FIVE GOLDEN RULES

First_Eat only 3 meals a day, 5 hours apart.

It requires 4 to 4% hours to digest a meal. This leaves % to 1 hour for the stomech to rest.

Second-Eat nothing between meals.

If anything is taken into the stomach while digestion is going on, digestion stops and may not start again for an hour, Third-Eat slowly and chew food thoroughly.

This insures food being well mixed with salive and partially digested before it reaches the stomach.

Fourth-Drink little fluid with meals.

The stomach gives out about a pint of gestric juice to digest each meal. If you take another pint of tea, wine or water, then the digestive juices are too diluted to properly digest the food.

Fifth—Take one "Fruit-a-

tives" tablet about twenty minutes before meals. "Fruita-twes" tone up and sweeten the stomach - insure an abundant flow of digestive juices-and cure Dyspepsia. Follow these directions for & month and see how much better you are in every way. At all druggists.



SYNOPSIS OF CANADIAN NORTH-WEST

Homestead Regulations. ANY even numbered section of Dominion Lands in Manitoba, Saskatchewan and Alberta, excepting 8 and 26, not reserved, may be homesteaded by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter

section of 160 acres, more or less. Entry may be made personally at the local land office for the district in which the land is situate, or if the homesteader desires, he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the local agent receive authority for some one

to make entry for him. The homesteader is required to perform the conditions connected therewith under one of the following plans:

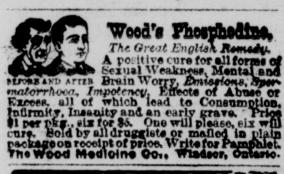
(1) At least six months' residence upon and cultivation of the land in each year for

(3) If the father (or mother, if the father is deceased) of the homesteader resides tered for the requirements as to residence may be satisfied by such person residing

with the father or mother. (3) If the settler has his permanent re-sidence upon farming land owned by him in the vicinity of his homestead, the requirements as to residence may be satisfied by residence upon the said land.
Six months' notice in writing should be

given to the Commissioner of Dominion Lands at Ottawa of intention to apply for

W. W. CORY, Deputy of the Minister of the Interior, N. B .- Unauthorized publication of thi advertisement will not be paid for.



INTERCOLONIAI RAILWAY

ON and after SUNDAY, Oct 15th, 1905, Trains will run daily, Sunday excepted, as fol-

Trains Leave Fredericton.

No. 303 Mixed for Campbellton, Moncton

Chatham and Loggieville..... 5 45 Express for Montreal, Chatham, Trains Arrive at Fredericton. ham, Loggieville..... Suburban from Marysville..... All Trains run by Atlantic Standard Time. Twenty-four hour notation. 24.90 o'-clock is midnight.

D. POTTINGER, General Manager, Moncton, N. B., Oct. 12th, 1905 The Up-town

Grocery

CHINA STORE.

We have thoroughly refitted and restocked above store and are prepared with a full line of First Class Groceries, China, Crockery and Glassware to attend to all orders with which we may be favored.

ALL GOODS GUARANTEED

Orders called for and delivered.

hoice Line of Xmas Groceries.

& CO.

N. B. Telephone 68-2.

(Continued from second page.) the debt is increasing and why should the government be censured for increasing the debt of the province when the money is judiciously expended. With reference to the criticisms that have been made on the auditor generals's report I can infarmation he wants if he consults not inspire the people with confiplanations seem to be needed." (Applause).

The Fredericton Herald speaking of the above effort, makes the following editorial comment :--

"Solicitor General Jones made a "clever contribution to the assembly "debate on the budget, handling "the various questions with the abil-"ity and eloquence of and old hand, "and making an able defence of the "government

Later in the debate Mr Osman, member for Albert, spoke as fol-

I heard last evening with the greatest satisfaction of the offer that has been made to lease the Central Railway and the leader of the opposition must have heard of it with equal satisfaction, unless he looks upon this railway as a magazine from which to attack the government.

