



How Strong Are You?

The dial of the punching machine won't answer that question. Strength depends on nutrition. When the stomach and other organs of digestion and nutrition are diseased, the body fails to receive its full supply of nourishment and hence grows weak. That is why no man is stronger than his stomach.

Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and the allied organs of digestion and nutrition. The food eaten is then perfectly digested and assimilated and the body is made strong in the only possible way—by nutrition.

"I was troubled with indigestion for about two years," writes Wm. Fowler, Esq., of Julietta, Idaho. "I tried different doctors and remedies but to no avail, until I wrote to you and you told me what to do. I suffered with a pain in my stomach and left side and thought that it would kill me. Now I am glad to write this and let you know that I am all right. I can do my work now without pain and I don't have that tired feeling that I used to have. Five bottles of Dr. Pierce's Golden Medical Discovery and two vials of his 'Pleasant Pellets' cured me."

Dr. Pierce's Pleasant Pellets stimulate the liver.

#### New Uses For Sawdust.

Scientific men have long been engaged in the study of methods of utilizing waste products, such as sewage, garbage and many other things, formerly thrown away as worthless. After it is ascertained just what these materials contain that can be utilized ingenious men set their wits to work to invent machinery and devise processes by which the valuable commodities may be extracted. In this way many million dollars' worth of oil, fertilizers and other useful substances are now saved, and the world is so much the richer.

A great deal of sawdust has always gone to waste, though many mills have used it to supplement their fuel supply. Chemical analysts have been at work on the sawdust problem and it has been shown clearly that it contains very valuable elements that are worth saving, and now machinery has been invented to extract these materials.

The experiments have proved that 1,000 pounds of sawdust will yield about 160 pounds of charcoal and practically the same amount of equally serviceable; 180 pounds of acids, 160 pounds of tar and a quantity of gases that have been tested for heating and illuminating and found to be excellent for both purposes. While the acids, tar and charcoal are products particularly desired, it is said the gases are of commercial value.

A machine has been invented in Montreal for the purpose of distilling sawdust and obtaining the desired products. Consul General Bittinger writes that the machine treats about 2,000 pounds of wet sawdust an hour. As Canada manufactures enormous quantities of lumber, it is expected that the utilization of sawdust in that country, will be an important source of valuable commodities.

There are 20 places in Europe where oxalic acid is extracted from sawdust. In Scotland sawdust is used to make floorcloth, coarse wrapping paper and millboard, which is a kind of pasteboard used by bookmakers in the covers of books. Thus sawdust, once thought to be a good deal of a nuisance, is beginning to be considered quite a useful article.

#### Books Boys Should Read.

Child life, like grown life, has its troubles, and the refuge is in the imagination. Let the mind be exercised in the best books, and the escape will be into a holy land. The liking for works of the imagination should then be cultivated as a normal growth, not killed as a weed. Besides furnishing us with resources for pleasure and an escape from care, the best works of the imagination are better than most historical composition. They make other times living and real and are as little likely to mislead us as history is, which by its selections and evasions has as often been the handmaid of falsehood as of fact—history, which so loves the mountain peaks and so seldom touches the lowlands. In the great writers, always and everywhere, sin comes up for judgement before a jury of the peers of the realm, and righteousness finds in some way not always patent to us at first its reward. The writer holds the balance even. He has gone over the evidence for us, and his decision is as clear as that of the chief justice. What do we care what the Macbeth of Scottish history was when Shakespeare has drawn the Macbeth of all the generations? The great writer is the student of emotions, passions, principles, of which wars and constitutional amendments are only the dry recorded results.—Professor Morse in Harper's Bazar.

#### DR. A. W. CHASE'S CATARRH CURE... 25c.

Is sent direct to the diseased parts by the improved blower. Heals the ulcer, clears the air passages, stops droppings in the throat and permanently cures Catarrh and Hay Fever. Blower free. All dealers, or Dr. A. W. Chase Medicine Co., Toronto and Buffalo.

It is stated by Mr. Clergue that the steel plant at Sault Ste. Marie will be nearly double the size of that at Sydney, and turn out 2600 tons of iron per day. At present the syndicate employs between 7000 and 8000 men. The proposed plant is to be completed within eighteen months.

#### BEEF AND OTHER MEATS.

Cut up in Scores of Different Ways. Fifty-seven Kinds of Sausage.

