

**ACHES, PAINS AND RHEUMATISM?**

Zam-Buk will give You Ease.  
Have you a bad attack of "general aching"? You know the feeling. Limbs ache, muscles seem to have become tired out, your back aches, now and again a twinge of rheumatism strikes you here and there. Your chest feels tight, there is a pain between your shoulder and altogether you need toning up.

Cold is responsible for this condition, and a vigorous application of Zam-Buk will put you right. Take a hot bath, if possible, and then rub your chest and the aching limbs well with Zam-Buk.

Mrs B Gorie, 76 Berkeley St., Toronto, writes: "I cannot speak too highly of Zam-Buk. A few weeks ago I was suffering from a bad cold, which had settled in my throat, chest and limbs. I tried all kinds of remedies, new and old, and found very little relief until I used Zam-Buk. On applying this to my throat and chest I found such ease and relief from the tightness and soreness I determined to use only Zam-Buk. I also rubbed it on my limbs where I felt the rheumatic pains. In three days from the time I first began applying Zam-Buk I was free from the cold in throat and chest, and also the rheumatism in my limbs."

Zam-Buk will also be found a sure cure for cold soles, chapped hands, frost bite, ulcers, blood-poison, various sores, piles, scaly sores, ringworm, inflamed patches, babies' eruptions and encrusted places, cuts, burns, bruises and skin injuries, generally. All druggists and stores sell at 50c box or post free from Zam-Buk Co., Toronto, upon receipt of price. Avoid harmful imitations and substitutes.

Thrifty Norwegian farmers employ a boy to sit by the bay and watch for schools of fish. The boy is provided with a sentry box, which is set on stilts in the water. When he sees the school of fish approaching he gives the alarm and the farmers leave their work in the fields and hasten to the water.

The plow horse has had about 8,000,000 acres of farm land in the United States taken away from him in the ten years. These lands are now plowed with the aid of steam engines and fuel engines. In Illinois, Iowa and Indiana the farmers of the corn belt are beginning to use the traction engine for plowing. The construction of small engines burning gasoline or other oils has been of service to farmers who have soft soils to work on or land of so small acreage where a large engine would not be a profitable investment.

The census returns by States now being all in, it is found that Maine has dropped five places in the list of States, reckoned according to population, passing from 30th to 35th in rank. Maine has been passed by Oklahoma, Washington, Florida and Colorado.

**WINTER NAVIGATION TO P E ISLAND**

Ottawa, Jan 4—Reports from the Straits of Northumberland indicate that there has a very heavy formation of ice recently which has compelled the steamer Stauley to shift from that to the Georgetown route. The ice breaker, Earl Grey, however, is able to meet the heavy ice conditions without difficulty, and the indications are that this steamer has solved the problem of uninterrupted winter navigation to P E Island. Last winter the ice was not particularly heavy and the steamer was able to make the trip to Charlottetown every day without being a minute behind time. Though the ice is heavier this winter the Earl Grey promises to repeat the same performance.

**BAD STOMACH**

Many in Woodstock are Being Thoroughly Purified by Mion, the Guaranteed Cure For Indigestion

People of Woodstock who suffer from dyspepsia and other stomach troubles are getting tired of taking preparations containing pepsin, because pepsin simply digests the food artificially. Pepsin relives, it never cures. And remember, pepsin only digests animal food; it has no effect on starchy food, such as potatoes, rice, bread, etc.

Mi-o-na cleanses and purifies the stomach and bowels, and tones up and puts energy into the stomach walls, so that they properly mix the food with the natural digestive juices of the stomach.

Mi-o-na tablets quickly arose the stomach from its inaction, and in a few days it is able to do its work easily and without exertion. There will be no more sour stomach, fermentation of food, dizziness, sick headaches, belching of gas, or foul breath.

Mi-o-na only costs 50 cents a large box, and is guaranteed by E W Mair to cure dyspepsia, sea or car sickness, vomiting of pregnancy, and stomach sickness resulting from over indulgence of the night before, or money back.

**HYOMEN**  
CURES CATARRH, ASTHMA, Bronchitis, Croup, Coughs and Colds, or money back. Sold and guaranteed by

**THE END OF THE HOUSE OF LORDS**

The Nation, London, Abridged  
But miracles, the Election of 1910 is won for the people and lost for the peers. Four results must emerge from it. The Yero Bill will pass. Free Trade will be maintained. The House of Lords will be altered out of recognition, and the property veto, the basis of the Tory electoral power, will be destroyed.

The time therefore has come, and more than come, for the House of Lords to bow the knee. They know full well that the sword is forced for their undoing. The three coalized parties are assured of power; their force is unshaken from the great public purpose to which it is devoted: the Cabinet is united, from its most advanced to its most moderate member; the occasion for an agreed settlement having lapsed, by the act and will of the men who hoped to gain by war, the hour for an enforced settlement has struck. Nothing more is required of the Lords than to take that place in the scheme of things which, thirty years ago, every Constitutional student of consequence assigned to them. The Lords could then revise Bills and delay Bills. They could not upset party government, as they have upset it during the last five years. This power of confusion they must lose. They will not be allowed to destroy our trade, or our Constitution, or our representative system; and this act of wise restraint the three guiding Powers in the land—the King, the Commons, and the People—will, the day after the Government are fully confirmed in office take in hand together.