To gentlemen on this side of the house it is most gratifying to find that after the steps taken by the government the importance of this enterprise has been recognized by capitalists who are ready to invest

their money in it. compartively small but the government has endeavered to keep up the various services out of it. The auditor-general's report has been attacked but in my opinion it is a most creditable production. It is a truthful record of the fluancial upon a farm in the vicinity of the land en- position of the province. It might perhaps be more full in some department but it follows a system which has been in existence for years and has given general satisfaction.

The members of the opposition have been indulging in very pessimistic view of the condition of the province The members who are supporting the government occupy a position of independence, which is gladly accorded to them, and we I could not take solid food, did not criticize what is being done from time to time for we are not servile followers.

was said in the speech from the hrone in regard to the re-establishdition for \$10,000 and furnished for able to resume my studies." another \$10,000 and that the annual outlay upon it after that would not Pills make new, rich, red blood, exceed \$700. I am proud to support every drop of pure blood gives this administration and I have never strength and vitality to the whole asked a favor from the government system, and this strength brings and if I am as successful in this health. That is why Dr Williams' matter as the Hon Mr Jones has been | Pink Pills cure such cases as anaemia, in making the the Hartland bridge all stomach and kidney troubles, St. free I will be satisfied.

eloquent utterances of members on girls and women, and a host of other both sides of the house, but I re- ailments from which both young and gretted to hear some statements old suffer through bad blood. Sold from the other side which were not by dealers in medicine or by mail at accurate. For instance, it has been 50 cents a box or six boxes for \$2.50, affirmed that the debt of the prov- from The Dr Williams Medicine Co, ince is \$5,000,000. The actual gross Brockville, Ont. debt is only \$4,327,724 and there are assets to the amount of \$834,605, so that the net debt is only \$3,493,118 This is a small debt for a province with the resources of New Brunswick Lt du Domaine. Indeed it is smaller than the debt of the city of St John. Of this debt the sum of \$2,166,902 has been expended in subsidizing railway. This policy of subsidizing railways is one that has been recognized by every government in this province. The balance \$1,326,000 represents the debt that has been incurred for all other purposes, including permanent bridge. I think that this is an extremely

to be censured for pointing out to the farmer a mean of increasing his income. He also spoke in disparaging terms of the work of the minister of agriculture, although the value of that work is recognized by all fair-minded men. He ridiculed farmers' institute meetings although the educational value of the addresses made at these meetings has

been very great. My colleague on the committee of public accounts from Northumber. land Mr Morrison has made a great many vague and irresponsible criticisms of the government, so much so that I am almost afraid the leader of January, 1906 .- 5i-7.

Solicitor-General Jones' Speech, of the opposition is getting arbitrary. It appears that he had laid down three hard and fast rules : first always to criticize the account; second, never to approve of any expenditure, and third, never to sign a report.

Mr Morrison-If you would only make out a report I could sign I would do so.

Mr Osman-I have made great efonly say that in that report nothing forts to please him but unless I conis concealed. The report is made in demned everything in the account the same way as all the reports since he would not sign it. I think that confederation. No gentleman, who my friends opposite are making a wishes to obtain information in re- mistake in adopting so mournful a gard to the expenditures of the gov. tone with reference to the fir ances. ernment need fail to obtain all the I find that the hopeless man does the public accounts. In conclusion dence so that they are not likely to I must apologize for taking up so place power in his hands. The highmuch of the time of the house, in way act has been much criticized by making explanations where no ex- the opposition but I think it only right that it should have a fair trial before being condemned. It has not had a fair trial as yet. With regard to our claims against the dominion government I do not agree with the opposition that it is no use to press them. Let us push on and our claims will at last be recognized for no one has dared to say that these claims are not just.

Mrs Folkins.

Elizabeth, widow of the late Richard Folkins, died on the seventh inst at the old homestead in the parish of Richmond, aged 74. She leaves a large family. The funeral services were held on the following Saturday, conducted by Rev Harry Harrison, with interment at Mc-Kenzie Corner.

GROWING BOYS.

Need an Occasional Tonic to Maintain Strength and Keep the Skin Clear.

