ORANGE JUICE AND HEALTH For Stomach and Skin.

Few of us realize what an important part the skin plays in keeping us well or making us ill.

The millions of tiny glands, or pores, are intended to rid the system of waste matter, which the blood brings to the skin. It is a well-known medical fact that the healthy skin carries off more Urea or waste matter than the kidneys. Just think how much poison remains in the system when there is any skin trouble.

The skin and stomach are intimately associated. Find a person with a dry, harsh skin and you will find one who suffers with indigestion or constipation, and both, usually.

Both may be relieved by a judicious use of orange juice. Both can be cured by taking the juice of an orange every morning before breakfast, and taking "Fruit-a-tives" at night. "Fruit-a-tives" are fruit juices in tablet form. The fresh juices of oranges, apples, figs and prunes are separated from the pulp, and then combined in such a way that the medicinal action is intensified.

Orange juice alone will not cure Skin, Stomach or Bowel troubles. But when taken in connection with "Fruita-tives," a positive cure results. "Fruit-a-tives" may be obtained at all dealers or will be sent on receipt of price-50c a box-6 for \$2.50. 'Fruit-a-tives" Limited, Ottawa.



SALE OF FARM

I am offering an exceptionally good trade to any person wishing to purchase a good farm. This property contains 190 acres of land, 75 acres under good cultivation, balance wood land. Situated about one mile from Green Road siding and four miles from the Town of Houl'on, thereby giving you the benefit of both markets. The buildings are new and in good condition. Reasons for celling Lange of the content selling. I have interest in the west which demand my attention. Call or write me at once for further particulars.
CLIFFORD R. SPEEP,

Green Road. Carleton County.

Farm for Sale.

At Jacksonville Corner, 4½ miles from Woodstock, 105 acres, 90 under cultivation with water in house and barns. House, 2 Barns, Woodshed, hog pen and granary, all in excellent repair. Cuts 50 tons hay, and 1000 bushes grain. Will be sold at a Barga or forther particular. and on easy terms. For further particular-call on or write, L. T. Emery, Jacksonville, Car. Co., N. B., or any business man in

INTERCOLONIAL

ON and after SUNDAY, Oct. 13, 1907, Trains will run daily, Sunday excepted, as fol-

Trains Leave Fredericton.

No. 303 Mixed for Campbellton, Moncton, Chatham and Loggieville, 5 45 317 Suburban for Marysville...... 6 15 301 Express for Montreal, Chatham, Loggieville..... 18 30

...... 21 00 Trains Arrive at Fredericton. No. 318 Suburban from Marysville..... 8 15 " 302 Express from Montreal, Quebec,

Chatham, Loggieville...... 13 05 " 322 Suburban from Marysville 13 45 " 326 Suburban from Marysville 18.20 304 Mixed from Chatham Jet., Chatham, Loggieville...... 18 50 " 328 Suburban from Marysville 19 15

All Trains run by Atlantic Standard Time. Twenty-four hour notation. 24.00 o'clock is midnight. D. POTTINGER,

General Manager. Moneton, N. B., Oct. 10th, 1907,



SEALED TENDERS addressed to the under signed, and endorsed "Tender for Ed-mundston Breastwork Extension," N. B., will be received at this office until 4.30 P. M. on Thursday, May 7. 1998, for the construction of an extension to the Breastwork at Edmundston, Victoria County, N. B., according to a plan and specification to be seen at the offices of E. T. P. Shewen. Esq., Resident Engineer, St. John, N. B., Geoffrey Stead, Esq., Resident Engineer, Chatham, N. B., on application to the Postmaster at Edmunds ton, N. B., and at the Department of Public Works, Ottawa.

Works, Ottawa
Tenders will not be considered unless made
on the printed form supplied, and signed with
the actual signatures of tenderers.
An accepted cheque on a chartered bank,
payable to the order of the Honourable the
Minister of Public Works, for twelve hundred
dollars (\$1 200.00), must accompany each tender. The cheque will be forfeited if the person
tendering decline the contract or fall to
complete the work contracted for, and will be
returned in case of non-acceptance of tender. eturned in case of non-acceptance of tender The Department does not bind itself to > cept the lowest or any tender.

> By order, FRED. GELINAS. Secretary.

MRS A. F. WINSLOW,

Department of Public Works, Ottawa, March 27, 1908. Newspapers will not be paid for this advertiser ent if they insert it withour authority from the Department.

LADIES, READ THIS:

Switches, Pompadours, Finger Puffs, Hair Rolls, Curls, matched in the most difficult shades. Shampooing, Singeing, Massage; treatement of childrens hair. Order for any of the above work will be promptly attended

name to-day to Dr. T. A. Slocum, Ltd., Toronto.

