD AND WEEKLY STAR** **\$1.50** **For BOTH**