**THE "SKY-SCRAPER"**

Elizabeth, whose four years had been spent in a suburban town, had been to New York for the first time, and was giving some of her impressions of the sights there.

"And, O aunty," she said, "there was a house with a first story, and a second story, and an attic, and another attic, and another attic, and another attic, and another attic, and another attic, and another attic, and then a whole lot more attics on top of that!"—The Youth's Companion.

**BLIZZARD IN MANITOBA AND THE NORTHWEST**

Winnipeg, Man Jan 4—Reports from different points throughout the province and northwest generally from Fort William to the Rockies tell of fierce storm and blizzard which raged yesterday. The thermometer in many cases went many degrees below zero and this with a gale of wind rendered life unbearable outside. There was much suffering and considerable interference with trade.

**TAKING OVER N B SOUTHERN R R ANNOUNCED.**

Montreal, Jan 4—General Manager Mc Nicoll, of the C P R, today announced that on Jan 15 next, the company will take over on long leases two small lines in connection with the company's system. The most important of those is the New Brunswick Southern, eighty-seven miles in length, from St John to St Stephen. The other is the St Maurice Valley Railway, seven miles long in Shawinigan district, Quebec.

Tash Kent, Asiatic Russia, Jan 4—A violent earthquake was felt at various points of Russian Turkestan from 4 to 4.30 o'clock this morning. Many buildings were destroyed and there were a number of fatalities, though the loss of life is not known.

Great fissures opened in the ground. Practically all of the stores and residences at Vyerni, the capital of the territory of Semir-yethensk, were destroyed or damaged. The city has a population of 23,000. Communication in the disturbed district is interrupted.

Spokane, Wash., Jan 4—In the Northern Pacific yards in Cheney early today, the North Coast Limited No 2, struck the rear car of the Burlington passenger train, No 42, eastbound. Three coaches were wrecked. Four trainmen are believed to have been killed and a number of trainmen and passengers are reported seriously hurt.

Austria Hungary has joined with Germany in a protest to Portugal against the announced from Portuguese colonies. According to the announcement the missionaries were to be expelled on Jan 1.—The Youth's Companion.

The Railway Commission, sitting at Ottawa has directed the express companies of the Dominion to file lower tariff rates within three months. The commission declares that express rates are too high and that as the express companies are owned by the railway companies there is no occasion for the existence of separate companies to handle the express business. A rate reduction of at least 10 percent in through express traffic is ordered local rates to be correspondingly cut.—The Youth's Companion.

St Joseph's College, Granby, Que., was burned to the ground Wednesday night, Jan 4th, and it is feared that some fatalities occurred. One of the teachers, a Christian brother, jumped from the third storey and is in a dying condition with a broken back.

**TWENTY-THIRD PSALM.**

(Version by Eugene Field.)  
My Shepherd is the Lord my God—  
There is no want I know;  
His flock he leads in verdant meads,  
Where tranquil waters flow.  
He doth restore my fainting soul  
With His divine cares,  
And, when I stray, He points the way  
To paths of righteousness.

Yea, though I walk the vale of death,  
What evil shall I fear?  
Thy staff and rod are mine, O God,  
And Thou, my Shepherd, near—  
Mine enemies beheld the feast  
Which my dear Lord hath spread;  
And, lo! my cup he filleth up,  
With oil anoints my head!  
Goodness and mercy shall be mine  
Unto my dying day;  
Then will I bide by his dear side  
For ever and for aye!

**OUR PENSICNERS.**

Colonel W P Brownlow, secretary of the National Soldiers' Home, said at a dinner in Brownsville, Tenn.:

"They are great wags, the old soldiers in our Johnson City home. I heard one of them describe the other day a very fierce and famous action. Two hundred had been pitted against three hundred, and after the fighting only sixty brave fellows—thirty on each side—remained alive.  
"Then the old soldier paused solemnly.  
"Of that sixty, boys," he said, "there only survive today"—  
"Overcome, he blew his nose violently.  
"There only survive today, by actual statistics, 417."—Tribune.

