


If your grocer does not handle "Seal Brand" Coffee, it is worth a walk to the next town to get the genuine



**CHASE & SANBORN'S**  
"SEAL BRAND" COFFEE

In 1 and 2 pound tin cans,  
—never in bulk.

## University of New Brunswick FREDERICTON, N.B.

The new Academic year begins September 30th.  
Fourteen County Scholarships of \$60 each. An Asa Dow Scholarship (\$96) for First Class male Teachers. Other Prizes for Scholarships.  
Well arranged Courses in Arts and Applied Science. Science Courses include Civil Engineering, Electrical Engineering and Forestry. Thorough and Complete.  
Write for Calendar.  
**C. C. JONES, LL. D.**  
Chancellor.

## Mount Allison Academy Sackville, N. B.

First Term of the Year 1909-10 will open September 9th

General, Special and Matriculation Courses leading to Colleges of Arts, Engineering, Medicine, etc., are provided. Additional rooms have been prepared for the accommodation of the increasing numbers seeking the advantages of this well known educational institution.  
Large Staff. Charges Moderate. Write for Free Calendar giving full information  
**Mount Allison Commercial College**  
WILL OPEN ON SAME DATE. Two courses are open to intending students—the Book Keeping Course and the Course in Shorthand and Typewriting. Diplomas are granted to those completing either course.  
WRITE FOR FREE CALENDAR  
**J. M. PALMER, M. A., Principal.**

## Mount Allison Ladies' College

SACKVILLE, N. B.

56th Year  
Commencing  
September 9

Massey-Treble School of Household Science  
Normal Course Certificate from Mount Allison accepted as qualification for teaching Household Science in New Brunswick Schools.  
Conservatory of Music  
With Faculty of Ten Members, and equipped with Pipe Organs and over 50 Pianos.  
Department of Literature  
Course leading to M. L. A. Degree. Scholarships for worthy people.  
Department of Oratory  
Affiliated with Emerson College of Oratory, Boston. Graduates from this department at Mount Allison, may enter the Senior year at Emerson.  
Owen's Museum of Fine Arts  
In charge of John Hammond, B.C.A., and equipped with Pictures, Casts, etc., to the value of \$75,000. Courses in Designing, Etching, Wood Carving and Leather Tooling have been arranged.  
Write for Calendar.  
**REV. B. C. BORDEN, D.D., Principal.**

## ACADIA UNIVERSITY. Wolfville, N. S.

The next College year will begin October 6, 1909.  
The Institution offers a course of four years leading to the degree of Bachelor of Arts; a course of four years, leading to the degree of Bachelor of Science; an Engineering course of two or three years, qualifying for entrance to the third year of the large Technical Schools; a course of four years, leading to the degree of Bachelor of Theology, and Special Courses for those desiring only selected studies.  
**The New Carnegie Science Building.**  
beautiful and finely equipped will add materially to the facilities afforded future students.  
**THE REGISTRAR,**  
Wolfville, N. S.

## AN EDUCATIONAL EXPERT HAS THIS TO SAY OF ACADIA LADIES SEMINARY, WOLFVILLE, N. S.

"What impressed the Writer was the Admirable System that prevails in the management and in every department of Work; that kindly Personality and Tact the Influence of which is so grateful to young people; the general Sympathy in the Relation between Teacher and Pupil, and the Interest which each one seemed to feel in the Work of the Day. An Education under such conditions is indeed a great Asset."

Educational Review, for February, 1909.  
The new Catalogue for 1909-1910, giving in detail full information, concerning COURSES OFFERED, TEACHERS, BUILDINGS, EQUIPMENT and the UNSURPASSED ADVANTAGES only possible at this school can be had by applying to the Principal. Re-opens September 8, 1909.  
**DR. H. T. DEWOLFE, Wolfville, N. S.**

## HORTON COLLEGIATE ACADEMY Affiliated with Acadia University A Residential School Re-opens September 8, 1909.

Increased accommodations. Enlarged Class-rooms. COLLEGIATE COURSE, GENERAL COURSE and BUSINESS COURSE.  
For further information apply to the Principal,  
**E. ROBINSON, B. A.**  
Wolfville, N. S.