Like every other business, the packing companies do their utmost to cater to all manner of tastes. These likes and dislikes they gather from the demands of the retailers and consumers. It is through this channel that they keep in touch with every possible demand. Beef is cut up in 53 different ways, pork 23, mutton 12, veal 5. Boiled ham is prepared in six different ways. Of ordinary sausage there are 43 varieties, of delicatessen sausage 14, making a total of 57 kinds.

Dried salt meats are prepared with 16 different cuttings, the bacon meats also with 16. From the packing house report, from which the foregoing is taken, we gather concerning canned meats, that among them are the following: Corned beef, pigs' feet, gelatin, boar's head, Oxford sausage, tongue, roast beef, boiled beef, chipped beef, deviled ham, chicken, turkey, pork and beans, ox marrow, etc. In addition to all this, there are soups of many names, all of which are found on the shelves of groceries everywhere throughout the land.

It is reasonable to suppose that men will "lean back" for many years to come; also we may depend on the nomad in man to cause him to travel whenever his means will justify. He will crisscross the continents yet unexplored until he will know them thoroughly. He will probably in due course of time find the north pole. Already he is feeling around the antarctic regions and thinks he will set his foot on that pole also. The gratification of this restlessness in the race is made possible and with comfort by these canned meats.

"Gather up the fragments, that nothing be lost." From the standpoint herein set forth there is no greater economist among men than the packing house, concludes Iowa Homestead.

#### WILL CANADA WIN?

A Gigantic International Race.

EVERY NATION REPRESENTED.

The Most Remarkable Contest in the History of Man.

Owing to the success of the recent expeditions in search of the North Pole all nations are alert. In all parts of the world scientists have arisen to the emergency, and now with victory in sight it will be a struggle to the death to plant the flag at the earth's axis. No less than seven expeditions are being fitted out and will sail from many ports. Practically unlimited means have been placed at the disposal of Admiral Makaroff, William Zeigler, a millionaire of New York is willing to spend one million five hundred thousand dollars to enable Evelyn B. Baldwin to plant the stars and stripes at the Pole. The Duke of Abruzzi, who spent five hundred thousand dollars on his first expedition, is prepared to spend twice as much, if necessary, to accomplish his purpose.

Undoubtedly the greatest factor in the world's race for the Pole is the expedition of Captain J. E. Bernier, of Quebec, a Canadian by birth, who has offered his services to the King and Canada gratuitously. The Captain's plans are unquestionably the best that have been conceived. They have been endorsed and approved by the Geographical Society of Quebec, the Colonial Institute of London, England, the Dominion and Provincial Governments, and have received the commendation of such authorities in arctic research as Sir Clements Markham, Dr. Bell of the Dominion Survey, J. W. Tyrrell, chairman of the committee on polar research of Toronto, and the late Dr. G. M. Dawson of the Geological Survey.

The strongest testimony that can be brought to bear in favor of Capt. Bernier's expedition is the fact that his plans are fully in accord with nature while those of his competitors are in direct opposition to nature.

In view of the great interest manifested by Canadians in the Canadian Polar Expedition, it has been decided by the committee in charge of the Expedition, of whom His Excellency the Earl of Minto is patron, Lord Strathcona and Mount Royal, president; Sir Clements Markham, 1st vice-president; and Hon. R. R. DoBell, M. P., P. C., second vice-president and chairman, Lt. Col. De La C. T. Irwin, Hon'y. A. D. C. to the Governor General, treasurer—to immediately appeal to the Canadian public for assistance in the shape of a popular subscription to supplement the grant given by the Dominion Government.

Subscription lists have been opened in all the Banks and Newspaper offices in Canada, and it is earnestly requested that the necessary funds be supplied with as little delay as possible; you are, therefore, asked to subscribe now, and any amount you may feel disposed to contribute will be most acceptable. Funds will be deposited as received in the Bank of Montreal, Ottawa, and every sum received will be duly acknowledged, and the name of the subscriber will be recorded in the official records of the undertaking.

Subscriptions may be sent to the nearest Bank or Newspaper Office, or may be mailed direct to the Polar Expedition Committee, 117 Bank Street, Ottawa, or to the SENTINEL Office, Woodstock, N. B.

