THE CARLETON SENTINEL, WOODSTOCK, N. B., NOVEMBER 8, 1901.

Dyspepsia

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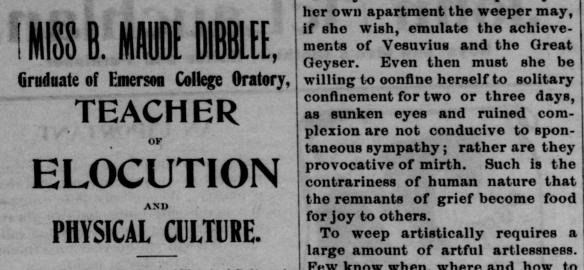
has come rather to signify bad ston the most common cause of the disease is a predisposing want of vigor and tone in that organ.

No disease makes life more miserable. Its sufferers certainly do not live to cal; they sometimes wonder if they should

W. A. Nugent, Bellville, Ont., was greatly troubled with it for years; and Peter R. Gaare, Eau Claire, Wis., who was so flicted with it that he was nervous, less, and actually sick most of the tim obtained no relief from medicines prof

They were completely cured, have been, by

Hood's Sarsaparilla according to their own statement vol-untarily made. This great medicine strengthens the stomach and the whole digestive system. Be sure to get Hood's.



The Emerson System of Physical Culture is specially beneficial for overcoming bad hab-ts in the body, such as stoop in neck and houlders, awkward walk, incorrect breath-ng, low chest, &c. &c.

"For the past year Miss Dibblee has been under my charge in the Normal Department, proving herself an able teacher. She has a knowledge of the principles underlying the teaching of oratory, and arouses great inter-est and enthusiasm in her students by her ability in applying those principles to the needs of individuals."

Classes.

LILLIA E. SMITH, Teacher in charge of the Normal Dep't Emerson College of Oratory. Private Teaching.

tf-41.

HOW TO SLEEP.

will never in public permit herself

the luxury of a perfect tornado.

Let the energy of the whirlwind,

which inflates her breast, be what it

may she must never allow herself to

be dashed into the clutches of the

water-spout which threatens to en-

Safely ensconced in the privacy of

To weep artistically requires a

gulf her.

A LESSON IN A DELICATE ART. Bananas, probably the first fruit

ever cultivated, possess all the es-Until the day dawns when woman sentials to the sustenance of life. oids farewell to her emotional and More people live on bananas than ensitive temperament tears are both live on wheat. When taken as a a necessity and a luxury. The most steady diet, they are cooked, either "advanced" cannot say she has baked, boiled or fried. The fruit is never shed a tear. Tears act as a very nourishing, as it contains so safety-valve to that caldron of much starch and sugar. seething and, may be, turbid com-Banana flour is highly nutritious plexities termed the feminine mind. and very valuable. The farinaceous But she who values her appearance

food is so prone to undergo malfermentation in the stomach when the normal digestion is disordered that it becomes very important to seek some variety of starchy food which can be easily assimilated without the production of acid eructations of flatulence or heartburn. Therefore the flour has a decided advantage as a food for invalids. Thompson states that he has found that the finest banana flour, called "bananose," at the end of 11 hours of pancreatic digestion was capable of developing twice as much sugar as the same quantity of oatmeal or farina and nearly 11 times as much sugar as cornstarch.

Bananas the Breadfruit of the

World.

Learn to Say No.

"I know of no meaner experience than to get caught in a lie that there is no necessity for telling," said a man who holds down a roll-top desk Few know when, where and how to in the United Gas Improvement cry with the greatest dramatic ef- Company. "The other morning a fect. To gain a dramatic effect one man with whom I have only a slight must exercise a large amount of selfacquaintance came in and asked me control. Nothing must be overdone, to lend him \$2. There was no reason and to weep artistically large eyes why I should not have refused him are required, which, becoming slowoutright, but instead I explained ly suffused, one or two pearly drops that I had come away from home may be permitted to tremble in un- with only some small change in my decided wonderment upon the eye- pocket. He accepted the explanalashes; then, as they attempt to fall tion, and we chatted awhile about from their perilous position upon the local politics. It is a habit of mine,

You can cough vourself into bronchitis, pneu-

monia, and con-

sumption. Bandaging and bundling your throat will do no good. You must give your throat and lungs rest and allow the cough wounds to heal. There is nothing so bad for a cough as coughing. Stop it by

using

Even the cough of early

consumption is cured.

And, later on, when the

disease is firmly fixed,

you can bring rest and

comfort in every case.