Subscribe for the Sentinel

### PLAYING THE PIANO.

Rubinstein's Way as a Teacher  
With His Pupils.

"Once I played a Liszt rhapsody pretty badly. After a few moments he said, 'The way you played this piece would be all right for auntie or mamma.' Then, rising and coming toward me, he would say, 'Now let us see how we play such things.' Then I would begin all over again but hardly had I played a few measures when he would interrupt and say:

"Did you start? I thought I hadn't heard right."  
"Yes, master, I certainly did," I would reply.

"Oh," he would say vaguely, "I did not notice."  
"How do you mean?" I would ask.  
"I mean this," he would answer: "Before your fingers touch the keys you must begin the piece mentally—that is, you must have settled in your mind the tempo, the manner of touch and, above all, the attack of the first notes before your actual playing begins."

"On another occasion I asked him for the fingering of a rather complex passage.  
"Play it with your nose," he replied, "but make it sound well."

"Once Rubinstein said:  
"Do you know why piano playing is so difficult? Because it is prone to be either affected or else afflicted with mannerisms, and when these two 'pit-falls' are luckily avoided then it is liable to be—dry! The truth lies between those three mischiefs."—"Hofmann's Piano Player."

### No Fear of Annexation.

Earl Grey, speaking in London at the Dominion Day banquet, said "There are some who fear that the large American immigration may stimulate a desire by some people in Canada to be incorporated with the United States. We are told by the newspapers that 80,000 Americans, with 80,000,000 dollars of capital, have come to enrich the Dominion of Canada. We are glad to receive them all. Next year there will probably be a still greater number, and if this year's harvest proves as fertile as those that have preceded it, we will be able to welcome many more."

### Nervous Disorders.

Promptly Cured by the Use of Dr Williams' Pink Pills.

If your hand trembles or is unsteady, remember that this is a sure and early sign of your nervous system being at fault. The mischief may develop slowly to a worse stage. You feel unaccountably weak and weary after exertion; you lose flesh; you turn against food and suffer palpitations and indigestion after eating. At times you are intensely irritable, greatly depressed and easily worried. Sometimes sharp pains shoot down your spine and legs, and probably neuralgia robs you of your sleep at night. These are some of the troubles that indicate the presence of nervous disorders. If these troubles are neglected they result in complete nervous collapse and possibly paralysis. Dr Williams' Pink Pills have won a great reputation by curing all forms of nervous disease. The nervous system depends entirely upon the blood supply for nourishment when the blood is thin and weak the nerves are affected as described. Dr Williams' Pink Pills actually increase the supply of good red blood, feed, strengthen and tone the nerves, enable them to perform their functions and dispel all signs of a breakdown.

Mrs Jas H Ward, Lord's Cove, N.B., says: "About two years ago I suffered so much from nervous prostration that I was little better than a helpless wreck. I suffered from headaches and a constant feeling of dizziness. The least unusual move would startle me and set my heart palpitating violently. I had little or no appetite, and grew so weak that I was hardly able to drag myself about, and could not do my household work. In every way I was in a deplorable condition. As the medicine I had been taking seemed to do me no good, my husband got a supply of Dr Williams' Pink Pills. I had only been taking the Pills for a couple of weeks, when I seemed to feel somewhat better, and this encouraged me to continue the treatment. From that on my strength gradually but surely returned, and in the course of a few more weeks I was once more a well woman, able to do my own household work and feeling better than I had done for years. I have since remained well and feel that I owe my good health to the healing powers of Dr Williams' Pink Pills."

Every other weak, sickly, worn out, nervous person should follow the example of Mrs Ward and give Dr Williams' Pink Pills a fair trial. These Pills will send new blood coursing through the veins and bring brightness and energy to the weak and despondent. Sold by all medicine dealers or by mail at 50 cents a box from The Dr Williams' Medicine Co., Brookville, Ont.

## WANTS HER LETTER PUBLISHED

For Benefit of Women who Suffer from Female Ills

Minneapolis, Minn.—"I was a great sufferer from female troubles which caused a weakness and broken down condition of the system. I read so much of what Lydia E. Pinkham's Vegetable Compound had done for other suffering women I felt sure it would help me, and I must say it did help me wonderfully. My pains all left me, I grew stronger, and within three months I was a perfectly well woman."

