

CANADIAN
PACIFIC

Farm Laborers

EXCURSION

FROM
MARITIME PROVINCES
TUESDAYAugust 18th

Watch for further particulars

W. B. HOWARD, D. P. A., C. F. R., ST. JOHN, N. B.

TREATING DISEASES
OF HORSES FEETSimple Treatment For Common
Foot and Leg Troubles

In sore shins the trouble appears as a swelling, generally on the front of the cannon bone in young race horses.

It is the result of concussion on hard ground, and much resembles a splint in both cause and treatment, but differs in that it is diffused or scattered over a large surface, whereas a splint is smaller and more confined. A splint, too, is on the side of the bone, while sore shins are always in front. It may be produced by even a single gallop, therefore suspect this if the colt goes lame immediately after a sharp burst of speed, and remember that it will increase with exercise. As in splints he walks soundly but drops when trotted. When examining him, if the hand be passed down the front of the bone he will flinch when the spot is touched. In such an early stage as this, when there is practically nothing to be seen at a mere glance, many jump to the conclusion that the trouble is in the shoulder. Later on a swelling is seen on the front of the bone, but by this time much damage may have been done unless care has been taken.

The treatment is practically the same as for a splint.

1. Take off the shoes and give him perfect rest.
 2. Bathe with hot water then change suddenly to cold water, and use this freely.
 3. Use the same blister as in splints: Binioidde of mercury, two parts; lard or vaseline, eight parts.
- Jockeys frequently use cocaine to hide this disease just before a race, but they thus intensify the trouble and turn what might have been a simple case into a serious one.

SILK FROM SPRUCEWOOD

Beautiful Cloth Spun From Filaments
of Great Logs

Silk dresses are now made from wood. There is the cleverly "mercerized" cotton, but machinery and chemicals have gone a step even beyond that in rivaling the art of the silk-spinning worm. The process of making silk yarn from a spruce log is a remarkably speedy one, and the results astonish you when you see the wood thrown carelessly into a great vat to appear a few hours later in shining thread. The wood is first cut into thin sheets, after which it is put into a tank for chemical treatment. It is chewed and mashed by the machinery and "digested" by the strong chemicals until it closely resembles molasses in color and consistency. The solution is then forced through well-heated tubes, each with

an outlet containing just as many perforations as there are to be filaments in the thread. Simultaneously it is sprayed with a chemical which "fixes" the thread, shrinking and hardening it. But to the wearer of silk, a garment made from wood pulp looks every bit as good as the product of the silkworm.

Cloth of this kind wears like leather, and is cheaper than the cheapest cloth. The value of the material thus spun is that it dyes extremely well, the colors coming up admirably, and it is, as a matter of fact, a good imitation of silk.

The people of Tibet have for a long time now worn clothes constructed of wood. In Ecuador the bark of a tree which grows on the slopes of the Andes is utilized for making blankets. Usually the blanket is six feet long and five feet wide, and is as soft and pliable as though it were made from flannel. It is about the thickness of a good flannel blanket, and can be rolled up and put in a strap without hurting or injuring it. This tree or bark blanket is merely a strip of bark cut from a section of the trunk of the demajagua tree. The Indians make a cutting around the trunk to get it, and they prepare it by soaking it in water until it is soft. It is then pounded so that the rough outside can be stripped off and the inside alone left. The inside is of fine fibres so joined together by Nature that it makes a beautiful blanket, warm enough to be used as a cover, and soft enough for a mattress.

Sheep Thrive on Electricity

A California scientist claims to have greatly increased the breeding capacity of sheep as well as their yield of wool by pasturing them under high voltage electric wires.

One Pound, One Horsepower

That he can produce one horsepower for each pound his engine weighs is the claim of the French inventor of a motor depending upon the explosive force of gunpowder for power.

DIETING AND EXERCISE
CONDUCTIVE TO HEALTHOld Athlete Tells Middle-aged Men
How to Keep in Condition

Mike Donovan, who has been for thirty years boxing instructor of the New York Athletic Club is now 67 years old, and probably ninety-nine men out of a hundred between the ages of twenty and thirty would find him an extremely awkward customer at any form of physical encounter. He is willing to tell what he knows for he believes that the term "self-defence" means more than the ability of a man to repel an attack. When Donovan uses the term he means the ability of a man to fight off old age, or rather the common symptoms of it. He himself is grey haired to-day, but he is an athlete who can box from 3 o'clock in the afternoon until late at night and hardly quicken his breathing. No one living of his years is in better condition for hard and continuous physical exertion. At a time of life when many men are tottering to the grave he is a trained athlete.

Original Ideas on Condition

Donovan has been too busy to be much of a reader, and it may be taken for granted that the ideas he has upon the subject of physical fitness are not those conveyed to him by some theorist. They are the fruit of a lifetime spent in keeping fit and in keeping other people fit. He believes that physical fitness for the middle-aged man and the man who is still further advanced in life is easily enough attainable. All that is required is some will power, and, of course, some intelligence. It is a matter of diet and exercise. He needs to eat less, and exercise more and practice deep breathing, and do without tobacco and alcohol.