Ratepayer Raises a Rumpus.

Editor Sentinel: I am surprised to see an article in your last issue in regard to this town not being a supply point. Why should intelligent people like the Board of Trade expect the CPR to favor one point more than another? This always leads to throwing trade in the hands of a few encouraging combines, which means ruin and extravagant prices, all to benefit a few individuals. It is to be hoped that our members of parliament will-pay no attention to helping those who want to form combines. It is to the credit of the CPR that they try to use all alike and do not give rates to help one man get rich at the expense of the public. In the same issue of your paper I read an article dealing with the very extravagant ideas about the streets as set forth by some of our prominent men. It would take a whole newspaper to hold what should be said on this question. Our town isn't able to keep up such a pace as these men propose. I have heard lots said about our extravagant government and it went out, but our town won't get out so easy if this extravagance isn't stopped. The town will have to take its medicine for all time to come. Take any one thing advocated and you are apt to find that it will lead up to personal interest in the end. If personal gain can't be cut out it will be easy to see where we'll land. It is high time our council took a stand on business lines, and endeavored to run things on public principles rather than private ones. I also agree with the writer in your paper signing "A Mother." I think the beer license is all wrong, and the way the Scott Act (a good law) is the town. It has been a sinking fund under the license law. We are get-

Yours truly,

RATEPAYER \$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment, Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer Ope Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c.
Take Hall's Family Pills for constipation

AGONIZING PILES.

CURED BY ZAM-BUK.

Mr F Astridge, of 3 St Paul Street, St Catharines, Ont., says: "For five years I suffered untold agony with protruding piles. No one knows the suffering one has to endure only those who are so unfortunate as to have them. The pain was so great at time: I would almost scream. I went down in weight and had no appetite. I tried everything I heard of 11 15 for piles, but got no relief. I went to several doctors, but they would give me little hope of ever getting rid of them and I finally gave up in " 327 Suburban for Marysville 18 4 despair. One day a friend gave me a sample box of Zam-Buk salve and told me of someone who had been cured. I decided to try it, and the relief I got was encouraging. I bought a box, and the piles kept on diminishing and the pain was getting less. I used three boxes and am now completely cured. I wish I could have got Zam-Buk years ago, it would have saved me a great deal of misery. One thousand dollars would be none too small an amount to give for such a cure as mine. I wish I could convince every sufferer of the value of

Zam-Buk cures cuts, burns, chapped hands, cold sores, itch, ulcers, eczema, running sores, catarrh, piles, bad legs, abscesses, face sores. spring eruptions, and all skin diseases. It is good also for rheumatism, sciatica, etc., when well rubbed in. Of all druggists and stores, 50c., or from Zam.Buk Co., Toronto.

So popular is Bickle's Anti-Consumptive Syrup as a medicine in the treatment of colds and coughs or ailments of the throat, due to exposure, to draughts, or sudden changes of temperature, that druggists and all dealers in patent medicines keep sup. plies on hand to meet the demand. It is pleasant to take, and the use of it guaran. tees freedom from throat and lung disease.

Valuable Samples Free

torant and find it satisfactory in cases of croup, colds or coughs. I have used it ever since I got a trial bottle, and address for testimonials if you wish. Hoping it will benefit others as it has done my children, I remain, MRS. AGNES COMBER."

1069 Frances St., London, Ont. Coltsfoote Expectorant is the greatest cough and throat cure in the world. It is the prescription of a renowned specialist. In order that every family may prove its unparalleled merits we will send a sample bottle free to everyone who sends us their name and address and mentions this paper. Can be had at all druggists at 25c. Send your

Send for Free Sample To-day.

What Ails You?

Do you feel weak, tired, despondent, have frequent headaches, coated tongue, bitter or bad taste in morning, "heartburn," belching of gas, acid risings in throat after eating, stomach gnaw or burn, foul breath, dizzy spells, poor or variable appetite, nausea at times and kindred symptoms?

If you have any considerable number of the above symptoms you are suffering from biliousness, torpid liver with indigestion, or dyspepsia. Dr. Pierce's Golden Medical Discovery is made up of the most valuable medicinal principles known to edical science for the permanent cure o such abnormal conditions. It is a most efficient liver invigorator, stomach tonic,

bowel regulator and nerve strengthener. The "Golden Medical Discovery" is not a patent medicine or secret nostrum, a full list of its ingredients being printed on its bottle-wrapper and attested under oath. A glance at its formula will show that it contains no alcohol, or harmful habit-forming drugs. It is a fluid extract made with pure, triple-refined glycerine, of proper strength, from the roots of the following native American forest plants, riz., Golden Seal root, Stone root, Black Cherrybark, Queen's root, Bloodroot, and

Mandrake root. Mandrake root.