"I want this letter made public to show the benefit women may derive from Lydia E. Pinkham's Vegetable Compound."—Mrs. JOHN G. MOLDAN, 2115 Second St., North, Minneapolis, Minn.

Thousands of unsolicited and genuine testimonials like the above prove the efficiency of Lydia E. Pinkham's Vegetable Compound, which is made exclusively from roots and herbs. Women who suffer from those distressing ills peculiar to their sex should not lose sight of these facts or doubt the ability of Lydia E. Pinkham's Vegetable Compound to restore their health.

If you want special advice write to Mrs. Pinkham, at Lynn, Mass. She will treat your letter as strictly confidential. For 20 years she has been helping sick women in this way, free of charge. Don't hesitate—write at once.

### CANADA THE PLACE FOR INVESTMENT.

Sir Hugh Gilzean-Reid's New Version of a Famous Carnegie Saying.

(Montreal Witness)

Sir Hugh Gilzean-Reid, the originator of the North-Eastern Daily Gazette, Middlesbrough, Yorkshire, and founder of numerous important newspapers, who at one time was associated with Andrew Carnegie and others in a small syndicate which owned nearly twenty daily and weekly papers in different parts of the country, was recently interviewed on his tour in Canada:

"There is now a change coming over Britain in regard to its attitude towards Canada," he said. "Great Britain, including both her states and her people, has ceased to look upon the Dominion of Canada as a mere colony, and has come to realize that it is a great and vital part of the British empire—and even more than that, we have awakened up to the fact that Canada is a nation and is absolutely essential to this empire. The reason is that Canada is becoming not only rich and powerful, but all its vast natural resources are being developed so quickly that it is destined at no distant date to be our one great food-provider and the one limitless outlet for our ever-increasing surplus population. The Canadian people have always resented being regarded as a mere colony. They feel themselves a nation, albeit a nation within the empire."

"A new era is beginning in Canada, and it is an era of great industrial as well as agricultural development."

"But, it may be asked," added Sir Hugh, "is there no opportunity for those in England who may find it convenient to emigrate to Canada?"

"For those," he continued, "there are remarkable opportunities, and these opportunities are for the investment of capital in the railways and vast industrial enterprises of Canada that are sure to grow with the country; and I know of no place where capital is safer than in the Dominion of Canada. Nature has provided the securities which cannot be lost or taken away."

"My friend and late newspaper partner, Andrew Carnegie—how grandly that name sounds without any adornment, although I saw him made an L.L.D. in a gorgeous robe—used to say that the best place to be born in is Scotland, the best place to make money in is America, and the best place to spend it in for return value is England. I am coming to the conclusion, since my recent visit, that it is best to start life in America and invest one's savings in Canada."

### A Bright Boy.

"Now, Tommy," said the teacher, "you may give me an example of coincidence."

"Why—er," said Tommy, with some hesitation—"why—er—why me fadder and me mudder was both married on de same day."

### The One to Blame.

"It is the duty of every man and woman to be married at the age of twenty-two," said the lecturer.

"Well," said a woman of thirty, with some asperity, "you needn't tell me that. Talk to the man."

### Retaliatory Paper Duties.

(Montreal Star)

The announcement of the imposition of the retaliatory provisions in the Payne tariff against Canadian pulp and paper because Ontario and Quebec impose restrictions upon the export of pulpwood, will neither surprise nor frighten anybody. Free wood pulp can no longer buy free pulp wood from Canada; and there are those who believe that free print paper should not be able to do so. This piling up of duties on our pulp and paper is nothing more than the last desperate fling of a nation entirely conscious that its own supply of the raw material is running perilously low, and that it must soon import its pulp wood products in whatever form it can obtain them.

The policy of every Canadian province should now be the entire prohibition of the export of pulpwood from all crown lands. It should be impossible for the American pulp mills to obtain a stick of pulpwood from Canada, except the insignificant dribble which may yet go over from privately owned copes. In this way we can keep our timber at home and attract hither the entire pulp-making industry of the continent. In time, the paper industry will follow it; for it always pays to manufacture as near to the sources of the raw material as possible, other things being equal. In that day, there will be no American duty on either pulp or paper; for there will be no American industry of weight to fight for it, and the American people will not tax themselves for nothing. All that is necessary is for Canada to stand steady and defend her own.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c.