On every side one sees young men and growing boys with pale, pasty complexions, their faces covered with pimples and their gate sham-The revenue of this province is bling and listless. Such a condition is extremely dangerous-the blood is out of order-a complete breakdown may result. To put matters right; to give that spring to the step; that clearness to the skin and that glow of active health to the face, a tonic is needed-Dr Williams' Pink Pills are needed. As proof of this, Mr Charles Diefenthal, 12 St Ursule street, Quebec, says :- "Frequently my studies necessitated my remaining up until a late hour. The result was that my system gradually weakened, and in December, 1903, I seemed to collapse. I was completely run down and went under the care of a doctor, but instead of gaining strength, I seemed to grow weaker. sleep well and weakening night sweats gave me further cause for alarm. Dr Williams' Pink Pills were I must confess it was with disap- brought to my notice and I began pointment I observed that nothing their use. Almost from the outset they seemed to help me, but it was some weeks before there was a ment of the government house, but material change for the better. I hope the government will yet see From that on, however, recovery its way clear to do this. It is estimat. was rapid, and in a couple of months ed that it could be put in good con- I was as well as ever I had been, and

Every dose of Dr Williams' Pink Vitus dance, heart palpitation, the I was pleased to listen to the afflictions known only to growing

> Rev G D Ireland and wife were in Fredericton this week attending the wedding of Mrs Ireland's sister to

Notice is hereby given that application will be made to the parliament of Canada at the next session thereof for an Act to incorporate a company to be called "The Grand Trunk Pacific Lines Company," with power to construct and operate amongst other lines of railway a line running from a point on the Trans-continental Division of the Grand Trunk Pacific Railway to St John or such other port on the Bay of Fundy I think that this is an extremely favorable showing.

The member from Carleton Mr Smith whom I am sorry is not present did not, I think, do himself justice when he cast ridicule on illustration orchards, as if the government was to be censured for pointing out to such other lines of railway as the company from time to time deem expedient for operation in conjunction with the Grand Trunk Pacific Railway System, subject to the approval of the Governor in Council; with all the usual powers granted to proval of the Governor in Council; with all the usual powers granted to railway companies by the Railway Act, and in addition thereto the following powers, viz: To charter vsssels, make and recover charges in steamship business, to hold lands, wharfs, warehouses etc, and to expropriate lands therefor; to own hotels etc and lay out parks; to issue bonds on all its property; to construct and operate tramways, telegraph, telephone and submarine lines, and general traffic bridges; to develop land and water powers; acquire patent rights; grant aid to settlers; and to sell or lease to or acquire other railways.

acquire other railways.

W. H. BIGGAR,

Solicitor for applicants.

Dated at Montreal, this 30th day

It Is Wrong

To Suffer From a Germ Disease, When Liquezone is Free.

In the past few years, scores of diseases have been traced to germ attacks. They were thought to be due to other causes when old-time remedies were made. Can you not see why you don't get well, if you treat a germ disease with remedies that can't kill germs?

The remedy of to-day is Liquezone, and the first hottle is trea. Its power had been proved, again and again, in the most difficult germ diseases. Then we offered to supply the first bottle free in every disease that required it. And over one million dollars have been spent to announce and fulfill this offer.

The result is that 11,000,000 bottles if you need Liquezone, and have been used mostly in the next two.

remedies that can't kill germs?

The remedy of to-day is Liquezone, and the first bottle is free. Its power is best told by a test. We ask you to try it, as millions have done, and learn what it means to you. Learn what this gas-made germicide can do.

What Liquezone Is.

The virtues of Liquezone are derived solely from gases. The formula is sent to

The virtues of Liquozone are derived solely from gases. The formula is sent to each user. The process of making requires large apparatus, and from 8 to 14 days' time. It is directed by chemists of the highest class. The object is to so fix and combine the gases as to carry into the system a powerful tonic-garmicide.

Contact with Liquozone kills any form of disease garm, because germs are of vegetable origin. Yet to the body Liquozone is not only harmless, but helpful in the extreme. That is its main distinction. Common germicides are poison when taken internally. That is why medicine has been so helpless in a germ disease. Liquozone is exhilarating, vitalizing, purifying; yet no disease germ

Liquozone are derived them. We wish to show those sick ones—at our cost—what Liquozone can do.