A 25 cent bottle will

cure new coughs and

colds; the 50 cent size is

better for settled coughs

of bronchitis and weak

lungs; the one dollar size

is more economical for

chronic cases and con-

sumption. It's the size



In NEW FALL FABRICS

SHOWING OUR BEAUTIES

To our patrons is a pleasure, when we have such a matchleas stock of fine Foreign and Domestic Woollens in finer grades and more variety of styles than we have ever offered before. We will make you a suit to order, perfect in fit and nobby in style, from any fabric your fancy may dictate; or a handsome silk-lined Fall and Winter Overcoat.

W. B. NICHOLSON.



SUITABLE FOR THE

Parlor, Dining Room. Hall, Store. School Room or Church.

With this Heater, and with half the wood which you will use in a Cylinder or ordinary stove, you can obtain a greater volume

We have also in stock a full line of COOK STOVES, RANGES, BOX and PARLOR STOVES, which we offer for sale at very Lowest Prices, either at our store in Woodtock, or our Branch Store at Centrevill





Fresh Air.

Fresh air is the fashion nowadays. Doctors prescribe open windows and gently hinted that duty called him an outdoor life in the place of drugs, in another direction, he would slyly and a more sensible "cure" has never have packed his Gladstone and made become popular. It costs nothing a stealthy exit from the back-door. and is within reach of all. In fact, The Egyptian Queen was a tactful there is only one drawback to being woman. a votary to fresh air, and that is the suffering that has often to be tactless policy of Josephine, who undergone through the ignorance of from want of self-control wore out those who are not equally en- the patience of the iron Napoleon. lightened.

to living more or less in the open air, when upbraided for extravagance, whose windows are never closed by Napoleon could not have parted night or day, and whose house is as from her. fresh as the garden in which it stands it is actual pain to stay with a friend whose ideas on the subject have not progressed since the days of his grandparents. It is a real misery to such a one to travel in a railway carriage with all the windows closeis spoiled for him by the lack of ventilation in theater and hall. Air hunger is a very real sensation, and then, with a look of surprise, quite as much as the hunger for food, pulled out his watch. "Morning alwith which most people are more familiar.

COUGHING ALL NIGHT.

be tested. 25 cents at any druggist's, come.

ot-

substitutes. See that the name It's this night coughing that breaks "lower animals" in the gallery col-lapsed, and Mr. Beecher was able to resume as if nothing had occurred. LIFE'S BUT A DAY. "lower animals" in the gallery col-London, Oct. 29.-Very Rev. Fred-PAINE'S and the Stalk of Celery aperic Wm. Farrar, Dean of Canterpear on each bottle. bury, startled the religious world last Read the strong testimony of Mr G week by his public declaration that W Parks of Inglisville, N S, cured by the Church of England must make Paine's Celery Compound after failessential reforms if it is not entirely We hear it often said that life is ures with other medicines :-son's Botanic Cough Balsam lose the masses of the English makes life worth living to such peo- but a day. It is said to express the "While at sea I was taken sick, ple by its soothing effect on the shortness of our stay upon earth. It throat. The "tickling sensation" is said for the most part people. Ceremonials, rituals and which compelled me to abandon my theological subtleties, the dean deis said, for the most part, sorrowful- work and seek home and rest. I promptly disappears when the use of the Balsam is begun, and the irritaclares, must be abandoned, and a livconsulted the doctors who pronounly. Let us reverse it and say, with tion goes with it. This medicine for more striking truth, that each day is ced it slow fever or typhoid. I sufing spirit infused into the forms of colored on a very superior quality the state religion. The great canon cough hasn't a disagreeable thing a life, fresh with reinstated power, about it, and it does efficient service setting out on its allotted labor and fered severely from night sweats, of Scotch Hessian, and show to adin breaking up coughs of long stand-ing. It is prepared from barks and roots and gums of trees, and a true precific for throat troubles. It is rounded at either and from cold chills during the day. Added to this, I was extremely nerv-ous, which weakened me and re-duced my flesh until I was a mere admits as a terrible fact the drift of vantage the colors that should be the working people from the church. used when making up the mat or He says the prayer book no longer rug. Diamond Dye Mat and Rug attracts the people. The poor of the Patterns are made in the following Handling coughs is a science that every one should learn. Not knowcities complain that the services are end by a sleep-unconsciousness at skeleton. This continued until last standard sizes: 18x30 inches, 24x36 tiresome and too long. The saloon winter, when my wife and friends inches, 30x54 inches and 36x72 inches, the outset and oblivion at the close. ing how to treat them has cost many and the gambling den are more valubegan to despair of my recovery, as fortunes and many lives. In Adam-We are born anew every time that and are for sale at retail dry goods ed than the sanctuary. If this state the medicines I took produced no the sun arises and lights up the world son's Balsam there are the elements of things is to be changed, the which not only heal inflammation, good, and I was growing worse. for man to do his part in it. One church, in Dean Farrar's opinion, but which protect the inflamed parts Through the influence of Rev C M thing at least may be shown of each from further irritation. The result must rouse itself to action, and Tyler, I was induced to give Paine's of this is that the tendency to cough day, as it dawns and darkens ; it is quickly. Ministers must look to does not manifest itself, and you are that everyone, short as it may be, Celery Compound a trial. I can truly their enthusiasm and their office as surprised at it. Afterward you would not be without Adamson's say it worked wonders. The first embodies the fulness of the past and reformers. Balsam at hand. This remedy can indicates what is long afterwards to bottle gave me great relief, and five

