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THE SENTINEL, WOODSTOCK, N. B.

## INTERCOLONIAL RAILWAY.

ON and after SUNDAY, October 20th, 1901, Trains will run daily (Sunday excepted) as follows:

Trains Leave St. John.  
Express for Halifax & Campbellton..... 7 00  
Express for Point du Chene, Halifax, and St. John..... 12 15  
Express for Sussex..... 13 30  
Express for Quebec & Montreal..... 17 00  
Express for Halifax & Sydney..... 22 35

Trains Arrive at St. John.  
Express from Halifax & Sydney..... 6 00  
Express from Point du Chene, Halifax, and St. John..... 12 40  
Express from Halifax & Pictou..... 16 00  
Express from Montreal..... 19 15  
Express from Moncton, Saturday only..... 23 30

All Trains run by Eastern Standard Time. 2:30 o'clock is midnight.  
B. POTTINGER, General Manager.  
Moncton, N. B., October 16th, 1901.



The Girl Who Handles the Correspondence

Is often the most valued employee. Alertness, a comprehensive knowledge of shorthand and typewriting and a competent grasp of the manner in which business is conducted are the prime requisites of advancement in commercial life. We teach the Beal and Isaac Pitman systems of shorthand. No where in this Province are they taught more thoroughly than at the

Woodstock Business College.

## WANTED!

PINE, Spruce, Basswood, Black Ash and Bitternut Lumber, in the log or sawn. Highest market price will be paid.

THE WOODSTOCK WOODWORKING CO., LIMITED. (2m-5l)

The United States requires the services of about 130,000 physicians.

THE WORLD NEEDS NERVE.

Needs it in business, in the study, in the household. Irritability, weakness, lack of strength—the blue feeling—why they just tell you that you lack nerve. You'll use Ferrozone? My! What an appetite you'll get. How quickly the color will return to your cheeks, how buoyant you will feel! Work! of course you'll work, for you will enjoy it. That is, if you will use Ferrozone. It gives nerve strength, muscular endurance, and invigorates the brain splendidly. Sold by Garden Bros.

## CHEAP FOODS. HOW TO FEED THEM.

Part of Address Delivered by W. S. Tompkins Before the Farmers' Institute in Northumberland County.

The relative value of foods is not determined altogether by their market price. Taking as our basic standpoint the feeder's value of food produced on our farms we estimate their value by two different results. First there is the possibility of production, and then how few necessary results are obtained as the sequel to the object sought. There are some factors that figure very materially in our ultimate profits in farm operating and over which the farmer has but a limited power of control. Take for instance, transportation fees, market prices, and certainly not the least, climatic effect.

But in producing the raw material and intelligently feeding it to our live stock, the farmer stands in the capacity of a general to direct and manipulate the forces mainly under his control for the attainment of the object anticipated. The cost of foods may be very appreciably lessened by increasing the yield per acre. For instance, 25 bushels to the acre, which is quite a common yield, cannot be considered as a cheap food if utilized in the manufacture of pork, beef, or the finished product of milk. It is an easy matter to advise increased production. Can we work it out in practice, and how? We experience no difficulty in getting large returns on our new lands, but in our old lands, even with the application of barnyard manure, there is great difficulty in obtaining the same returns that reward our labor and our diligence when operating the newer soils—and by newer soils I mean those that have only comparatively recently come or been brought under cultivation.

Now, there is never a result without a cause. Then, why should we not have a larger crop when we make an application of barnyard manure?