Where It Applies.

These are the diseases in which Liquozone has been most employed. In these to these troubles we supply the first bottlefree. And in all—no matter how difficult—we offer each user a two months' ficult—we offer each user a two months' focult—we offer each user a two mon talizing, purifying; yet no disease germ

We purchased the American rights to Dyspepsia-Dandru Eczema-Erysipelas Liquozone after thousands of tests had Fevers-Gall Stones

50c. Bottle Free.

If you need Liquezone, and have never tried it, please send us this coupon. We will then mail you an order on a local druggist for a full-size bottle, and will pay the druggist ourselves for it. This is our free gift, made to convince you; to let the product itself show you what it can do. In justice to yourself, please accept it today, for it places you under no obligations whatever.

Liquosone costs 50c. and \$1.

CUT OUT THIS COUPON Fill it out and mail it to The Liquozene Com-Give full eddress write

PAGE FENCE

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Specifics cure by acting directly on the sick parts without disturbing the rest of

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No. 1 for Fevers.

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> Drink Delicious

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The World Produces.

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BLATCHFORD'S FILL Poultry Meats.

The best poultry tonics and true supplemental nutriment only. Composed of choice beef meal, Sunflower seeds, specially prepared oyster shells, Albuminous Compounds, Iron, Red Pepper, Ginger and Oil, in the correct proportions. Just what poultry require in one unequalled convenient food.

What poultry require in one unequalled convenient food.

Geo W. Miller of Green Creek, N. Y. says: —"We raise a few chickens for our own use, about 30. Between Thanks giving and Christmas was getting an average of two eggs a day. I commenced feeding the FILL THE BASKET POULTRY MEATR on Dec. 5th, but saw no results until about the 15th. Then got three, four, five and eight a day until Christmas and since then until January 4th an even dozen per day. So now I know from personal experience it is a good thing. I feed \(\frac{1}{2}\) and \(\frac{3}{2}\) cracked corn."

Mrs. K. W. Durfee, Fosterville, N. Y. "I have been using Blatchford's FILL THE BASKET POULTRY MEATS this winter (1905) for the first time and got such good results that I don't like to get along without it. I am the only one in the neighborhood who realizes anything from their hens this winter."

For sale only by W. F. DIBBLEE & Son.

THE GREAT STOCK FOOD. PURE SUGAR AND FLAXSEED.

Composed of three elements necessary for profitable feeding, viz: OIL, SUGAR and ALBUMENOUS COMPOUNDS. Just the elements the ordinary food is lacking in.

The OIL keeps the bowels regular and the coat slick and glossy. The SUGAR obtained from Locust Beans only increase the appetite, aids the digestion and is a great energy producer.
The ALBUMENOUS COMPOUNDS, Gentian, Foenugreek, etc., enrich the blood,

cause the animal to put on flesh and fat rapidly and tone up the system. BLATCHFORD'S PURE SUGAR and FLAXSEED containing pure flaxsoed with oil all in it, contains twice as much oil as the best oil meal There is no Molasses or Grain Hulls used in BLATCHFORD'S SUGAR and FLAX-

SEED. It does not ferment, mould or cause diarrhosa and stomach trouble. "The best food for stock at one fourth the price of Stock Foods" is what progressive stock owners say.

WHAT IT DOES. Put a bloom and finish on cattle and horses intended for the Fairs, Shows, etc. 2. That it considerably increases the flow of Milk in Dairy Cattle as much as 18 per

3. That it is excellent for horses, keeping the bowels regular and the coat always slick and glossy. It is used in the U. S. Army, by many Fire Departments, Breweries, large Teaming Concerns, and amongst Coachmen where it is desirable that the horses

should have a fine showy appearance.

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W. F. DIBBLEE & SON. WOODSTOOK and CENTREVILLE.

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STARTLING BUT TRUE

"Think" of this frightful waste of life and time." "Think," of the number of accidents occuring each day in our streets "Think," of the sickness in our hospitals and in our homes. It may b the Readers turn next.

"Be wise," and provide for your family. J. W. Astle can give you the best Accident and Sickness Protec-

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