cheek below, dab them apologeti- whenever I get into an argument, to cally with a scrap of cambric and lace. Never allow them to course down the cheek-bone, it is ludicrous and makes a high-water mark. This method is invaluable in bring-

ing a sulky lover to his knees, and producing a series of theatre tickets.

less husband. He only becomes more unmanageable. Wives so often forget that familiarity breeds contempt; and the exasperated man beats a stoical retreat, and bangs the door. No, never waste tears upon a husband; the constant application of water petrifies him. Rather preserve a calm and determined demeanor, and he becomes soft and yielding. He recognizes the iron hand in the velvet glove which rules his domestic affairs, and succumbs to the pressure.

The swimming brilliancy of Cleopatra's magnificent dark eyes held Mark Antony with unbreakable chains. Had she howled noisily and obtruded red eyelids and a spotty, swollen face upon his gaze when he

Contrast her methods with the Had she smiled and petted him, in-To one who has grown accustomed stead of shedding oceans of tears

-Jessie F. R.

Henry Ward Beecher's Wit.

On one occasion as Mr. Beecher was in the midst of an impassioned speech some one attempted to interrupt him by suddenly crowing banish suffering and misery. ly shut, and many a play and concert like a cock. The orator, however, was equal to the occasion. He stoppad, listened till the crowing ceased, ready !" he said. "My watch is only at 10. But there can be no mistake about it. The instincts of the lower the "something just as good." At animals are infallible."

There was a roar of laughter. The

polish my eyeglasses. The best eyeglass polisher in the world is a bank note. There is something in the fibre of the paper that makes the glass shine like a diamond. I always keep a bank note in my waistcoat pocket for this purpose. I noticed Practised upon a British jury the my acquaintance looking at me damages, in a breach of promise peculiarly, and there I was polishcase, rapidly increase. It is worse ing my eyeglasses with a \$2 bill. No, than useless to try tears on a rest- he didn't ask for it, but he made me feel like thirty cents."

PAINE'S

Celery Compound CURES AND GIVES YOU NEW LIFE WHEN EVERYTHING ELSE FAILS:

It is the Popular Medicine in the Homes of the Wealthy and

> Those in Humbler Circumstances.

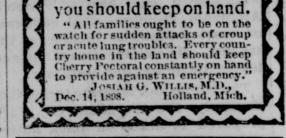
BEWARE OF SUBSTITUTES AND IMITATIONS.

Are you ailing, rundown, or suffering from some dangerous disease? that "makes sick people well."

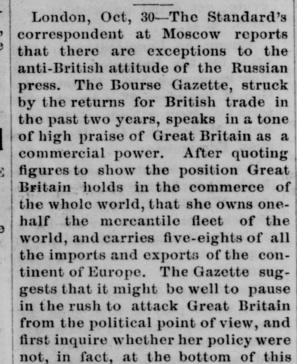
incurable.

to substituting and recommending region of the earth. all times beware of imitations and

bottles completely cured me."



RUSSIA AND BRITAIN.



splendid structure of her wealth and consequence in the world of If you are, allow us, with candor and commerce. It is not enough to exan honest interest in your welfare, plain British policy as the outcome richer, redder. You feel strength to direct your attention to Paine's only of covetousness, selfishness, Celery Compound, the medicine cunning, and a host of other vile ticed, for it has become good. Work The wonderful record of cures these as characteristic features of wrought for sick and diseased peo- the British nature, one must also ple in our Dominion, is the best and look upon the results produced by strongest proof of the health-restor- her policy, whether inspired by such ing virtues of Paine's Celery Com- feelings or not. The economic conpound. It has cured the most des- ditions of Great Britain are also perate and obstinate cases of disease passed under favorable review, even after sufferers were pronounced especially the free use of credit,

which leads to the utmost possible The use of one bottle of Paine's productiveness, the good wages paid Celery Compound will, in all cases, to workers, and under the same banish the doubts of the unbelieving. heading the excellence of the food The testing of one bottle will prove supplies of the country, which must to all sufferers that there are virtues be reckoned as an addition to the in the wondrous medicine possessed high wages of the poorer classes, by no other remedy-virtues that and other points that compare favorably with the conditions prevailing. The immense popularity of Paine's elsewhere. Upon this firm basis Celery Compound has induced un- Great Britain is also able to stand scrupulous people to put up vile and alone, isolated from the rest of the worthless imitations of the great world, and to show figures of health-restorer. Dishonest dealers, enormous strength at the end of a for the sake of large profits, resort two long years' war in a far distant

A Starting Declaration.