Many of us know that in order to produce a growth of stalk we must have nitrogen in the soil; and if we thoroughly understand this element we know that it is very susceptible to loss, either by fermentation or by leaching. Now, let me ask this in all seriousness: Have we bestowed true and diligent care with the voidings of our live stock so as to prevent any loss of this essential element, either by leaving these manures exposed to the weather or by permitting them to be blown off in the wind? The manure of our stock back to the field. We have learned that a very large percentage of the nitrogen extracted from our soils in producing fodder crops after performing its functions in the animal structure are thrown off in the liquid voidings of those animals. If this be not carefully preserved and fastened by some form of absorbent, to be carried back to the soil, we lose the very element that contributes so largely to plant fertility. We can very materially lessen the cost of animal food by caring for and returning to the soil these elements of plant food in which our poor soils are so deficient. We may produce more cheaply by greater care being exercised in preserving animal excrement, and making plant food available we must supply proper conditions, such as moisture, heat, and air. These conditions can only be supplied by incorporating a large amount of humus with the soils.

Vegetable matter decomposing in the soil will lighten and aid in the circulation of air. It also supplies heat in consequence of the temperature induced by fermentation germs. It's spongy nature carries large amounts of moisture. All these conditions contribute to the enhanced production of the clover seed.

In endeavoring to produce cheap foods we need to understand these conditions of soil that so largely influence the producing capacity, the increasing of the product, per acre. That are our cheap foods? They are clover, corn, roots and rape for coarse fodders; and for grains, peas, oats, barley and other cereals. I place clover ahead in the coarse fodders on account of its renovating and energizing action on our soils.

To produce the plant we must understand its requirements. Great difficulty is experienced by many of our farmers in securing a stand. Clover must have moisture. It is a thirsty seed, and unless this thirst is quenched germination will not ensue. Clover does well with water, not so much because the grain possesses any peculiar power of itself to stimulate the growth of the clover, but being seeded only in the spring there is a sufficiency of moisture in the seed bed to meet the demands of the clover seed.

In estimating the relative value of clover you must consider its ameliorating effect on soil. Being a leguminous plant it utilizes nitrogen from the air, and stores it in the soil. It is

I suffered for a long time from Anemia and General Debility. I had reached the point that I was unable to do my work. I arose one morning with discouragement in my soul, having passed a very bad night and seeing before me a worse day. I had taken my medicines, but felt no better. I saw one day, in a Quebec paper, the advertisement of Broma. I resolved to try this medicine. I got one bottle from the druggist, and I commenced to take it at once. After a few doses I felt great relief. Ten days later I was not the same man. I was getting strong. I could eat and drink, and my sleep was quiet and restoring. I was cured and wanted to go back to work. But I had to be careful of myself under the circumstances. I did many imprudent things, after which I caught a very bad cold which made me fear consumption. I called in my doctor who gave me different medicines, without any change. I passed days in great suffering, feeling terrible pains in all my body. The nights were not better, I passed them in coughing and in moaning. I decided to try Morin's Wine Creso-Phates. If Broma had restored my strength and health, why could not Morin's Wine do as much for my obstinate cough? I took this medicine for a few days only and I was radically cured a second time. All my life, I shall be grateful to Broma and Morin's Wine Creso-Phates.

Yours truly,  
ERNEST PERCHERON.

Dr. Chase's Ointment  
A Food for the Skin.

An Antiseptic Healer Which Promptly Alleviates Itching and Burning and Thoroughly Cures Every Form of Itching Skin Disease.

If the extraordinary value of Dr. Chase's Ointment were thoroughly understood there would not be a family in Canada that would be without it in the house for a single day.

In the first place it is a food and beautifier for the skin, and is so pure and pleasant to use that no lady will delay in removing the itching, smarting, blackheads, and all sorts of disagreeable and disgusting skin diseases.

In the severest cases of eczema, salt rheum, fetid, scald head and other itching skin affections Dr. Chase's Ointment affords instant relief by allaying the burning, stinging sensations, and will permanently cure if applied regularly.

Dr. Chase's Ointment is the standard ointment of the world over, and is so marvelously successful as to far surpass all rivals. Ask your neighbors about it. There is not a single community in Canada but has some cases where this remedy has worked remarkable cures.

60 cents a box, at all dealers, or Edmanson, Bates & Co., Toronto.

