

The highest medical authority on foods, Sir James Crichton Browne, LL.D.—F.R.S. of London, gives the best reasons for eating more **Quaker Oats**

In an article published in the Youth's Companion of September 23rd, 1909, Dr. Browne, the great medical authority on foods, says, about brain and muscle building—

"There is one kind of food that seems to me of marked value as a food to the brain and to the whole body throughout childhood and adolescence (youth), and that is oatmeal.

"Oats are the most nutritious of all the cereals, being richer in fats, organic phosphorus and lecithins."

He says oatmeal is gaining ground with the well-to-do of Great Britain. He speaks of it as the mainstay of the Scottish laborer's diet and says it pro-

duces a big-boned, well-developed, mentally energetic race.

His experiments prove that good oatmeal such as Quaker Oats not only furnishes the best food for the human being, but eating it strengthens and enlarges the thyroid gland—this gland is intimately connected with the nourishing processes of the body.

In conclusion he says—"It seems probable therefore that the bulk and brawniness of the Northerners (meaning the Scotch) has been in some measure due to the stimulation of the thyroid gland by oatmeal porridge in childhood."

The Scotch eat Quaker Oats because it is the best of all oat-meals.

HEAL that OBSTINATE SORE!

CUTS and bruises are often very obstinate in refusing to heal. The edges of the wound remain inflamed and sore, and there is a daily danger of disease-germs settling on the raw flesh and giving rise to serious complications. Thus, neglect or improper treatment of an injury, be it a cut, burn, scald, or even a simple scratch, is a menace to life.

In cases where wounds refuse to heal quickly, nothing but Zam-Buk will suffice if the skin is to be made to grow naturally and perfectly once again. Zam-Buk rubbed gently over a wound has the remarkable effect, not only of rendering the wound proof against disease-germs, but of growing new skin-tissues.

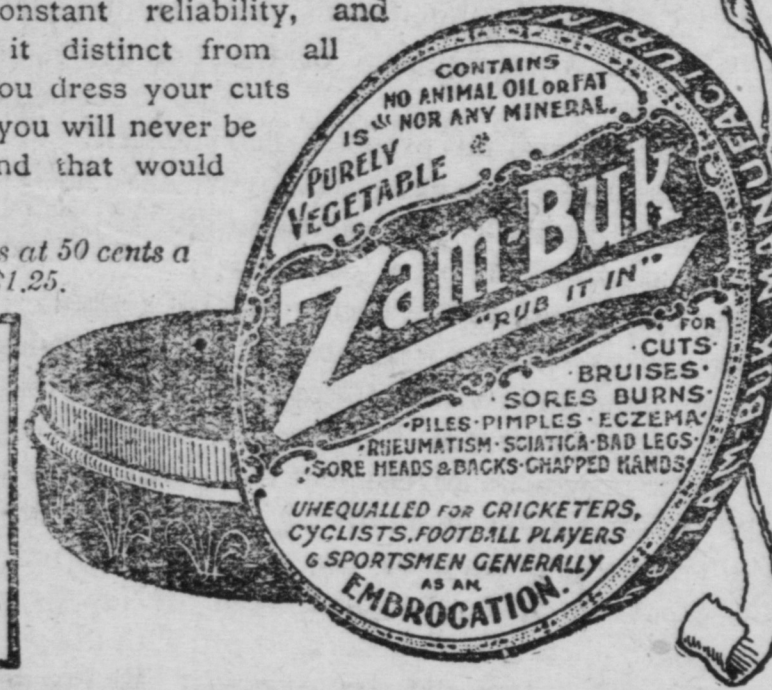
Thus Zam-Buk heals wounds in a perfectly natural manner, and the possibilities of eczema and other torturing skin-diseases are entirely prevented. Possessing rare medicinal properties, Zam-Buk accomplishes what ordinary ointments and salves never can do, and its ever-ready character, constant reliability, and absolute purity, render it distinct from all other preparations. If you dress your cuts and sores with Zam-Buk you will never be troubled with "the wound that would not heal."

Of all Druggists and Stores at 50 cents a box, or three for \$1.25.

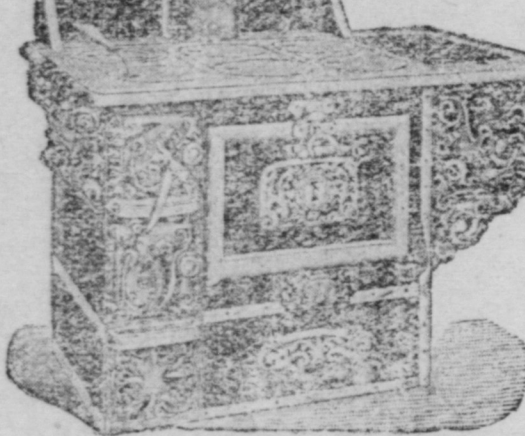
FREE.