Arrangements have been made at Detroit for building a steel and iron plant at Sault Ste. Marie, Ont., to employ 10,000 men and be capitalized at \$50,000,000.

**Catarrh and Colds Relieved in 10 to 60 Minutes.**—One short puff of the breath through the blower supplied with each bottle of Dr. Agnew's Catarrhal Powder cures this powder over the surface of the nasal passages. Painless and delightful to use. It relieves instantly, and permanently cures catarrh, hay fever, colds, headache, sore throat, tonsillitis and deafness. 50 cents.—AT Sold by G. Garden Bros.

#### Torpid Liver

Is sometimes responsible for difficult digestion, that is, DYSPEPSIA.

When it is, What headache, dizziness, constipation, What fits of despondency, What fears of imaginary evils, conduce with the distress after eating, the sourness of the stomach, the bad taste in the mouth, and so forth, to make the life of the sufferer scarcely worth living!

Dyspepsia resulted from torpid liver in the case of Mrs. Jones, 2320 N. 12th St., Philadelphia, Pa., who was a great sufferer. Her statement made in her 77th year is that she was completely cured of it and all its attendant aches and pains, as others have been, by a faithful use of

**Hood's Sarsaparilla**

That acts on all the digestive organs, cures dyspepsia, and gives permanent vigor and tone to the whole system.

#### TAPIOCA.

This elegant and delicate starch is the product of a plant that is cultivated very extensively in the Malay peninsula, where its culture is almost entirely in the hands of the Chinese. The tubers of the plant (Manihot utilisima), which weigh on an average from 10 to 25 pounds, are first scraped and then carefully washed, after which they are reduced to a pulp by being passed between rollers. This pulp is carefully washed and shaken up with abundance of water until the fecula separates and passes through a very fine sieve into a tub placed beneath. The flour so obtained is repeatedly washed and then placed on mats and bleached by exposure to the sun and air. It is finally converted into the pearl tapioca of commerce by being placed in a crude shaped frame covered with canvas. It is slightly moistened and subjected to a rotary motion, by which means it is granulated. It is next fired in the sun and finally over the fire in an iron pan greased with vegetable tallow and is then ready for the market.

**The Governor's Wife a Prisoner.**—Mrs. Z. A. Van Loven is the wife of the governor of the county jail, Nanawee, Ont., and was a great sufferer from rheumatism. When the best doctors in the community and "specialists" failed to help her, she buried her scepticism of proprietary remedies and purchased South American Rheumatic Cure. 4 bottles cured her.—42 Sold by Garden Bros.

The London Chronicle publishes a long article on the growth of Canada since Confederation, and refers to a prophecy that in thirty years Canada will have 30,000,000 people, and will equal, if not surpass, the United States in the production of wheat and metals.

#### The King of Corn Cures

Is Putnam's Painless Corn Extract, or, crowned by years of success, regarded because unapproached and unapproachable, holding sway in this continent owing to its superiority. Putnam's Painless Corn and Wart Extractor. Sold by all druggists, or sent by mail by N. C. Putnam & Co., Kingston, Ont., on receipt of 25 cts.

#### The British Civil List.

The civil list amounts to £385,000. This sum is divided as follows: Expenses of the household, £72,500; salaries of the household and retired allowances, £131,260; royal bounty allowances and special services, £13,200; unappropriated, £3,040; the monarch's privy purse, £30,000.

When we turn to the details of this expenditure we find that a great portion of it goes to provide sinecure offices at the expense of the people for a large number of superfluous members of the aristocracy of both sexes. Let us take a few items. First there is the kitchen, which is managed by what is called the board of green cloth, the steward of which is the Earl of Pembroke, whose salary out of the taxes is £2,000. The master of the household is another titled person, Lord Edward of Clarendon, who takes £1,158. The comptroller is another aristocrat, Viscount Valentia, M. P., who takes £304. Then there is a treasurer, at present vacant, to whose office another £304 of the taxes are also connected with this kitchen department cooks and scullions and a "first gentleman porter," a "coroner of the verge"—an ancient but obsolete office—on which the government inquests on people who die suddenly or accidentally in the royal palaces—and other quaint survivals.