Down on Alcohol

Donovan believes that the average business man whose work is done behind a desk or counter eats about three times as much as he should. Moreover, he probably drinks too much. Donovan's idea of too much drinking is any drinking. He says that alcohol should be regarded as poison and everyone knows that even a very little poison is a bad thing. He says that three quarts of water ought to be imbibed in the course of the day. Then at meal times there

He is also opposed to the drinking of tea and coffee, and after water he places warm milk. Those who insist upon drinking tea or coffee ought to drink plenty of milk with it, and the drinking ought not to be done at meal time.

For a Light Breakfast

We find his authority flatly opposed to the medical men who say that breakfast ought to be the best meal. He is against a heavy breakfast, and for that matter, too, a heavy lunch. Even at night he does not favor anything in the nature of a meal that will leave the consumer satiated. We ought to leave the table feeling that we could eat more. Mike is something of a vegetarian, but a discriminating one, for he does not endorse all vegetables. He divides them into two classes. In the first he places spinach, string beans, cauliflower and cabbage and insists that cabbage ought to be well cooked. These vegetables ought to be eaten freely. On the black list, as far as he is concerned, go tomatoes, cucumbers, lettuce and radishes.

Get Plenty of Sleep

As far as meat is concerned, Donovan says that beef and mutton are in a class by themselves. He is a strong advocate of the Fletcher system, and cautions against any boiling of meats. To the man who smokes he says that the best thing to smoke is a pipe, the next, best a cigar. The cigarette is condemned wholeheartedly because of the general practice of inhaling it. He differs with such authorities as Edison in the matter of sleeping hours. The old saying of "seven hours for a man, eight for a woman and nine for a fool" finds no champion in him. Everyone ought to sleep at least eight hours. His own preference is for nine. As for the choice of exercise, while Donovan is naturally partial to boxing, he believes that walking is the best for general purposes, since everyone can walk a little if he tries.

Moving Picture Kodak

A Polish scientist is the inventor of a motion picture camera which can be carried in the hand and which is operated by compressed air as long as a button is pressed.

To Keep Shoes From Slipping

Pumps often give trouble by slipping. To remedy the fault, attach a piece of ribbon elastic tightly across inside the top of the heel. This will prevent the continual wear of the heel of the stocking.

A flatterer is one who plays the role of echo to one's own thoughts.

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the following program was rendered:

Selection—Orchestra.
Address—Hon. W. P. Jones.
Chorus—Choral Society.
Reading—Mrs. (Dr.) Clarke.
Address—Grand Master Crookshank.
Solo—Mr. Bailey.
Address—Mrs. (Dr.) Morrison.
Male Quartette—Messrs. Bailey, Watson, Demming and Steven.
Selection—Orchestra.
Address—Ven Arch Newnham.
Solo—Mrs. W. C. Good.
Address—Premier Flemming.
Chorus—Choral Society.
Address—Robert Young.
Solo—Harry Dunbar.
Address—Rev. Mr. Fields.
Selection—Orchestra.
Address—Mrs. Lindow.
Address—Mr. Hicks Newfoundland.
Piano Solo—Mrs. Geo. True.

At the conclusion of the program, which was much enjoyed by all present refreshments were served by the ladies of the Rebekah Lodge.

Grand Lodge and Rebekah Assembly on Thursday night closed a most successful and pleasant session. During the week Woodstock was beautifully decorated from end to end, all public buildings and private dwellings covered with flags, bunting and colored lights. The hospitality and kindness of Woodstock people could not be excelled, so the visitors say.

Charlottetown was chosen for the place of meeting next year. Judge S. A. Chesley, Lunenburg, was elected Grand Master for next year; W. B. Belyea, Woodstock, deputy grand master; Dr. W. C. Goodwin, Pugwash, grand secretary; J. J. MacKinnon, Charlottetown, grand treasurer; J. H. Balch, Halifax, grand treasurer; G. A. Kent, Truro, and D. L. Fraser, Bridge water, grand representatives to Sovereign grand lodge.

The Following is a List of the
Officers and Men Enlisted
for Foreign Service.

28th N. B. DRAGOONS.

Officers.—Major A. N. Vince, Lieut. F. S. Rankin, Sergt. G. Bubar, Trooper C. Ilinsky, N. Musser, W. Cooper, C. Morgan, S. Zinck, C. Howe, N. McIntyre, M. Dymond, R. Winslow, Locke Macdonald, Leo Demerchant, J. Davenport, Peter Jensen, A. Sacovitch,

Piano Contest



Please remember—this is not going to be one of those low grade Pianos which you wouldn't buy at any price (if you were well advised). It is an instrument of the highest quality that is constructed, and is costing us a great deal more than some other pianos which we could have put into this competition just as well as not. You might be surprised to know that we could put in just about two of "the other kind" for what this is costing us. We decided to do this because we are musicians ourselves and want our readers to compare for just such an instrument as we would take pride in owning and using ourselves. We think that the public which we reach will appreciate this fact. Everything else being equal, you would prefer the high grade piano wouldn't you?