Send this coupon (with 1c stamp to cover return postage) to the Zam-Buk Co., Columbia Street, Toronto, and a free trial box will be mailed to you.

Have you tried Zam-Buk Soap?



The New! Monarch Steel Range



This Range is Acknowledged to be superior to anything yet made in the line of Steel Ranges.

For Wood or Coal

One of the greatest inventions this Range has is the Heat Economizer. This is one of the latest and most valuable inventions ever applied to a range, prevents the heat escaping when the oven door is opened. Thus the temperature of the oven in the "Monarch" is not lowered when the door is opened for baking, etc., and the thermometer registers the actual heat of the oven, which the Economizer maintains, to be used instead of wasted. The housekeeper will appreciate this feature. The oven door thermometer is a most valuable attachment. It is reliable and measures the heat the same as a clock measures the time. With it, no trying to run the oven heat by hand. No constant opening of oven door to watch the baking when used in connection with the Thermometer Guide which is in plain sight on front of the closet door, secures perfect even baking. Mrs. Rorer's Cooking Guide, used in conjunction with the Oven Thermometer, makes the Monarch the only Steel Range in Canada in which it is possible for the cook to get the oven just right for the different dishes and know they are cooked perfectly without opening the oven door. The Duplex Grate for Coal is a great favorite; it can, by a single turn of the wrench, be reversed, and an admirable Wood Burning Grate is ready for use. This Range has a large fire box for wood and is a great heater.

W. F. Dibblee & Son. The Hardware Dealers.

Bicycle Repairing & Supplies

New and second Hand Bicycles. Everything for the bicycle.

Baseball Goods

All new stock and highest grade.

Automobile Supplies

Gasoline, Mobiloil, Carbide, Dry Batteries etc. Everything for the Auto.

Baby Carriage Tires all sizes.

Repairing of every description.
CORBETT'S Repair Shop
Connell St., Woodstock.

Cows and Cash.

Is it not time that all dairy farmers in Canada came to think seriously of what might easily be accomplished by a little, a very little extra effort? Very few would pass by the opportunity of picking up five or six five dollar bills the conditions were not difficult. There is a huge sum of money waiting for owners of dairy cows.

Not only is present cash value assured for the application of a little brain power, but—solid and permanent improvement of a dairy conditions, a distinct raising of the whole status of dairy farming, a measurable gain in contentment and self-respect, a notable and enviable addition to our reputation among the nations of the world as high class dairymen would quickly result. Unfortunately we have to go on record even in these days of wide spread and easily available dairy knowledge as owning lots of cows that produce only 2800 or 2900 lb milk during their best six or seven months. Such cows are no credit to their owners, and such owners scarcely do credit to the dignified title of dairymen. As Canadians we should jealously guard against such a condition of affairs being possible. It is easy to detect those poor cows by recording weights of milk, and it is injurious to any district to retain such wretched specimens, mongrels not real dairy cows. The queen of the dairy, the select cow will do infinitely better if handled right by men who put dairy intelligence into daily operation. To return to that pile of cash: If only half the cows in New Brunswick were made to yield just ten dollars more milk, it means an extra FIVE MILLIONS of dollars with easy reach.

Literat. Ted.

There is a little boy five years old, who takes everything literally and by so doing causes much amusement. Not long ago he heard his father say, "Well, I am going to take the bull by the horns!" whereupon Ted set up a wall:

"Oh, don't you do it, papa," he pleaded; "it is a terribly dangerous thing to do."

Another day he was given a glass of lemonade by a young lady. "Teddy's got the clam," she laughed as a bit of ice slipped into the glass.

"Dear me," frowned Teddy, "that is too bad. I never take clams in my lemonade."

CAUSE AND CURE OF NEURALGIA

Modern Methods Dispose of the Cause Instead of Treating the Symptoms.

Neuralgia means simply "nerve pain," so there may be a great variation in the character and intensity of the pain and any nerve in the body may be affected. There are a number of causes of neuralgia, but the most common is a general rundown condition of the system. The discovery of this fact from reliable statistics led to the new treatment for neuralgia which consists in building up the general health by the tonic treatment and so disposing of the cause of the trouble.