Out of the public purse again come such court officials as German secretaries, Indian munshee and Indian attendants, French readers, highland grooms of the privy chamber, grooms of the great chamber, marine painter, sculptor, laureate, pages of the back stairs, pages of the presence, state pages, bargemaster, keeper of the swans, sergeants-at-arms, gentlemen-at-arms, gentlemen of the guard, master of the buckhounds, lord great chamberlain, hereditary grand falconer, whippers in, gentlemen ushers daily waiters, gentlemen ushers quarterly waiters, master of the ceremonies, master of the music, mistress of the robes, ladies of the bedchamber, extra bedchamber women, maids of honor, groom of the robes and many other highly salaried offices ranging from £2,000 a year downward. Thus the captain of the yeoman of the guard—another peer, Earl Waldegrave—receives £1,200 a year, the captain of the gentlemen-at-arms, Lord Belper, £1,200 while the keeper of the crown jewels has £300 a year. Between them they divide £131,260 annually of public money.—*Reynolds' Newspaper.*

Union Blend Teas are delicious beverages, in health sustaining, liquid diets in sickness, a tonic in convalescence. Sold everywhere at 25, 30, 35 and 40 cents per pound.

When Thomas E. Ketchum, alias "Black Jack," was hanged at Clinton, New Mexico, on Friday, for train robbery, his head was torn from his body by the rope and the headless trunk pitched forward towards the spectators, the blood spattering upon those nearest the scaffold.

#### LANGUID

Many a school-girl is said to be lazy and shiftless when she doesn't deserve the least bit of it. She can't study, easily falls asleep, is nervous and tired all the time. And what can you expect? Her brain is being fed with impure blood and her whole system is suffering from poisoning. Such girls are wonderfully helped and greatly changed, by taking

**Ayer's Sarsaparilla**

Hundreds of thousands of schoolgirls have taken it during the past 50 years. Many of these girls now have homes of their own. They remember what cured them, and now they give the same medicine to their own children. You can afford to trust a Sarsaparilla that has been tested for half a century.

If your bowels are constipated take Ayer's Pills. You can't have good health unless you have daily action of the bowels. 25 cts. a box.

"One box of Ayer's Pills cured my dyspepsia." L. D. CAMPBELL, Jan. 22, 1899. Bath, N. Y.

**Write the Doctor.** If you have any complaint whatever and desire the best medical advice you can possibly receive, write the doctor freely. You will receive a prompt reply, without cost. Address, Dr. J. C. Ayer, Lowell, Mass.

In a suit recently brought by a waiter in Sherry's, New York, it was shown that his earnings, chiefly from "tips," were about \$5,000 a year, and enquiry at Delmonico's, the Waldorf and other first class restaurants developed the fact that the tips of waiters varied, in those establishments, at from \$25 to \$100 a week. Of course, "there are others" and they comprise 999 out of every 1000 waiters, who, if they receive \$1 a day in tips, consider that they have well.

Our Range of Staple and Fancy

## DRY GOODS

For Spring 1901,

Is unexcelled in point of value and attractiveness, and prices are the best that can be had.

Cottons, Linens, Towels, Silks, Ginghams, Cambrics, Colored and Black Dress Material, Golf Skirtings.

Also Shirt Waists, Wrappers, White-wear, and Summer Dress Skirts.

Trimmings of all kinds.

Laces, Hamburgs, Applique and Chiffons.

Summer Underwear and Hosiery.

**G. W. Vanwart**

KING STREET.

#### WANTED : : : RELIABLE MEN

In every locality throughout Canada to introduce our goods, tacking up show-cards on trees, fences, along roads, and all conspicuous places, also distributing small advertising matter. Commission or salary \$500 per month and expenses not to exceed \$250 per day. Steady employment to good, honest, reliable men. No experience needed. Write for full particulars.

THE ENTIRE MEDICINE CO., LONDON, ONT.

#### WANTED!

Dry Birch Plank.

Also Dry Pine and Bass-wood.

**SMALL & FISHER CO.**

MONTREAL, April 27.—The little six year old Verrett child, who wandered from her home at Stoneham a few days ago, was found by a search party in the woods where she had been lying in the bitter weather for two days and nights. The child owes its life to the family's faithful dog, which kept her from perishing from cold and exposure by stretching itself at full length upon her body.