## IT MUST COME.

As inevitable as the changing seasons of the year is the change which comes to every woman. And just as one anticipates the changes of other seasons it is wise to anticipate this change of season and prepare for it. In this way the discomforts and disasters suffered by many women during the period of change can be avoided or overcome.

Dr. Pierce's Favorite Prescription, a medicine for every season of woman's life, will entirely meet the needs of women at this period of change. It cures the physical ills and relieves the mental anxiety and depression usually associated with this critical period. It tranquilizes the nerves, encourages the appetite and induces refreshing sleep.

J. S. Carlisle, Esq., of Manchester, N. H., writes: "I have been using your medicine for the last sixteen or eighteen years in my poor-house. I am surprised to find that your 'Favorite Prescription' is the best medicine for the diseases for which they are recommended. I have used it. They saved my wife's life at the time of 'change of life.' I have been recommending your medicine to many afflicted women and have also learned that if it did not cure I would pay back the money spent for it. I have told our druggist that if the people came back and said Doctor Pierce's medicines did not give satisfaction to give them back their money and charge it to me. I have not once been called upon to refund, and have never found anything to equal the 'Favorite Prescription' for diseased women."

Dr. Pierce's Medical Adviser is sent free on receipt of stamps to pay expense of customs and mailing only. Send 31 one-cent stamps for the paper covered book, or 50 stamps for the cloth bound. Address Dr. R. V. Pierce, Buffalo, N. Y.

pushes its abundance of roots deep in the subsoil where it finds desirable elements of plant food. This deep growth of roots opens up the soils and makes them more pliable.

Then, too, as a single fodder it has no equal in supplying the nitrogenous and carbo-hydrate substances in well and naturally balanced proportions. Besides these favorable characteristics the residue after being ingested to our animals has a high manurial value. Corn is a cheap food on account of the large quantities that can be produced by intelligent culture. An ideal seed bed for corn is a cloverseed well pulverised. It differs from clover in its requirements from the soil. Being a tropical plant it wants warm, dry soil; and it will show responsive appreciation to cultivation. It should not be fed until the ear has formed. It may be profitably fed in the fall to supplement pastures, in preference to the practice of turning the stock in. After grass peas and oats make a cheap coarse fodder when cut in the milk stage and stored in the barn. Rape can be produced very cheaply and is an excellent paying food for hogs or lambs. It may be sown on clover seed and with 20 loads of barnyard manure spread broadcast to the acre, roots, turnips, mangolds, sugar beets and carrots, if grown in sufficient quantities per acre, are cheap food. On stubble production is necessary to supply the succulency to the balanced ration. In the production of roots there are some fundamental principles which we must recognize. Roots require moisture and available plant food early in the spring. In order to seedling, flat culture, trimming sufficiently wide to admit sunlight, and continuous cultivation to supply these different conditions. The farmer may use whatever method he finds most convenient as long as he regards for intelligent principles. We strongly advise a large acreage of roots to make palatable more coarser fodders. In grains we would urge the farmer to mix in seeding. A very profitable mixture I have found to be peas, oats, wheat, barley and buckwheat. On stubble ground, peas ploughed in thin, the other grains sown at the rate of one bushel peas, 1 1/2 bushels oats, one peck each of wheat, barley and buckwheat. You will find the buckwheat the barley ripening before the other grains. The field can be cut before the other grains have ripened. They will harden up after cutting, if they are well along in the milk stage. On good soil, with a well prepared seed bed, you will be able to harvest from 65 to 100 bushels per acre grown, weighing 50 pounds to the bushel.

Now, after producing these different foods, we need intelligent methods in feeding them to our live stock. If we are producing milk we are looking for a different advantage in our food than the one required to produce beef.

Foods may be conveniently divided into three classes—First, those nitrogenous foods that produce flesh, muscle, bone, tissue and blood; then those producing fat; and, finally those which produce heat and energy. But, perhaps, we may understand them better in two classes—protein and carbohydrates. Protein consists of the nitrogenous substances, while fat, heat, and energy are the produce of the starchy constituents of the food.

