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"Consider the postage stamps
says Josh Billings, it makes its
Mark by sticking to one thing till
it arrives. So do we. Our sole
business is the Manufacturing
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possible prices. We carry all
the latest novelties in Fancy
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Etc. Give us a trial order to
prove the satisfaction we can
give you.

Mrs. A.F. Winslow

The Reliable Hair Dresser

Phone 69-41

HOUSEHOLD

**Humble Beans Makes
Excellent Roasts**

**Is Good Substitute For
Meat How Roast
Is Prepared.**

Bean roast makes an excellent
substitute for meat and offers an
additional way of serving beans.
Following is a recipe:

1 lb. dried beans, 1 lb. salt
pork, 1 lb. grated cheese, 1 1/2
cups bread crumbs, 1 egg, 1 tea-
spoon salt, 1/2 teaspoon pepper.

Look over and wash the beans,
soak from 12 to 24 hours in cold
water. Pour off the water. Put
the beans into 3 cups of cold water
with 1/2 teaspoon of soda and
boil three to five minutes. Drain
off this water. Return the beans
to the kettle with 3 cups of fresh
water and the salt pork, which
has been washed, scraped and
scored. Cover and cook slowly
until the beans are soft (from 2
to 3 hours).

Take out the pork, mash the
beans add the cheese, bread
crumbs, egg and seasoning. Mix
well and put into a buttered dish.
Cover with bread crumbs and
pieces of the pork. Bake one-
half hour in a pan of hot water.

Canned or baked beans may
be used. One-half pound dried
beans equal about 3 cups of mas-
hed beans.

This roast may be served hot
or cold and is much improved if
served with tomato sauce or ket-
chup.

BREAD OMELET

Even at the present price of
eggs this fine omelet is not an
extravagance, as it will serve
five persons. It does not fall as
readily as the usual omelet.
Use half a cup grated bread
crumbs [soft], one teaspoon onion
juice, one teaspoon minced pars-
ley, four eggs, beaten separate-
ly. Mix yolks with crumbs, pars-
ley and onion juice; add one
cup milk, half teaspoon salt,
white pepper and dash of nut-
meg. Fold in white and bake
in pan of water in moderate oven
until a knife blade will come out
clean.

VEAL KIDNEYS

Buy five cents, worth of veal
or lamb kidneys, soak them over
night in salted water. In the
morning carefully skin them and
slice in several pieces. Brown
them, after first flouring slight-
ly, in hot butter or bacon drip-
plings. When nicely browned
add a little hot water and cover.
Simmer for fifteen or twenty
minutes and then pour over hot
toast points on a hot platter.

APPETIZING BREAKFAST DISH

Make a smooth porridge of
cornmeal. Season it with salt,
add shredded bits of cold meat,
bacon or sausage, pour into a
mould until firm, then cut in
slices and fry. Surround the
platter with circles of fried ap-

ples. This dish can easily be
prepared the night before, ex-
cept to slice and fry.

FINNAN HADDIE

Cut a two-inch cube of fat salt pork
in tiny dice and try out. To two table-
spoonfuls of pork fat add two table-
spoonfuls of flour and stir until well
blended; then pour on gradually while
stirring constantly one cupful rich milk.
Bring to boiling point, add one cup cook-
ed flaked finnan haddie, pork scraps,
yolks of two eggs slightly beaten and
one and one-half cups of potato balls or
cubes which have been cooked in boiling
salted water until soft. Season with
salt and pepper and serve as soon as
thoroughly heated.

While the two eggs called for in this
recipe improve it greatly, it can be
made without any if preferred.



HEALTH DEPENDS ON WHAT YOU WON'T DO

Problem of the Many Men Who Drop
Out After 40 Years of Age
is Increasing

Workers generally do not pay much
attention to their health until they
find it is impaired. They do not pay
enough attention to prevention. Dr.
Henry B. Pavill, in an address be-
fore the Chamber of Commerce in a
large western city said: "Anyone of
you men has a hundred friends in
society—that you are moving along
with side by side, doing your work,
associating back and forth, and so
far as you know all of them are well.
Along somewhere between 20 and 30
some of those hundred will drop out.
There will be others dropping out be-
tween 30 and 40 and between 40 and
50 and between 50 and 60 and by the
time you have got along to 60 years
of age you will find that the men who
are left in that original group of 100,
who are men of strength and capable
are very few.