The following leading medical authorities, among a host of others, extol the foregoing roots for the cure of just such ailments as the above symptoms indicate: Prof. R. Bartholow, M. D., of Jefferson Med. Colleg 3, Phila.; Prof. H. C. Wood, M. D., of Univ. of Pa.; Prof. Edwin M. Hale, M. D., of Hahnemann Med, College, Chicago; Prof. John King, M. D., Author of American Dispensatory; Prof. Jno. M. Scudder, M. D., Author of Specific Medicines; Prof. Laurence Johnson, M. D., Med. Dept. Univ. of N. Y.; Prof. Finley Ellingwood, M. D., Author of Materia Medica and Prof. in Bennett Medical College, Chicago. Send name and adcal College, Chicago. Send name and address on Postal Card to Dr. R. V. Pierce, Buffalo, N. Y., and receive free booklet giving extracts from writings of all the above medical authors and many others endorsing, in the strongest possible terms, each and every in-gredient of which "Golden Medical Discov-

ery" is composed.
Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. They may be used in conjunction with "Golden Medical Discovery" if bowels are much constinated. They're tiny and sugar-coated.

SOMETHING MORE THAN A PURGATIVE .- TO purge is the only effect of many pills now on the market. Parmelee's Vegetable Pills are more than a purgative. They strengthen here run is far worse. It works fine the stomach, where other pills weaken it, in the county, but seems no good in They cleanse the blood by regulating the liver and kidneys, and they stimulate where other pill compounds depress. Nothing of in the town for many years. Just as ar injurious nature, used for merely purga much liquor and more is sold than tive powers, enters into their composition

ting no revenue and no respect of | Sectional Book Cases are now used the law either the way things are almost exclusively. The A Henderson Furniture Co carry these in

What "Sunny Jim" Thinks of

stock. Toronto After spending a while in a quiet town like Woodstock, you cannot help but be impressed by the hurry and bustle of a city like Toronto. The enormous traffic is truly surprising. Automobiles are as plentiful as waggons in Woodstock. Then the street cars add to the general traffic, and crowds and crowds of people are ever on the go. The people are nearly as thick as mosquitoes in Woodstock on a fine summer's evening. All is hurry and bustle and excitement. A notice. able feature is the straight and level streets, which are nicely paved, and a great boon to bicyclists. Many of the streets are lined with ornamental trees, and look very pretty. Then the magnificent buildings are sure to attract the eye. I was quite surprised to see such grand structures here. They are as grand and stately as many in the old land. The stores of the T Eaton Co, and Robert Simpsom Co, are a wonder in themselves. The Robert Simpson Co are making large extensions on their premises. A very noticeable feature is the large number of Churches. It is surprising how many there are. It is a city of Churches, every imaginable sect and creed is represented. On every street and corner it is Churches,

Churches. The Salvation Army have their Territorial Headquarters here, and the Salvation Army Staff Band creates quite a stir among the citizens, and the Salvation Army Temple Band is not far behind. The Salvation Army also lave their college here, a fine building on Sherbourne Street, on which they are going to build larger during the coming summer. There are several other colleges in the city, altogether tion for healthy maternity is there are some splendid buildings accomplished by the use of here. The city at night is well lighted, and at a distance presents a very pretty appearance. The illuminated advertisements present a very striking appearance. The streets are brilliant with these advertisements, some of them are very ingenious, spelling out words with brilliant lights, or forming a hat or a shoe or some such sign. That Toronto is a model ci y soon makes itself evident upon the stranger. But like other large cities, it has its dark side, which fortunately does "I have used your Coltsfoote Expec- not exist in Woodstock. It is very nice to live here, there is every convenience, and nearly everything have recommended it to everyone in heart could wish. But the glare need of it. You may use my name and and brillancy soon lose their charms, and you soon commence to long for the quietness of the country town,

Woodstock is perhaps not quite so

up to date, and has not quite so many

conveniences as the large cities.

But the citizens of Woodstock can

justly be proud of their town. The

peace and quiteness which reigns

and the farming country round about

it go to make it a little paradise.

impression is that if I were asked to advise anyone where to settle for enjoyment and peace, Woodstock would be the place I should select. If any of you citizens are tired and think your town dull, be thankful for the quietness and the peace you enjoy. Keep down the saloons, drive out the whiskey, and your town will be a real paradise.—James Boleyne.

Some Easter Honors.

The following appointments have been gazetted:-

G Hugh Harrison, Alfred Blackmore, George McElroy, Lorenzo P Clark and Albion Shaw, to be Justices of the Peace.

