

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-zone 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-zone 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-zone, but being a good remedy, it is limited. Beware of the substitutor. Large Catarrh-zone lasts two months, price \$1.00; smaller sizes 25c and 50c. All reliable dealers or the Catarrh-zone Co., Kingston, Ont.

FRENCH THRIFT.

(The 'Independent,' New York)

The French farmer rarely cultivates more than two or three acres of land, for which he pays from \$500 to \$1,000 rent annually. The buildings must be of his own construction, and he must know the art of soil making through and through. He cannot fall back on commercial fertilizers to any extent, for that method of farming would soon swamp him. His family and those attached to it average eight persons, men and women. A little farm of this sort is made to yield over 100 tons of produce in a year. In other words, there is not an acre of land in France or Belgium that can be cultivated at all that is not made to furnish not only food, enough to sustain a family, but enough over to buy the necessities of life. The keynote to all this is that this sort of farmer knows how to 'make' soil, not to stimulate it merely, but to make it. He does not waste a single weed or bunch of leaves, and he burns nothing that can be fermented into manure. Will America come to this sort of tillage? It looks now as if we were well on the road. We are learning to make great use of glass in our gardens. The Florida farmer, who is up to the times, gets four to five crops from his land, although that is not quite up to the French farmer with his seven crops. The old idea of resting soil is proved to be none sense, for, rightly replacing the elements used up in our crops, the garden can be set to work every day of the year. Our world is capable of taking good care of an enormous population, and it probably will have this to do.

With war abolished and disease mastered and national health the subject of education the death rate can be reduced one half. These are not dreams and visionary concepts, but a statement of actual facts. We shall learn to assign not more than five acres to a good sized family for liberal support and considerable contribution of produce to the support of those who do not own land at all. Five crops from ten acres equals one crop from fifty acres, but they mean five times the crop from fifty acres. Better than that, intensive farming raises each crop to double the average per acre or more. It is all based on the principle that right tillage makes richer land while only wrong tillage wears out land. This is what the open eyed land tiller sees ahead—doubled population better fed than the present population, and crops brought up to a maximum of production. Nobody till very recently had a dream of the possibilities of farming. So much for agricultural colleges and science. Instead of a race racing westward after fresh soil, we are learning to make our own soil, and to fatten it as we fatten our pigs—fat and fatter.

MISTAKEN IDENTITY

When Charlie was first taken to Sunday school he watched with great interest the superintendent, an old gentleman with white hair and beard. Returning home he ran to his mother and cried excitedly, "Mama, mama, who do you suppose was at Sunday school? Adam!"—Mary A Bacon in Woman's Home Companion for February.

Chester

Miss Helen R. Estabrooks, our talented young music teacher, gave a most delightful recital at her home on Wednesday evening Jan 25th. The selections rendered by the pupils showed careful training, and the expression and technique would have done credit to pupils much further advanced.

The hostess, assisted by Mrs J E Jack Patterson, rendered several duets which were greatly appreciated by all.

The readings were excellent. Miss Mabel A Estabrooks received a hearty encore and responded by reading Eventide.

At the conclusion of the programme delicious refreshments were served and ere we realized it the hands on the dial pointed to the wee small hours, so we bid our charming hostess goodnight having spent a most pleasant evening.

About seventy guests were present. The programme as follows.—

Chorus—Merrily On

Piano Solo—Elva Lunn

Organ Solo—Dora Tompkins.

Organ Solo—Hunting Song,
In the Church.

Amy Green.

Piano Solo—Summer Night,
Engelman

Wallace Schmerville.

Piano Solo—Oh Such Fun,

Viola Hartley

Organ Solo—Melody, Couppey
Sperry Green

Organ Duet, A Dance on the Green

Ruby Gee and Miss Estabrooks

Reading—Clara Wheeler.

Piano Duet—Happy Memories Le
roy

Mrs J E Jack Patterson and Miss Estabrooks.

Organ Solo—Ethel Polka, Willa
Lunn.

Organ Solo—In Rank and File
Lange

Cora Lunn

Organ Solo—Hunting Song Gurlitt
Pearl Gee.

Reading—Hauks Discovery, Eva
Hathaway.

INTERMISSION

Piano Solo—To Arms Ortlepp
Viva Stephenson.

Organ Solo—Galop, Basha Giber
son

Organ Solo—Mabels Favorite
Jones

Mildred Lunn

Organ Solo—Old King Cole's March
Gertrude Lunn

Piano Solo—Young Cavaliers March
Viola Lunn

Organ Solo—Kindermark Merk I
Laura Barker

Reading—Miss Mabel Estabrooks

Piano Solo—Hunting Song, Estella
Hunter

Organ Solo—Youth's Marching
Song, Maud Danford

Organ Solo—Mazurka Strabbag
Alice Lunn

Piano Duet—Witches Flight Rus
sel

Mrs J E Jack Patterson and Miss
Estabrooks.

Cornet, Duet Old Glory.

Messrs Frank and Hattie Estabrooks

Chorus, Goodnight Ladies.

WHERE HE WORKED

Keir Hardie, the Socialist member of Parliament, does not allow himself to be seduced from his principles by his association with the repressive natives of England's wealth and culture. He always dresses roughly, and would sooner be taken for a working man than an M. P.

He is not sensitive on the matter, either, and often jokes about his unfashionable clothes. The first day he served in the House of Commons he had occasion to go to the library, and while he was there a policeman approached, and said, in a friendly tone:

"Are ye workin', here, mair?"