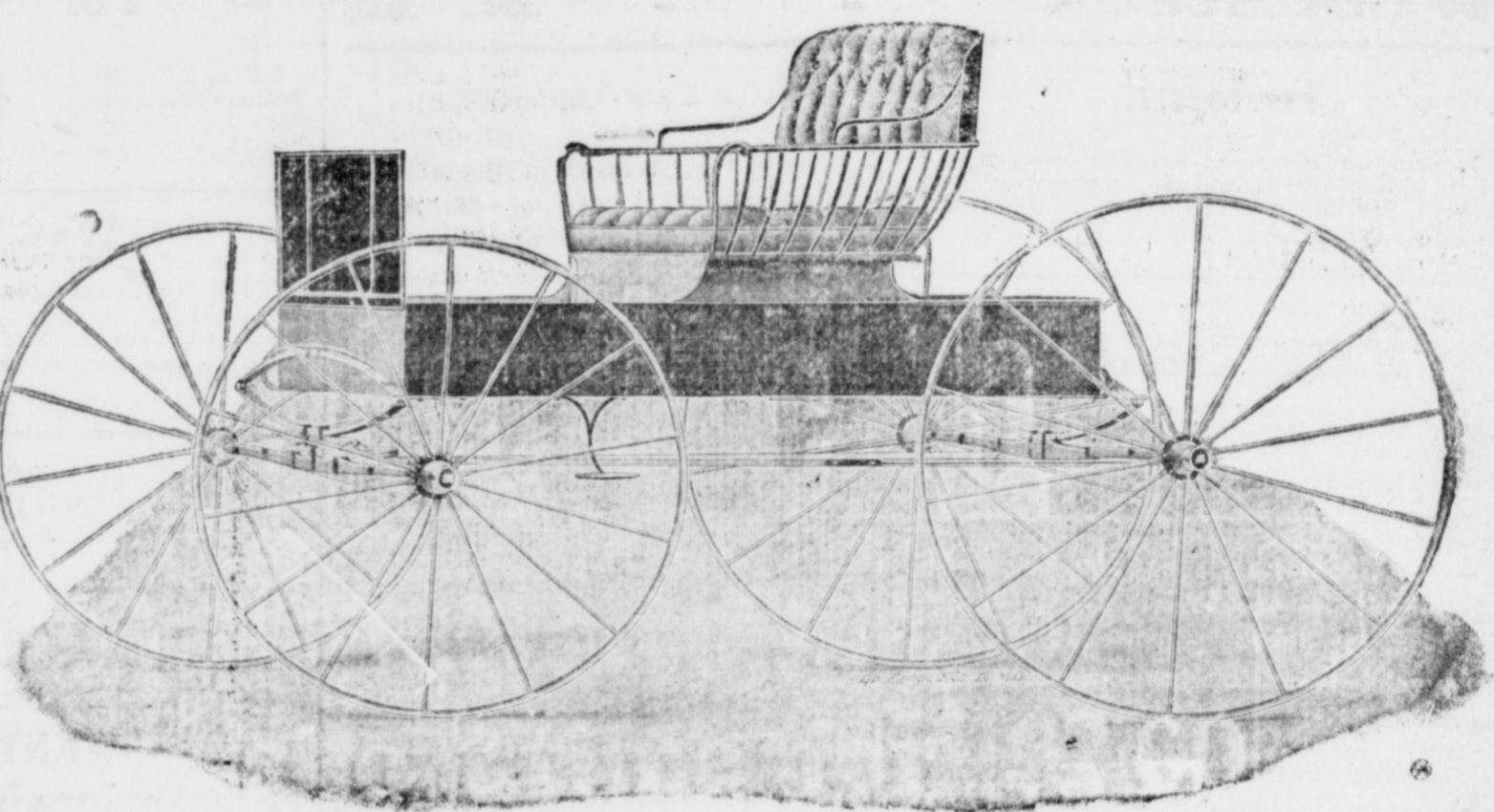
James J Gallagher, who shot Mayor Gaynor, of New York, was sentenced to twelve years imprisonment in Jersey City, Wednesday on an indictment charging him with assaulting with intent to kill, William H Edwards. He will also have to serve out the cost of his prosecution.

**'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. 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. ATHEPTON,**  
Harness Maker and Dealer,  
**MAIN STREET, WOODSTOCK.**



**WOODSTOCK WOOD-WORKING COMPANY, LIMITED,**  
MANUFACTURERS OF  
**Doors, Sashes, Blinds, School Desks, Sheathing, Flooring and House Finish of all kinds**  
We employ a first-class Turner, and make a specialty of Church, Store and Verandah work. Call and see our stock or write for prices before purchasing. All orders promptly attended to.  
Just imported, a consignment of No. 1 White Wood. Clapboards for sale.  
**Hard Pine Flooring and Finish.**  
N. B. Telephone No. 68-3. Union Telephone No. 119

**Carriages and Road Wagons**



is now complete and buyers would do well to see the goods we are showing at Woodstock or with our agents at Meductic, Hartland, East Florenceville, Bath, Perth and Grand Falls.

**THEY ARE VERY FINE**  
**BALMAIN BROS.**

**YOUR AD.**  
IN  
**THIS SPACE**  
Would be read by thousands of people throughout the country every week. See that you secure it before the other fellow.  
"DISPATCH" Ads bring big profits to the Advertiser. Get our rates.