John W Adams, Wicklow; S W Smith, Peel; Thomas E Henderson Richmond; and John McIntosh, Aberdeen, to be Issuers of Marriage Licenses

These gentlemen are being heartily congratulated upon receiving their new honors. The list is generally regarded as a mere preliminary. Other counties are being well cared for, as the following paragraph from the St John Globe will testify,-"In the matter of appointing justices of the peace for St John county the new government makes a modest commencement. Only seventeen have been appointed this week partially filling a long felt want."

It may be added that a great dearth of magistrates exists in Carleton. We trust the new government will remedy existing conditions, and incidentally reward the long suffering patriots.

That languid, lifeless feeling that comes with spring and early summer. can be quickly changed to a feeling of buoyancy and energy by the judic ious use of Dr Shoop's Restorative. The Restorative is a genuine tonic to tired, rundown nerves, and but a few doses is needed to satisfy the user that Dr Shoop's Restorative is actually reaching that tired spot. The indoor life of winter nearly always leads to sluggish bowels, and to sluggish circulation in general. The customary lack of exercise and outdoor air ties up the liver, stagnates the kidneys, and oft-times weakens the Heart's action. Use Dr Shoop's Restorative :: few weeks and all will be changed. A few days test will tell you that you are using the right remedy. You will easily and surely note the change from day to day. Sold by ALL DEALERS.

FOR SALE .- Some articles of furniture and other things useful in housekeeping.

> MRS CHARLES DIBBLEE Connell Street.

Baby Carriages and Go Carts. A large consignment of 1908 designs just received at The A Henderson Furniture Co.



How many American women in lonely homes to-day long for this blessing to come into their lives, and to be able to utter these words, but because of some organic derangement this happiness is denied them. Every woman interested in this subject should know that prepara-

LYDIA E. PINKHAM'S **VEGETABLE COMPOUND**

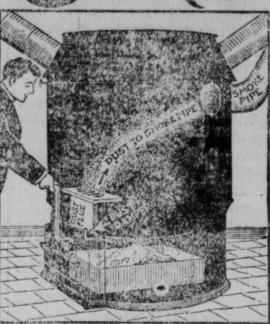
Mrs. Maggie Gilmer, of West Union, S. C., writes to Mrs. Pinkham: "I was greatly run-down in health from a weakness peculiar to my sex, when Lydia E. Pinkham's Vegetable Compound was recommended to me. It not only restored me to perfect health, but to my delight I am a mother." Mrs. Josephine Hall, of Bardstown.

Ky., writes: "I was a very great sufferer from female troubles, and my physician failed to help me. Lydia E. Pinkham's Vege-table Compound not only restored me to perfect health, but I am now a proud

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pink-ham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills. and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick As a friend of mine said after he women to write her for advice. She has guided thousands to health. Address, Lynn, Mass. visited Woodstock, "It is an Oasis in the desert." The cities are nice

but the country town is better. My Minard's Liniment Cures Distemper



Where Shaking is Respectable

A Draft off furnace dome, with no other

assistance, is powerless to overcome the dust nuisance in shaking t me, Only surplus dust rises of itself above the fire. Great bulk descends into ash-pit and unless legitimate outlet is therein provided, dust will escape through ash-door slits and inte operator's face

In "Sunshine" Furnace the legitimate dust outlet is provided. It's a great big dustpipe running straight from

ash-pit to dome, thence to chimney. When big pipe damper is opened, all dust in ash-pit ascends to dome; then, when direct drafts are opened, all dust passes up chimney.

Always the clean and quick dust route in "Sunshine" Furnace - via grate, to pan, to dust - pipe, to dome, to chimney, to open air.

Write to us for "Sunshine" testimonials received from your own townspeople.

ST. JOHN, N.B.

TORONTO MONTREAL WINNIPEG

1 CALGARY H. H. FAULKNER, LOCAL AGENT.

Connell Street, Woodstock.

We beg to inform the general public that we have opened a Hardware Establishment in the COLE BLOCK on Connell Street, near Main, where we are prepared to cater to the wants of the people. We have a full line of up-to-date Hardware. Come in, we will be glad to see you.

Clarke & Johnston

ANNUAL Lace Curtain Sale At the NEW STORE, COMMENCING SATURDAY, MARCH 14. and will last 20 days.

This is a good time to select your Curtains while the stock is new and complete. All kinds and prices to pick from.

Great Saving by Buying at This Sale. Great lots of Cu tainings in Frilled Muslins, also a splendid assortment of Art Muslins in beautiful designs and colorings.

Orders for Curtains can be given now and delivered when wanted.

JAMES S. McMANUS, Agent for the Pictorial Review Patterns and Magazines,

Buckle Oxfords For Ladies & Gentlemen.



The LATEST and most Stylish things in Foot-We sell wear. the most style for the least money.

W.B.BELYEA