"Yes," answered the new member.

"On the roof?" said the policeman—the roof at the time being repaired.

"No, not on the roof," Mr Hardie replied.

"On the floor."

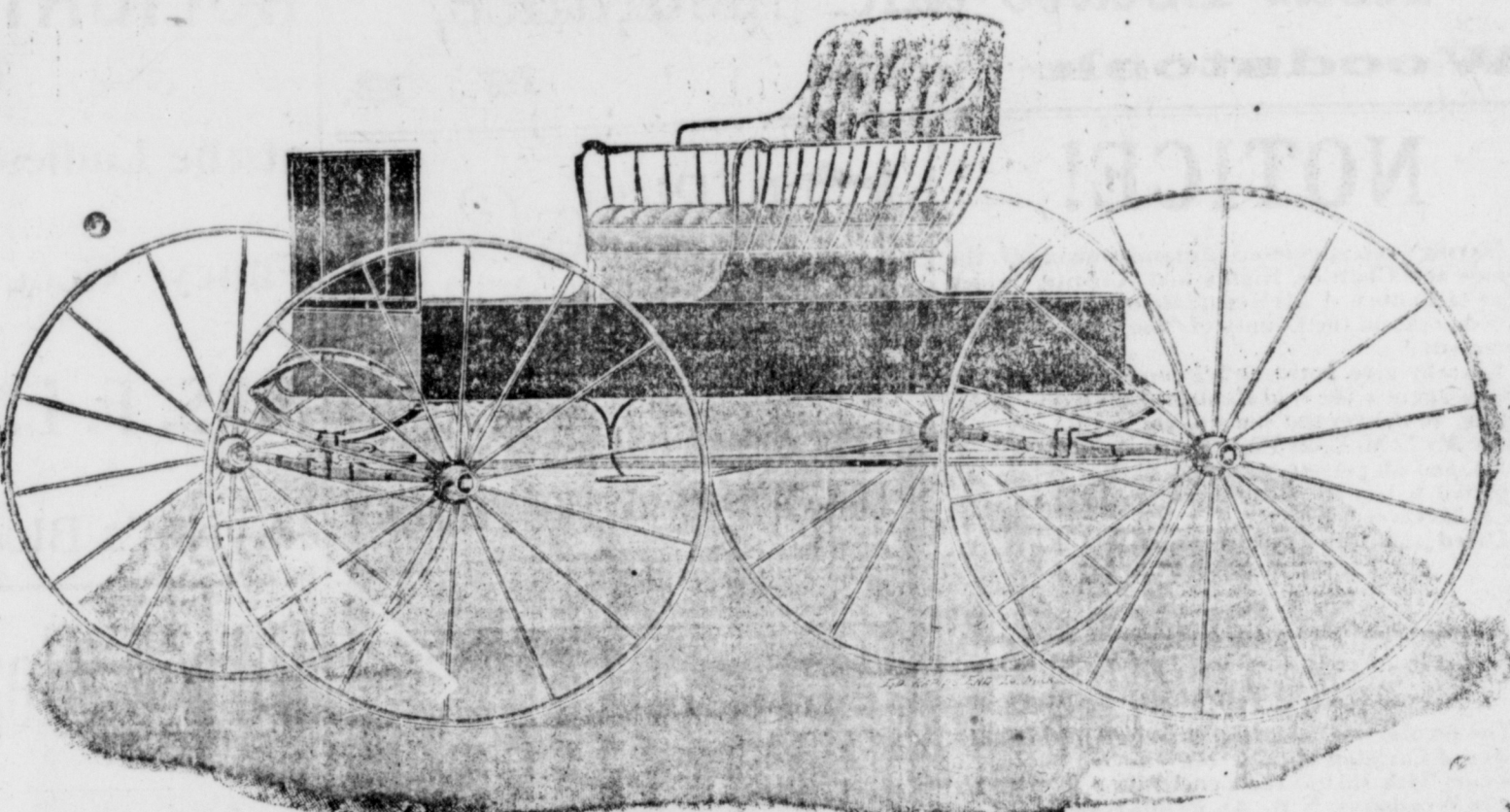
Immigrant to the United States, says the Springfield Republican, often change their names at their arrival, partly in the belief that they are beginning life anew in this land of freedom. The family of Robin, the New York banker, just now under indictment, is a example of this. The name was originally Robinovitch, and the banker's sister retained this name. The banker abbreviated it to Robin, and his brother Anglicized the name to Robinson. School teachers, librarians and others who work in the foreign districts of New York say that this difference of names in one family is very common, and of course leads to confusion.

THE PROBLEM AN OLD ONE.

There is nothing new in the problem of the large hats worn by women. In an old New England town a record has been found, according to Youth's Companion, which shows that in 1769 it was voted in town meeting that women shall take off their bonnets when in the meeting house and hang them on pegs, as the men did. It was not done through respect for the place, but in order that the tithing men might see whether the wearers of the hats were asleep or awake during the long sermon. But it is on record that there was great difficulty in enforcing the law.

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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.



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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.



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MAPLE
BUDS**

The most delicious of chocolate confections. They stand alone in their smoothness, richness and unique flavor. Insist on

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THE COWAN CO. LIMITED, TORONTO.



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When in our streets and you will see a Harness that came from our shop

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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?

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Harness Maker and Dealer,

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Doors, Sashes, Blinds, School Desks, Sheathing, Flooring and House Finish of all kinds

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