You will not have to get your piano out of a catalogue, or from a high down description, or merely from a newspaper, but you can see the piano of exactly the kind we are giving, at the "Dispatch Office, Woodstock. You can examine it and try it. Only this—your piano will be brand new, direct from the Amherst factory, and you will have three different styles of cases to choose from. Inside they are all alike. We want to make this competition something worth working for. Something a little bit different from what a newspaper generally offers.

The "Amherst" is comparatively a new piano, but one of the highest grade pianos made in the Dominion of Canada. The judges at the Toronto Exposition awarded it the best. That is speaking pretty well of a piano made in the Maritime Provinces, isn't it? What more could be said?

There is another thing about this "Amherst Piano." It is the only piano made into which you can put a "player afterwards if you want to. "Players are very costly when you have to buy them with a piano. Wouldn't you prefer a piano into which you could put a player attachment later on, at no great deal of money. The Amherst Player, or "Cremonatone is a beautiful simple instrument, with several improvements over any other, under more perfect control, easier to operate. The player mechanism is built under exclusive patents, is very compact, and that is why it does not require a special piano to hold it, and it can be placed in the ordinary pianos which the "Amherst" factory turns out. Every Amherst Piano is guaranteed for Twenty years, and is the only piano that carries a guarantee for that length of time.

Write to the DISPATCH OFFICE for INSTRUCTIONS and SUBSCRIPTION BLANKS for this CONTEST.

10th FIELD BATTERY
CANADIAN FIELD ARTILLERY
Officers.—Col. W. C. Good, Lieut. N. London, Lieut. R. Jones, Sergt. Major T. Wilson, Sergt. W. Currie, Sergt. Wm Armstrong, Corpl. Havens, Corpl. John Price, Guns Joseph Miller, A Greer, H Rimes, G Atherton, J Judkins, Roy Appleby, A Kelly, P Cox, H Jacques, N K Bull, J D Gillin, Rcy Adams, W J Wetmore, Chas. Pheeney, Herbert Bryant, George Niles, Frank Buck, D McMullan, F Owen.
1st FIELD COMPANY
CANADIAN ENGINEERS
Officers.—Major W W Melville, Capt R C Vince, Lieut Eugene McKeen, C Hudson CS M, Eugene Dyer, Hallan Lawson, Robert Mooers, A R Connolly, Russel Phillips, Leslie Gray, Kenneth Golden, Arthur Watson, J D Steele, H L Austin, James Tompkins, James Ryan, Ray A Mooers, F M Buck, H S Gillespie, Alex. Neil, Charles McLean, J O Bragdon.

67th INFANTRY REGIMENT
Office s.—Major J J Bull, Capt. R G McLaughlan, Lieut. Leo Graves, Lieut. C Bull, Sergt McClellan, Sergt F Reddall, Sergt G Ralston, Sergt T Reed, J Langly, Percy Dando, Jack Fillmore, John Ivers, W A Vicary, G Starky, T Page, W Knocks, K Miller, H Griffin, M Calaghan, I Homeward, E Parsons, W Sutton, A Webb, H Johnston, T D Jelling.

Miss Kathleen O'Hara, of Centre ville, who has been visiting in Fredericton, was in Woodstock last week at tending the Rebekah Assembly. She was the guest of her aunt Mrs. A. G Fields.

Mrs. Hayter Reed, of the C. P. R. and Miss Grant, C. P. R. Hotel, McAdam, spent Thursday with the Adneys at their bungalow, Upper Woodstock.

Mr. and Mrs. A. A. H. Margison, of Centerville, were in town last week at tending the Grand Lodge, I O. O. F. and the Rebekah Assembly. They were guests of Mr. and Mrs. A G Fields.

Mr. and Mrs. R. A. Allingham left on Monday night for Vancouver, B. C. to visit their son Earle Allingham, they will also stop at Winnipeg to visit their daughter, Mrs. Harry Clarke.

Mrs. Earnest McLean, Miss Hildred McLean and Claude McLean spent Monday with relatives at Nickersons Lake.

Miss Mildred Burden, of Pokiok, is visiting her aunt Mrs. Alfred Merriethew, Houlton Road.

Mrs. Colin M. King and daughter Helen, of Lakeville, who have been spending a week in St. Andrews, were in town on Wednesday on their return home.

J. R. H. Simms of Bath, made a professional visit to Woodstock on Friday.

Hamilton Johnston has been appointed driver of No. 1 Hose Company in place of Herbert Hamilton.

Geo. E. Baimain and E. W. Mair left on Monday morning for Prince Edward Island on a business trip.

Frank Berryman has the contract for putting a cellar and concrete foundation under the Presbyterian manse.

Miss Caroline Munro has been appointed organist of St. Paul's Presbyterian Church. She entered upon her duties Sunday.

SAINT JOHN
EXHIBITIONSEPT. 5th to 12
1914

SPECIAL AGRICULTURAL
FEATURES
SPLENDID DISPLAY OF
INDUSTRIES
INCREASED SCOPE IN
WOMEN'S WORK
CHILD'S WELFARE EXHIBIT

GREAT PROGRAM
OF FREE
ENTRANCES
ON ALL
LINES