

## ENJOYING THE BEST OF HEALTH

"Fruit-a-lives" Cured His Rheumatism



Prof. J. F. DAVIS  
565 CHURCH ST., TORONTO.

I want to say to the people of Toronto and elsewhere that "Fruit-a-lives" is my only medicine and has been for the last four years. Previous to that, I had been very much troubled with Rheumatism and Kidney Disease, and had taken many remedies as well as employing hot applications of salt bags etc., without getting satisfactory results. Noticing the advertisement of "Fruit-a-lives", I adopted this treatment altogether and, as everybody knows, since taking "Fruit-a-lives", I have been enjoying the very best health and find it a pleasure to follow my vocation of Dancing and Department Instruction".

Prof. Davis, the celebrated teacher of dancing and deportment in Toronto, is quite frank in stating that "Fruit-a-lives" alone cured him of distressing Rheumatism and Kidney Trouble. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

## Good Things to Eat and Drink in Summer

Chocolate Egg-and-Milk Shake—Put two tablespoonfuls of finely crushed ice in a tumbler, and add two and one-half tablespoonfuls of chocolate syrup, one egg, and two-thirds cupful of milk. Shake thoroughly and strain. Add a few gratings of nutmeg or a few grains of cinnamon.

Sunday-Night Favorite—Cut cold boiled potatoes in half-inch slices, and then cut slices in half-inch cubes; there should be one and one-half cupfuls. Add three hard-boiled eggs, finely chopped onion, and one canned pimiento, drained, dried on a towel, and cut in thin strips. Moisten with salad dressing and serve in nests of crisp lettuce leaves.

Luncheon Ice Cream Coffee—Pour out coffee remaining in pot, chill thoroughly, dilute with cream, and sweeten to taste. Serve in tall glasses, allowing one tablespoonful of vanilla ice cream to each glass.

## Some Vegetable Recipes

Scotch Stew.—For this, very young and tender vegetables should be used.

One pint of green peas, two young potatoes grated, three carrots and three small turnips sliced, one head of lettuce shredded, a few sprigs of cauliflower, a bunch of parsley, and two ounces of rice. Stew all together until tender, season with salt, pepper, and a teaspoonful of sugar, and stir in a large spoonful of nut butter mixed smooth with hot water. Stuffed Peppers—Remove the stem end and seeds from green sweet peppers, and boil them in salted water for ten minutes. When cool, stuff them with a dressing such as is used for fowls, cover with buttered cracker crumbs, and bake.

Stewed Red Cabbage.—Shred the cabbage, place it in a saucepan with enough cold water to cover. Parboil it, drain off nearly all the water, and add four apples (pared, cored and quartered), about an ounce of drippings, salt, pepper, and a few cloves. Stew until tender, then strain and add add to the liquor a thickening of butter and flour, and two teaspoonfuls of vinegar. Return cabbage to saucepan to heat through again and serve very hot.

Green Pea Fritters—Cook one pint of peas until tender, mash them, and season with butter, pepper, and salt while they are still hot. In the morning, add one cupful of sweet milk, two well-beaten eggs, one half teaspoonful of baking powder, and one half cupful of flour. Bake like griddle cakes for breakfast.

## CANADA'S TRADE SHOWS RAPID INCREASE

WILL PASS THE BILLION MARK BY THE END OF FISCAL YEAR.

OTTAWA, June 26.—At the time of increase in the trade of Canada maintained since the beginning of the present fiscal year, the total trade of the Dominion for the full year will considerably pass the billion dollar mark. For April imports increased over thirteen millions, and exports by nearly three millions. The complete figures for May are not yet available, but the increase for that month, and for the present month to date has been in the same proportion. This means an increase of approximately two hundred millions for the twelve months.

The total trade of the Dominion for the last fiscal year, was a little over \$26 million dollars. The current year promises to pass the billion dollar mark, by at least fifty millions. As another indication of national prosperity and the rapid development of the country, the Finance Department reports an increase in revenue for the first two months of the fiscal year totalling a little over five million dollars.

ASTROLOGER. Mystic Worker. Tells past, present, future, has helped thousands. Why not you? Four 2c. stamps, birthplace, gets marvelous reading. You surely will be surprised. Thos. Philon, 210A. Fabre, Montreal, Canada. 1-26-pd.

To Wash Quits Easily.—When making quilts or comfortables, cover the cotton batting with mosquito netting and sew firmly in place. Then sew the outside together in the shape of a pillow case and slip the pad inside. Tack it sufficiently to hold the pad in place. When soiled, the outside may be very easily removed and washed.

## MOTHER OF LARGE FAMILY

Tells How She Keeps Her Health—Happiness For Those Who Take Her Advice.