Persons reduced by acute sickness, or by severe mental or physical strain, or by loss of sleep are frequently victims of neuralgia and it is common in the case of those suffering from anaemia or bloodlessness. This brings us to the actual cause of neuralgia, which is nerve starvation. The blood which in normal health carries to the nerves all of their nourishment, is unable to perform this duty satisfactorily when it is weak or impure. Build up the blood and the neuralgia pain will disappear as the nerves become better nourished. Dr. Williams' Pink Pills are a blood-making tonic, and for this reason cure even the most obstinate cases of neuralgia. Every dose of this medicine makes new, rich blood, which feeds the starved veins and drives out the sharp, darting stabbing pains of neuralgia. Mrs. John Tibert, Little River, N.S., says:—"A few years ago I was a great sufferer from neuralgia in my head and face. At times the attacks were simply excruciating, and I would be forced to remain in bed. I tried doctors' medicines, but did not receive any benefit until I began using Dr. Williams' Pink Pills, and I am happy to say that the benefit received from these was wonderful. I may also add that Dr. Williams' Pink Pills cured my daughter of anaemia and indigestion, at a time when we were on the verge of her getting better. I can highly recommend these Pills to anyone suffering from these troubles."

You can get Dr. Williams' Pink Pills from any dealer in medicines or they will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co., Brockville, Ont.

It takes an unusually smart man to discover that his wife is more clever than he is.

DOCTOR ADVISED OPERATION

Cured by Lydia E. Pinkham's Vegetable Compound

Canifton, Ont.—"I had been a great sufferer for five years. One doctor told me it was ulcers of the uterus and another told me it was a fibroid and another told me it was a tumor. No one knows what I suffered. I would always be worse at certain periods, and never was regular, and the bearing-down pains were terrible. I was very ill in bed, and the doctor told me I would have to have an operation, and that I might die during the operation. I wrote to my sister about it and she advised me to take Lydia E. Pinkham's Vegetable Compound. Through personal experience I have found it the best medicine in the world for female troubles, for it has cured me, and I did not have to have the operation after all. The Compound also helped me while passing through Change of Life."—Mrs. LETITIA BLAIR, Canifton, Ontario.

Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has proved to be the most successful remedy for curing the worst forms of female ills, including displacements, inflammation, fibroid tumors, irregularities, periodic pains, backache, bearing-down feeling, flatulency, indigestion, and nervous prostration. It costs but a trifle to try it, and the result has been worth millions to suffering women.

MINARD'S LINIMENT CO., LIMITED.
GENTLEMEN,—I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life consider it has no equal. I would not start on a voyage without it, if it cost a dollar a bottle. CAPT FR DESJARDIN, "Stroker," St Andre, Kamouraska.

East Newbridge.
Not seeing any items from this place for some time, I thought a few lines would be accepted by your valuable paper. Our school is progressing rapidly under the supervision of Miss G. McGuire, Newburg.

Messrs John Owen and Charles McDade of this place, who have been spending the past ten weeks at their home here, have returned to Vancouver, to resume their duties in the lumber woods, in which they have been engaged for the past two years. They were accompanied by Messrs William Bowles, Grafton, and William Lee of Woodstock.

Misses Lillie Campbell and Catherine Mulholland of St Thomas, have returned home, after spending a few days with their friends the Misses McDade.

Miss Alice McDade left on Friday for Lowell, Mass., accompanied by her cousin, Alice Gallagher, of Danville.

Misses Mary and Sarah McCarty are visiting their sister, Mrs John Clark, at Clarkville.

Messrs David and Sam Bagley, made a flying trip to Houlton, on Saturday.

Messrs C Cunningham and J. McGuire, Newburg, also Murray Gallagher of Danville, spent Sunday with friends in this place.

Miss Mamie McDade, Tapley Mills, is the guest of her cousins, Misses Eliza and Cassie McDade.

Merry widow.

The Veteran Had Him.

"Were you ever in prison?" demanded the prosecuting attorney insinuatingly.

"Yes, sir," admitted the gray headed witness for the defense.

"Aha, I thought so! And what for, may I ask?"

"Assault with intent to kill."

"And now long were you in prison?"

"Until I escaped, sir."

The prosecutor turned triumphant to the gentlemen of the jury.

"So, gentlemen," he said, "we have here as the chief witness for the defence an ex-convict and fugitive from justice, by his own confession!"

He turned again to the witness.

"When and where were you in prison, sir?" he sneered.

The old man straightened up and spoke in a strong voice:

"I was captured, sir, at the battle of Fort Harris on Sept. 29, 1866, and sent to Libby prison, Richmond. I affected my escape while being transferred to Salisbury, N. C. As to—"

But that was already more than the prosecutor wanted to know.—Everybody's Magazine.

Minard's Liniment Relieves Neuralgia.

A Prodigy.

The ten-year-old daughter of an artist believes that she is destined to fill a great place in literature, and all her spare moments are devoted to writing poetry about every conceivable subject. Recently she attended her first church wedding and so filled with inspiration was she, that she immediately began to write a poem descriptive of the event. A few days afterward when her mother was entertaining friends, the youthful prodigy asked permission to read her poem before the guests. Her mother humored her with not a little secret pride. Stanza by stanza the poem progressed until the young lady reached the point where the bridemaids were set forth. There one of her complete recited thus: "Some had pug noses and some had Roman, And each wore a blue ribbon about her abdomen."