"Along from 40 to 50 and 55 you
will find that a very large number of
men are falling by the way by reason
of things that are easily understood—
after it is too late. Men who develop
heart disease, kidney and liver dis-
ease and things of that kind. We find
that we have at that time of life what
are called degenerative diseases, dis-
eases in which the vital organs have
gone to pieces one way or the other
from various causes.

"The point I want to make about
those diseases is this: By the time
these degenerations have been so es-
tablished that anybody knows they are
there and they can be given a name
and treated as a disease, by that time
it is too late. Oh, yes, you can patch
it along, you can temporize, you can
adjust, you can do all sorts of limita-
tion things, but it is too late to do
much about that class of disease with
which we as physicians are dealing
with all the time and in increasing
numbers along in those two decades
of life.

"The question of maintaining health
is very largely a question of what you
won't do, not a question of what you
do. It is purely a question of self-
discipline. Purely a question of first
seeing what to do and then having
the courage to do it."

CHEMICALS FOR POULTRY

Pharceal, Ammonia and Sulphur—
How to Use Them

Sulphur is a medicine and not a
food. While it is true that it is found
in small quantities in almost all
grains and other articles of poultry
diet, it is not true that it is a food
and that it should be fed indiscrimin-
ately. The sulphur that is found in
grain is usually combined with some
other substance to counterbalance it.
There are times when it may be fed
to fowls, but care must be taken.
It should never be fed during wet
weather, as it is liable to cause rheu-
matism or a stiffness of the joints.
It is a sort of a blood purifier, will
arrest disease, and sometimes in-
vigorates a run-down system. A tea-
spoonful once a week, in soft food
for twenty hens, will do no harm
and even this amount should be fed
in dry weather. It is better to be
withheld from chicks until they are
at least three months old.

Charcoal consists almost entirely of
carbon, and is prepared by heating
wood so as to expel all the gaseous
matter it contains. Ammonia is a
gaseous compound-alkaline like potas-
sh, and is often termed spirits of
hartshorn. If charcoal has been prop-
erly treated it would be next to im-
possible for it to contain enough am-
monia to injure animal life. Any im-
purities charcoal might contain would
be more likely absorbed through at-
mospheric conditions. There need be
no hesitancy in using any charcoal
which is clean and free from dust.

Woodstock Woodworking Company, Limited

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Flooring Church and House finish of all kinds.

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tered Oak, Whitewood, Cypress, N. C. hard Pine and N. O.
hard Pine Sheathing.

Stair and Verandah Work a Specialty.

Phone 135-21.

Madrid Libeller To Be Prosecuted

Madrid, Via Paris, Jan. 2.—

The Germanophile newspaper,
Nacion, will be prosecuted for
printing a statement from "a high
diplomatic personage in relations
with the Central Empires," declar-
ing that President Wilson's note
was a severe lesson for Spain.

"Warnings have not been lack-
ing," said the statement, "warn-

ings against getting involved in
the contraband business which in
the end will turn out to be a bad
business. The lesson is all the
more significant when it is added
to the fact that the Premier has
placed himself openly on the side
of the Allies, to whom he is bound
by material consideration. Spain
is the only European neutral coun-
try which has allowed the oppor-
tunity to pass to intervene as med-
iator in the great calamity afflict-
ing the continent and has been
obliged to make way for the Unit-
ed States of America."

The article, which is held to be
insulting and libelous to Premier
Roumanones, has caused strong
indignation in both the Liberal
and Conservative. The Imparcial
says that another Germanophile
newspaper, the Tribuna, will also
be prosecuted, and that the Min-
ister of Justice has sent a circular to
the district attorneys throughout
Spain instructing them to prose-
cute any newspaper printing any-
thing insulting to foreign count-
ries or their representatives.

Notice to Water Takers

Notice is hereby given that all
persons owing Water Rates
must settle the same on or be-
fore 18th day of November next
or the Water will be turned off.

Per Order Chairman
Water Committee,

H. W. Bourne, A. G. Fields,
Collector. Supt.
Woodstock, N. B., Oct. 28, 1916.

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