### Date Cake with Coffee Icing.

One-half cup of butter creamed, one and one-third cup of brown sugar added and beat together, two eggs well beaten, one-half teaspoonful cinnamon, one-half teaspoonful nutmeg, one and one-half teaspoonfuls baking powder, one half cup sweet milk, one and three-quarter cup sifted flour, three-quarter cup dates, 5 bones removed. Cut up fine and reserve a little of the flour to shake over them.

Icing—Two tablespoonfuls strong, strained coffee and the same quantity of the white of an egg stirred together. Thicken with powdered sugar until stiff enough to spread. Allow the cake to cool before it is iced.

## GREEN SICKNESS

A disease of young girls.

Interesting and suggestive advice that all should read.

Many mothers will echo the conclusion expressed in a very interesting and suggestive letter written by Mrs. Zacharia Pollard, of Grand Bay.

"It is one of the illusions of motherhood that once the diseases of childhood have been successfully passed a smooth road lies before their dear ones. Boys bruise themselves, or perhaps break a limb, but the physical history of the young girl is subject to so many dangers, it is only when some great one has been successfully overcome that we realize how many dangers, there are. My eldest child, a daughter, just as she had entered upon the sixteenth year, suddenly developed weakness, her color faded, some unpleasant heart symptoms indicated a lowered vitality of that organ, but strange to say she appeared plump. The bodily functions were obstructed, and a waxy or pallid, or yellow skin gave her a ghastly look. The doctor's tonic failed to improve the symptoms, we decided to try Ferrozone so highly recommended in the newspapers. It was probably three weeks before any manifest change was noticeable, but once that Ferrozone checked the running-down process upward advance was rapid. I suppose if I had neglected to give her Ferrozone she would have fallen into permanent ill-health, as it is I am deeply thankful that Ferrozone has completely restored my daughter to vigorous robust health."

No tonic so nourishing, as strength-giving, as Ferrozone. It gives you a grand appetite, brings fine color, a healthy glow to the cheeks. If thin, you gain in weight. Think it over, Ferrozone is just what every person in poor health requires. Sold by all druggists, 50c per box or six boxes for \$2.50. Try Ferrozone today.