As To Colonel Bogey.

The Liverpool Sunday Times gives the following version as to the origin of Col. Bogey:—

The name "bogey" was suggested by a song. "Hush! Hush! Hush! Here comes the bogeyman!" In the United Service Club at Portsmouth the then new form of competition became very popular. It was decided that "bogey" would have to be elected to membership as a scratch player of the club, and service rank being indispensable for membership. "Bogey" was made a colonel. Colonel Hamilton says the first contest against "bogey" took place in the Isle of Wight twenty-two years ago.

Blow The Candle.

Place a lighted candle on a table at the end of a room. Invite some one to stand in front of it, then blindfold him, make him take three steps backward, turn around three times and then advance three steps and blow out the candle. If he fails he must pay a forfeit. It will be found that few are able to succeed, simple though the test appears to be.

Looking For Something Easy.

"I'm at the end of my resources. Where shall I borrow money?" "I'll tell you. Tell one your funny stories and tackle the man who laughs."—Cleveland Leader.

For a rusty stove, sprinkle lemon juice liberally over the rust before blackening and polishing the stove.

Its Odd Shape.

"Effie," said Margie, who was laboriously spelling words from a first reader, "how can I tell which is a 'b'?"

"Why," replied Effie, "the 'd' has its tummy on its back."

The D.D. Emulsion

Makes Solid Flesh

Because it creates an appetite. It builds up the jaded, run-down system in a natural way. 50c. and \$1.00 bottles at all druggists.

Be sure you get the genuine. Davis & Lawrence Co., Montreal.

Prepare for winter by getting on all blankets and eiderdown quilts, and hanging them on the clothes line on a windy day. They will then be ready any moment they are needed.

DYEING is Such a SAVING

And it's as simple as A. B. C. with

"Dy-o-la"

Just Think of It!

With the SAME Dye you can color ANY kind of cloth PERFECTLY—No chance of mistakes.

All colors 10 cents from your Druggist or Dealer. Sample Card and Booklet Free from The Johnson-Richardson Co., Limited, Dept. E, Montreal, Que.

A pretty Parisian novelty is a black umbrella lined with black and white checked silk.

It Rubs Pain Away.—There is no liniment so efficacious in overcoming pain as Dr. Thomas' Electric Oil. The hand that rubs it in rubs the pain away and this account there is no preparation that stands so high in public esteem. There is no surer pain-killer procurable, as thousands can attest who have used it successfully in treating many ailments.

When soot falls on the carpet cover it quickly with salt and then sweep it up. In this way you may remove it without doing the least damage to your carpet.

A THROAT PAIN.—To clear the stomach and bowels of impurities and irritants is necessary when their action is irregular. The pills that will do this work thoroughly are Paralee's Vegetable pills, which are mild in action but mighty in results. They purge painlessly and effectively, and work a permanent cure. They can be used without fear by the most delicately constituted, as there are no painful effects preceding their gentle operation.



Rev. Father Morrissey

Rheumatism for Several Years— Now as well as Ever

647 Main St., St. John, N. B.,
Nov. 27, 1908.
Father Morrissey Medicine Co., Ltd.

I am writing to tell you I have been a victim to Rheumatism for several years, and have been treated by several doctors without finding any permanent relief until I got Father Morrissey's medicine. It has cured me so I am able to do my work and find I am as well as ever in my life.

Yours truly,
JOHN CRAWFORD.

Rheumatism cannot exist when the kidneys are in perfect working order, for then they take out of the blood all the Uric Acid, which alone causes the Rheumatism.

Father Morrissey's "No. 7" Tablets

act directly on the kidneys, toning them up and helping them to clear the blood of the Uric Acid. If the Rheumatism is of long standing it may take some time to clear out all the poison, but almost from the first "No. 7" Tablets relieve the pain, and if used faithfully they rarely fail to cure.

Even if other remedies have done you no good, do not give up till you have tried Father Morrissey's "No. 7" Tablets.

50c. at your dealer's.

27

Father Morrissey Medicine Co. Ltd. Chatham, N.B.

Absolutely The Best

We sell Fit-Reform Suits and Overcoats because WE KNOW they are the best, beyond question.

At any price you care to pay—\$15, \$18, \$20, \$22, \$25, \$28, and \$30—we can give you highgrade, hand tailored garments that have no equals in Canada.



Fit-Reform

B. B. MANZER

Woodstock, New Brunswick.

ARE YOU LOOKING FOR BARGAINS IN FURNITURE

If so We have Them.

The A Henderson Furniture Co QUEEN ST

A. J. DAY, Manager.

Call and be Convinced.

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.

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for sale at this office.