# A REVOLUTION IN CLOTHINGDOM

## Great Sacrifice Sale

Since the commencement of our Great Sacrifice Sale, the mighty wave of public enthusiasm has been growing in intensity. Crowds from every part of the Town and Country have been steadily in attendance. The machinery of Low Prices has been set in motion, and daily onslaughts have been made upon high prices. Our sales have effected a breach in the stronghold of high prices. Widening the breach, flushed with just pride at the magnificent response to our efforts, we plunge this week into the battle of fiercest competition with Lower Prices and Better Values prevailing everywhere throughout our store. We reinforce the marvellous and amazing offerings with an unprecedented sacrifice of

## 500 Red Hot Suits and Pants.

### READ AND NOTE A FEW OF OUR PRICES:

MEN'S STRONG WORKING PANTS, worth \$1.50, sold for 75c.

MEN'S PANTS, Patented Buttons, sewed with linen thread, extra strong, worth \$1.75, sold for 90c.

MEN'S FANCY STRIPE PANTS, in all leading shades, worth \$2.50, sold for \$1.25.

MEN'S ALL WOOL HAIR-LEINED PANTS, made of the best English Worsted, worth \$3.00, \$4.00 and \$5.00, sold for \$1.50, \$2.00 and \$2.50.

100 MEN'S SUITS, well made, worth \$3.50, going at \$2.75.

MEN'S BUSINESS SUITS, in all the leading shades, worth \$7.00, sold for \$3.95.

300 MEN'S SCOTCH TWEED SUITS, in Brown and Grey Checks, made to sell at \$10.00 and \$12.00, our price while this lot lasts, only \$5.00.

267 MEN'S ASSORTED SUITS, Tailor-made in every respect, made of Scotch, English and Canadian Tweeds, worth \$15.00, sold for \$7.50.

150 MEN'S SUITS, highest quality of workmanship. These goods are of the best imported Twills, Buckskin and Worsted. The coat has full facings, Chamois pocket in the vest and five pockets in the pants. These goods must be seen to be appreciated. Manufacturer's cost of these goods is \$16.50, while this lot lasts, only \$8.00.

MEN'S SPRING OVERCOATS, in Whipcord, Black Cheviot and Vicunas, made in the latest style, full back, French facing, were \$10.00, \$15.00 and \$18.00, our price, \$3.50, to \$7.50.

300 MEN'S WATERPROOF OVERCOATS, English and Canadian makes, Blue, Black and Grey—these coats are warranted by the makers—were \$6.00, \$9.00, \$12.00 and \$15.00, now \$3.00, \$3.75, \$5.00, \$6.00 and \$7.50.

75 MEN'S BLUE-BLACK BEAVER OVERCOATS, grand value at \$6.00 and \$7.00, while they last, only \$2.99.

30 MEN'S BEAVER AND MELTON OVERCOATS, a bargain at \$8.00, selling at \$3.95.

50 MEN'S OVERCOATS, in Montinack and English Beaver, former Satin lining, were made to sell at \$15.00. While this lot lasts we will sell only one to each customer at \$5.95.

JUST A FEW MEN'S MOSCOW BEAVER OVERCOATS, former Satin lining, Silk Velvet collar, Satin yoke, Silk piping, Tailor made in every respect, made to sell at \$20.00, now selling at \$7.50.

MEN'S FRIZEE ULSTERS, worth \$7.00 to \$12.00 selling at \$3.75 and \$5.00.

MEN'S REIFERS, worth \$5.00 to \$10.00, selling at \$2.50 and \$3.50.

125 BOYS' SCHOOL SUITS, former price \$3.00, \$4.00 and \$5.00, sold at \$1.50, \$2.00 and \$2.50.

40 DOZEN BOYS' ASSORTED KNEE PANTS, ages 4 to 16 years, all wool, worth \$1.00, sold for 50c.

Thousands of other Bargains to be given away at figures correspondingly low at the Store in Woodstock. These are absolutely and emphatically the Lowest Prices ever made for Finely Tailored Men's, Youths' and Boys' Clothing. The earlier you come the better your choice.

**In Store next to Payson's Grocery Store, Main Street.**

**M. JACQUES, Proprietor.**

P. S.—The public should bear in mind that this sale will last for 30 DAYS only.

Look out for the Big Sign

Our doors will be thrown open to the public from 8.00 a. m. to 9.30 p. m. every day of our sale.