## New Styles For Fall

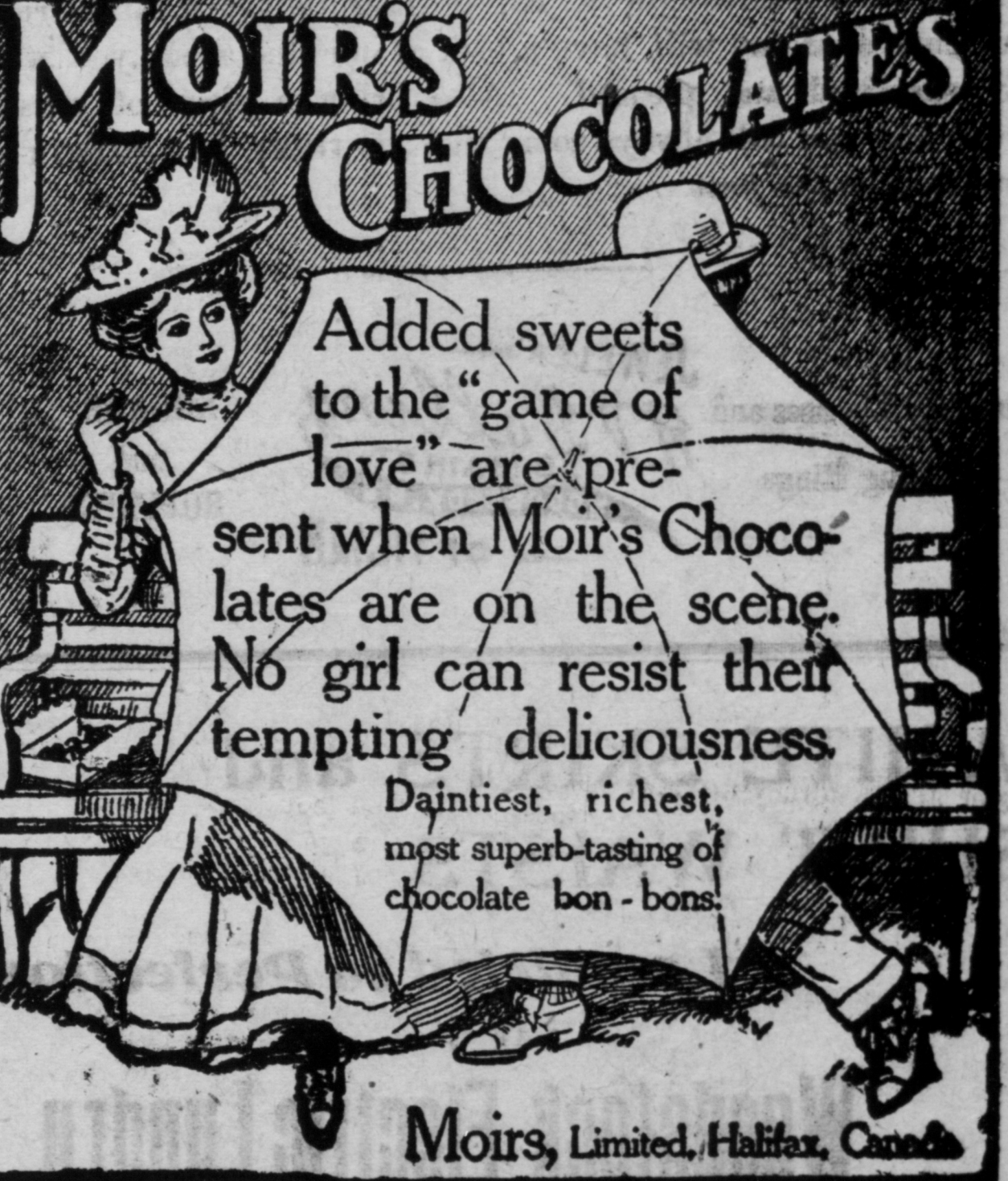
Fit-Reform will gain new prestige with the new styles in fall Suits and Overcoats.

The garments are, beyond question, the finest ever tailored in Canada.

The elegance and exclusiveness of the fashions are but equalled by the superb patterns and workmanship.



**Fit-Reform**  
B. B. MANZER  
Woodstock, N. B.



**MOIR'S CHOCOLATES**

Added sweets to the "game of love" are present when Moir's Chocolates are on the scene. No girl can resist their tempting deliciousness.

Daintiest, richest, most superb-tasting of chocolate bon-bons.

Moirs, Limited, Halifax, Canada

J. W. Wetmore, St. John, N. B., Representative for New Brunswick.

## SAVING MONEY.

Most men intend to save money, but with the average man this intention is never realized. One of the surest and best methods of saving money is presented by means of Life Insurance, as the amount regularly paid by way of premium on a policy is actually saved, while the additional benefit of protection for the family or dependent ones is afforded by the policy. It will be greatly to your advantage to begin saving money at once by procuring a policy from the

**NORTH AMERICAN LIFE ASSURANCE COMPANY**  
"Solid as the Continent"  
**DIBBLEE & AUGHERTON, INSURANCE**  
Queen Street, Woodstock, N. B.

## INVINCIBLE BRAND PURE PORTLAND CEMENT



Invincible is manufactured by modern methods. Not a pound is sold unless properly seasoned. Variation of production impossible. It shows great strength and durability. Nearly a half million barrel storage capacity. Customers are assured prompt deliveries. It is the best cement to use for sidewalks. Builders will find it very reliable. Low in price but high in quality. Every bag bears our brand, look for it.

Insist on having this brand.

**H. E. BURRT, Sole Agent.**  
**WOODSTOCK, N. B.**

## GO TO P. A. Watson's

For all kinds of Waggon and repairs such as Rubber Tiring, Painting and jobbing of all kinds. He has now on hand a large number of second hand of light and heavy Vehicles of all kinds. Also a large number of different style of waggon in course of construction.

In the same place Opposite Woollen Mill, King Street Woodstock, N. B.

CALL AND SEE ME.