In feeding our stock we have to supply the whole structure of the animal, therefore it is necessary so to balance up the food as to produce the maximum result. The standard ratio for dairy stock is, approximately speaking, 2 1/2 pounds of the protein elements to 15 pounds of heat and energy producing substances. Thus we see the necessity for knowing the right composition of foods and their exact relative value.

On the ordinary farm these balanced foods may be grown. Clover is a complete food in the sense that it supplies these different substances in their proper proportions. Oats for grain is so near the standard that we call it a complete food.

But we cannot produce these alone—they may be considered too expensive. Wheat, barley, and corn contain more of the fat, heat, and energy producing elements; peas, beans, and middlings are richer in the nitrogenous elements. By mixing

these foods, therefore, we provide and secure all the elements that are necessary to obtain our object, while at the same time we gain our desired ends with due economy.

## All Souls Are Not Immortal.

New York, Jan. 27.—In a sermon on Immortality, the Rev. Dr. Charles H. Parkhurst, in Madison Square Presbyterian church, declared against the popular evangelical belief that that all souls are immortal. He expressly gave it as his opinion that the scriptures do not teach immortality of a soul from death and the soul must be taken care of in this life or else it will perish utterly either at the death of the body or after a longer or shorter period of the life beyond the grave. Dr. Parkhurst said in part:

There is nothing in scripture or in things that encourage us to feel that a soul can be kept from dying any more than a body unless it is taken care of. There is no warrant from the Bible or from Nature for supposing that the soul carries with itself a policy of insurance against its own eventual obliteration.

The sermon is attracting some attraction owing to the fact that most Presbyterians adhere to a belief in the doctrine of immortality of the soul.

## THE CZAR'S RING.

It is not generally known that the Czar wears a ring in which he believes is embedded a piece of the true cross. It was originally one of the treasures of the Vatican, and was presented to an ancestor of the Czar for diplomatic reasons. Some years ago the Czar was travelling from St. Petersburg to Moscow. He suddenly discovered that he had forgotten the ring. The train was stopped immediately, and a special messenger sent flying back on an express engine for it nor would the Czar allow the train to move until, several hours afterward, the messenger returned with the ring.

The Diamond Dye Mat and Rug Patterns are Popular With all Ladies.

The Manufacturers Send Full Range of Designs to Any Address.

Mrs. Morton F. Palling, Winnipeg, Man., writes as follows: "The three mat and rug patterns ordered from you are received. They are lovely and far ahead of other designs I have seen. I shall show them to my friends, many of whom are desirous of making up rugs for their homes. Many thanks for your prompt attention to my order. I use your celebrated Diamond Dyes and find them the best."

Ladies who have not yet received sheets of new designs of the Diamond Dye Mat and Rug Patterns, will do well to send a Postal Card, with address, to the Wells & Richardson Co., Limited, 200 Mountain St., Montreal, P. Q. All designs mailed free to any part of Canada and Newfoundland.

## Who Are Americans?

This subject has been discussed much in the Canadian newspapers without any useful conclusion having been reached, says the Toronto Star. Undoubtedly we are Americans, and the people of Ohio have no more right to the name than have the people of Ontario. But the people of the United States have no name under which they can group themselves except by bringing the name of the continent into use. With us it is different; we are Canadians. The Old World has grown accustomed to regard "Americans" as citizens of the United States, and as the people of that country have no other designation it is both a convenience and a kindness to let them have it. So far as Canada is concerned, our effort must be to familiarize the whole world with the term "Canadian," as applicable to a person or a product of a part—and that part our part—of the American continent.

Unlike some other package teas, UNION BLEND TEA contains no dust, no sweepings. It is handled by the grower and the blender as carefully as any good housewife handles the dinner she is preparing. Buy UNION BLEND TEA and get the best.