Subscribe for the SENTINEL.

Holiday Goods! EVERETT'S BOOK STORE.

A large and varied stock of TOYS, GAMES, NOVELTIES, DOLLS, BOOKS, STATIONERY, BIBLES, &c.; CHINA WARE, CUPS and SAUCERS, DRIVING CARTS, WORK BOXES. &c., together with a large stock of Useful and Convenient Articles too numerous to mention. * * *



A True Nerve Tonic

Acts not so much upon the nerves themselves, as upon the digestive functions, and the abundant formation of rich red blood. The nerves cannot be fed on medicine. They can be fed and strengthened by digested and assimilated food. Ferand assimilative functions of the body. You take it, the blood grows and vigor, digestion ceases to be nohealth. Use Ferrozone. Sold by Garden Bros.

Siberia's Wonderful Growth.

Siberia is growing with wonderful rapidity. The Russian Government was taking fourth-class passengers a distance of 2500 miles for \$2.25, giving each person a sleeping berth, and feeding some of the poorer ones at the many feeding stations along the Siberian Railroad. Over 600,000 emigrants have crossed the Urals into Siberia in five years. Siberia to-day looks just about as Dakota did 25 years ago. To give you an idea of the increase of traffic in Siberia the following figures, given me by Prince Khilkoff may be interesting: "The tion of 2,000 miles from the Urals to Irkntsk), in 1896, carried 160,000 passengers, 169,000 emigrants, and 10,-500,000 puds of goods. (Pud is 40 lbs). In 1898 it carried 379,000 passengers, 195,000 emigrants, and 30,000,000 puds of goods,"-Rev. Peter MacQueen in Leslie's Weekly.

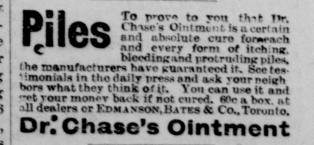
The Most Effective Designs ARE SHOWN IN THE DIAMOND DYE MAT AND RUG PATTERNS.

LOSSES OF THE WAR.

The London Times has compiled some instructive cables showing the losses of the British army in South Africa during the last two years. Perhaps the most striking feature of the tables is the contrast between the rates of mortality in 1839-1900. rozone's marvellous action arises and in 1900-1901. In the first year of from its power over the digestive the war the number of British officers who were killed or who died of wounds was equivalent to a rate of over 71 per 1,000 per annum, whilst the deaths from disease exceeded 29 per 1,000. As the Times' correspondqualities, but, while recognizing is easier, for you have the strength ent points out, at the rate at which to do it. In a short time you have they were slaughtered during the first months of the war the army would soon have been denuded of officers altogether. The frightful loss, however, was stopped, as soon as officers ceased exposing themselves freely when leading their men is very kind to its emigrants. This and abandoned wearing marks of summer I met a train in Siberia. It their rank which were easily distinguishable by the Boers. In the second year of the war the battle losses of officers fell to about 22 per 1,000, whilst the deaths from disease were 50 per cent lower than in the first year, the total mortality of officers being 36.97 per 1,000, as com-

> pared with the excessively high total of 100.57 per 1,000 during the first 12 months of the campaign. West Siberian Road (that is, the sec- The figures relating to rates of mortality among non-commissioned officers and men also reveal a great reduction, but not so great as in the case of officers, which is explained by the fact that in the first year the men, though heavy sufferers from disease, suffered much lighter losses in battle than their officers, and there was not in their case such room for improvement. In the first year 14.6 per 1,000 of the men were killed or died of wounds, whilst 31 died of disease, the total mortality being

50.69. In the second year only 10.87 Diamond Dye Mat and Rug Patwere lost in battle and 20.56 died of terns are the most effective and artdisease, making a total mortality of istic designs ever shown to the ladies of Canada. These designs are 31.43 per 1,000.



stores. If your merchant cannot Mrs. Enpeck I learned to-day that supply you, send a postal with your 'Bob' Smith and Mary Jones were full address to The Wells & Richard- secretly married ten months ago. son Co, Limited, 200 Mountain St, Just think of it! Married nearly a Montreal, PQ, and they will send year and nobody the wiser!

you postpaid, sheets of designs to make your selections from before bet Smith was a whole lot wiser before he had been married a month, ordering.

Mr. Enpeck-Oh, I don't know. I'l