



SEE ANNOUNCEMENT ON PAGE 4

The Joy of Walking
(St. Thomas "Journal.")
The New York State Department of Health has issued a special bulletin saying now is the time to take walks in the open, because at this season of the year after the rigors of winter, the body is at its lowest ebb of efficiency and needs upbuilding. This is quite true indeed, except for the limitation of this particular time of year. Every day in the year is the time to walk, and whoever neglects it suffers loss in more ways than mere deterioration of health.

PROFESSIONAL
W D Gamber
DENTIST.
Painless Extraction.
Office: Queen Street.

NELSON P. GRANT, M. D., C. M.,
Late Superintendent and Resident Physician St. John General Hospital.
Office and Residence, No. 1 Broadway
WOODSTOCK, N. B.

DR. P. T. KIERSTEAD
OFFICE AND RESIDENCE:
CHAPEL ST. WOODSTOCK.
SPECIAL ATTENTION GIVEN TO DISEASES OF WOMEN AND CHILDREN.

DR. F. J. SHAW,
Veterinary Surgeon
OFFICE AT CLARK'S HOTEL,
HARTLAND, N. B.
Treats all domestic animals. Filing and Extraction of Teeth a specialty. Telephone calls promptly attended day or night.

JAMES R. H. SIMMS,
Barrister-at-Law,
SOLICITOR AND NOTARY PUBLIC
ETC.
BATH, N. B.

DR. I. W. N. BAKER,
Specialist in diseases of the
EYE, EAR, NOSE and THROAT
all the latest novelties in
Spectacles and Eyeglasses.
OFFICE
Near late residence. Telephone. 131 1.

T. C. L. KETCHUM
BARRISTER, NOTARY,
ETC.
QUEEN STREET, WOODSTOCK

HOUSEHOLD
VEAL LOAF.
Take one pound of fresh veal and half a pound of fresh pork and chop fine. To this add two slightly beaten eggs, a large kitchen-spoonful of fine bread crumbs or milk, some chopped parsley, one good-sized onion chopped fine; a dash of cayenne and a level teaspoonful of salt. Mix all thoroughly together and bake in a deep bread pan, laying on top a bay leaf and a large slice of bacon. Bake half an hour.

VEAL CHEESE.
Take equal quantities of sliced boiled veal and sliced boiled tongue. Pound each separately in a mortar, adding butter as you do so. Take a stone jar, mix them in it. Press hard and pour on melted butter. Keep covered, in a dry place. To be eaten at tea in slices.

VEAL STEW.
Cut four pounds veal into strips three inches long and one inch thick, peel twelve large potatoes, and cut them into slices one inch thick, spread a layer of veal on the bottom of the kettle, sprinkle in a little salt and pepper, then a layer of potatoes, then a layer of veal seasoned as before over the last layer of veal put a layer of slices of salt pork, and over the whole, a layer of potatoes. Pour on water till it rises an inch over the whole, cover it close, heat it fifteen minutes, and then simmer it an hour.

CREAMED VEAL.
Cut three slices fat salt pork (three by four inches) in small cubes and try out. To two tablespoons of the pork-fat add three tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup milk. Bring to the boiling-point and season with one-half teaspoon salt and a few grains pepper. Add one and one-half cups cold roast veal, cut in small cubes, and when thoroughly heated, add pork scraps. Serve with mashed potatoes and glazed silver-skinned onions.

BROILED VEAL STEAK.
These are delicious if broiled properly. Have the steak cut about quarter of an inch thick in order to have it cooked through when well done. Then proceed to broil it as you would a beef steak. Have some butter on a hot platter, lay the steak on this, season with salt and pepper,

Merton G. McLean D.D.S.
Graduate of Philadelphia Dental College and Garretson Hospital of Oral Surgery
MODERN METHODS EMPLOYED
IN ALL BRANCHES OF DENTISTRY
Painless Extracting a Specialty

VETERINARY SURGEON
Dr. H. B. F. Jervis, V.S.
Graduate Ontario Veterinary College, Post Graduate Royal Veterinary College, London, England.
Address **Houlton, Me.**
Telephone Connection.

DOLLAR DAY
AT
The Ladies Wear
Feb. 18
BIG BARGAIN
Mrs. F. L. Mooers
BOOST your HOME TOWN
and at the same time
HELP YOURSELF

spread butter over it, sprinkle with little flour, and place in a hot oven to bake for half an hour. Try this.