## THE FLYING MACHINE.

Monte Carlo, Jan. 28.—Santos Dumont made a trial ascent of his air ship today. Everything worked smoothly. The vessel readily answered her helm in the light breeze prevailing. After a tour of the harbor Santos Dumont steered his craft back to her shed, amidst the cheers of the assembled crowds.

## A Grand Clubbing Offer.

A \$3 DAILY PAPER, THE SENTINEL AND A PORTRAIT OF THE KING FOR \$1.75.

THE SENTINEL has succeeded in making arrangements whereby it can furnish The Montreal Daily Herald, one of Canada's best known and brightest daily papers, a portrait of His Majesty King Edward VII., and the CARLETON SENTINEL, all, one year, for \$1.75. Payment must be strictly in advance.

## KICK A DOG

Kick a dog and he bites you. He bites you and you kick him.

The more you kick the more he bites and the more he bites the more you kick. Each makes the other worse.

A thin body makes thin blood. Thin blood makes a thin body. Each makes the other worse. If there is going to be a change the help must come from outside.

Scott's Emulsion is the right help. It breaks up such a combination. First it sets the stomach right. Then it enriches the blood. That strengthens the body and it begins to grow new flesh.

A strong body makes rich blood and rich blood makes a strong body. Each makes the other better. This is the way Scott's Emulsion puts the thin body on its feet. Now it can get along by itself. No need of medicine.

This picture represents the Trade Mark of Scott's Emulsion and is on the wrapper of every bottle. Send for free sample.

SCOTT & BOWNE, TORONTO CANADA 50c. and \$1. all druggists.

## A Chance for Farmers.

For the benefit of our agricultural readers we have made arrangements whereby we can furnish them "The Maritime Homestead," in connection with this paper, on most liberal terms, viz: THE SENTINEL and The Maritime Homestead, one year, with a picture of His Majesty King Edward VII., all for \$1.25. On these terms payment must be strictly in advance: parties in arrears to the SENTINEL, by paying arrears and a year's subscription in advance, can have the benefit of the above clubbing offer. Farmers ought to avail themselves of this excellent opportunity.

Canada's pork, butter and cheese product of last year was worth \$40,000,000, or within \$17,000,000 of the value of the S. African gold fields.

## HER HUSBAND WAS A DRUNKARD

A Lady Who Cures Her Husband of His Drinking Habits Writes of Her Struggle to Save Her Home.

## A PATHETIC LETTER.



"I had for a long time been thinking of trying the Tasteless Samaria Prescription treatment on my husband for his drinking habits, but I was afraid he would discover that I was giving him medicine, and the thought unnerved me. I hesitated for nearly a week, but one day when he came home very much intoxicated and his week's salary nearly all spent, I threw off all fear and determined to make an effort to save our home from the ruin I saw coming, at all hazards. I sent for your Tasteless Samaria Prescription, and put it in his coffee as directed next morning and watched and prayed for the result. At noon I gave him more and also at supper. He never suspected a thing, and I then boldly kept right on giving it regularly, as I had discovered something that set every nerve in my body tingling with hope and happiness, and I could see a bright future spread out before me—a peaceful, happy home, a share in the good things of life, an attentive, loving husband, comfort, and everything else dear to a woman's heart; for my husband had told me that whiskey was vile stuff and he was taking a dislike to it. It was only too true, for before I had given him the full course he had stopped drinking altogether, but I kept giving him the medicine till it was gone, and then sent for another lot, to have on hand if he should relapse, as he had done from promises before. He never has and I am writing you this letter to tell you how thankful I am. I honestly believe it will cure the worst cases."

FREE SAMPLE and pamphlet giving full particulars, testimonials, and price sent in plain, sealed envelope. Correspondence strictly confidential. Address THE SAMARIA REMEDY CO., 23 Jordan street, Toronto, Canada.

For Sale by all Druggists.