ENORMOUS LOSSES IN OFFICERS.
In the ten days fighting about Neuve Chapelle 700 officers were killed. This represents 15.3 per cent of the total number of commissioned officers in the United States army, and still this fight was practically nothing more than a skirmish as compared with the great engagements in France at the beginning of the war. The total casualties among the British officers are estimated at over 700 a month. French experts say that the German loss has been frightful. In 124 companies of the line only 49 regular officers were left as far back as December. Active regiments on an average have only 12 professional officers and reserve regiments only 8 or 10. It is estimated that if the United States were plunged into a war on a huge scale every single trained officer would have been killed at the end of eight months of fighting.

To Prevent After Stiffness of Fractures
What is called "after stiffness," or the condition of immobility in joints and muscles, which so often follows the healing of a fracture or wound, is one of the most difficult problems which confront medical men treating the wounded in Britain and in France. The treatment is a matter of especial grave concern to the subject himself, since on the result depends his future usefulness as a soldier or as a worker.

At the military hospital in Calais Prof. Guermontprez, of Lille University has received much praise for the treatment employed by him, not a new one, but one which has been very successful. He begins his treatment of "after stiffness" while the healing is going on and before the stiffness had in reality set in. Special splints are used on all broken bones. They are made of very light wood and are not allowed to interfere with the movement of any joint. Massage is an important part of Prof. Guermontprez's treatment. In cases where patients have been submitted to long exposures before any treatment is possible a special apparatus known as mechano-therapeutic apparatus is used.

Tropics from Przemyśl.
London, April 27, 11.40 p. m.—In the presence of enormous crowd today the first Przemyśl trophies including four enormous guns, were transferred to the fortress of St. Peter and St. Paul here, says Reuter's Petrograd correspondent.

Woodstock Woodworking Company, Limited
MANUFACTURERS OF
Doors, Sashes, Blinds, Schools Desks, Sheathing, Flooring, Church and House finish of all kinds
Warranted to meet Demand and Improved Work
Exported to W. I. C. N. C. and P.
Stair and Verandah Work a Specialty.
Phone 135-21.

THRIFTY FOLKS
Don't let your buildings become shabby. Cheapest of painting is trifling and it beautifies as well as preserves the structure.
The Martin-Senour Paint
100% Pure
Is superior to lead prepared lead and all others. It is made only of pure White Lead, Zinc Oxide, Calcium and well refined Linseed Oil together with the necessary Solvent and coloring pigments compounded in the most perfect manner by the most modern and powerful machinery.
For Sale by
CLARKE & JOHNSTON
HARDWARE
Connell St. Woodstock, N. B.

THE QUEEN
TOP DRAFT STOVE
The Queen is the ONLY Air-Tight Heater Made
A Fire All the Time
A Saving of 25 to 50 Per Cent. of Fuel
Come and see it at Our Store
See that Vertical Hot Blast Draft Tube Feeding the Fuel with Hot Air All the Time
THE QUEEN HEATER is more of a heating machine than it is a stove. It can be regulated like a lamp. You can have your room any temperature you wish. You positively keep a slow fire burning 24 hours by putting in one large stick or knot. Will heat a room 20 feet square in ten minutes in cold weather, or no sale.
Absolutely AIR-TIGHT and the cleanest stove in the world. No opening of any kind. Will save half the fuel of the average stove. Burns large knots, chunks, chips and trash.
PARLOR STOVES—Best in the world.
SITTING-ROOM STOVE—Because one fire can be run all winter.
BEDROOM STOVE—The finest thing in the world.
DINING-ROOM STOVE—Because you heat your room in ten minutes.
The Queen Top Draft Stove is only sold by
W. F. Dibblee & Son.
The Hardware Dealers
Write them for circulars and prices.

THE STEPHENSON HOUSE Hair Goods
OUR SPECIALTY
All Modern Improvements. Permanent and Transient Boarders.
"Consider the postage stamps say's Josh Billings, it makes its Mark by sticking to one thing till it arrives. So do we. Our sole Business is the Manufacturing and importing of the latest fashionable Hair Goods at lowest possible prices. We carry all the latest novelties in Fancy Bands, Nets, Barettes, Combs, Etc. Give us a trial order to prove the satisfaction we can give you."
MISS STEPHENSON, Proprietor.
Queen Street.
WOODSTOCK N. B.
J C. HARTLEY,
Barrister, Public Notary, Solicitor Etc.
Offices: Main Street, Woodstock
Mrs. A. F. Winslow
The Reliable Hairdresser
Phone 69-41