Scottville, Mich.—"I want to tell you how much good Lydia E. Pinkham's Vegetable Compound and Sanative Wash have done me. I live on a farm and have worked very hard. I am forty-five years old, and am the mother of thirteen children. Many people think it strange that I am not broken down with hard work and the care of my family, but I tell them of my good friend, Lydia E. Pinkham's Vegetable Compound, and that there will be no backache and bearing down pains for them if they will take it as I have. I am scarcely ever without it in the house.

"I will say also that I think there is no better medicine to be found for young girls. My eldest daughter has taken Lydia E. Pinkham's Vegetable Compound for painful periods and irregularity, and it has helped her.

"I am always ready and willing to speak a good word for Lydia E. Pinkham's Vegetable Compound. I tell every one I meet that I owe my health and happiness to your wonderful medicine."—Mrs. J. G. JOHNSON, Scottville, Mich., R.F.D. 3.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and today holds the record of being the most successful remedy for woman's ills known.

Dr. J. Stewart's Sure Cure Liquid Gall Cure



Cures Galls, Old Sores and Eruptions, Ulcers, Scratches, Cracked Heel, Calks, Cuts, Burns, Scalds, etc.

STEWART'S EXCELSIOR LINIMENT, Cough and Distemper Cure, Lightning Colic Cure, Pure Condition Powders, Hoof Ointment, Heave Relief and Proud Flesh Powders. Ask for booklet. For sale by

F. L. ATHERTON, Woodstock, N. B. 3m-21

## THINNESS

is often a sign of poor health. Loss of weight generally shows something wrong.

Scott's Emulsion corrects this condition and builds up the whole body. All Druggists. Scott & Bowne, Toronto, Ont. 12-10

1862 CANADIAN JUBILEE 1912

## North British & Mercantile INSURANCE CO.

Total Assets \$150,000,000.00

Total Claims Paid \$316,000.00  
Revenue 1910 24,000,000.00  
This Company has deposited with the Receiver General for the protection of Canadian Policyholders.  
Bonds amounting to 1,228,333.33  
CANADIAN INVESTMENTS (much larger than other Fire Offices)  
Total Over \$9,000,000.00

Fire Claims Paid, Over \$150,000,000.00

INSURE WITH THE STRONGEST

P. S. Marsten, Agent Woodstock, N. B.

## Paints!

Varnishes  
Brushes  
Builders' Hardware  
Etc.

Clarke & Johnston  
Connell Street.

## Wanted!

Hogs  
Beef Cattle  
Calves  
Fat Sheep

If you have anything in this line it will pay you to get our prices.

Imperial Packing Co., Ltd.

Phones:—Factory, 84-11  
Residence, 138-31

## CANADIAN PACIFIC

HOMESEKERS EXCURSIONS

May 1, 15 & 29	Second-Class Round Trip Tickets issued from
June 12 and 26	WOODSTOCK
July 10 and 24	To Winnipeg \$37.00
Aug. 7 and 21	Brandon 39.00
	Regina 41.75
	Saskatoon 45.50
Sept. 4 and 18	Calgary 51.50
	Edmonton 51.50

Equally Low Rates to Other Points. Return Limit Two Months from Date of Issue.

W. B. HOWARD, D.P.A., C.P.R., St. John, N. B.

## NOTICE OF SALE

TO ALLAN H. DALY, of the Parish of Richmond in the County of Carleton and Province of New Brunswick, Farmer, and Dora Daly, his wife, and all others whom it may in any-wise concern:

NOTICE IS HEREBY GIVEN that under and by virtue of a Power of Sale contained in a certain Indenture of Mortgage bearing date the third day of December, A. D. 1909, and made between the said Allan H. Daly and Dora Daly his wife, Mortgagees of the First Part, and the Canada Permanent Mortgage Corporation, Mortgagee, of the Second Part, and registered in the Office of the Registrar of Deeds in and for the County of Carleton aforesaid in Book T. No. 4 of Records, pages 564, 565, 566, 567 and 568, as Number 52141, on the Fourth day of December, A. D. 1909, there will for the purpose of satisfying the moneys secured by said Indenture of Mortgage, default having been made in the payment thereof, be sold at Public Auction in front of the Post Office at the town of Woodstock in said County on Wednesday the Tenth day of July next at the hour of two o'clock in the forenoon, all the lands and premises described in the said Indenture of Mortgage, as:

"All that certain lot, piece or parcel of land and premises situate, lying and being in the Parish of Richmond aforesaid and bounded and described as follows:—Beginning at a cedar post standing on the base line between the Fifth and Sixth tiers of Lots, said post being twenty one chains and seventy three links on a rectangular course from the North line of Mary Cassidy's lot; thence North eighty six degrees West seventy nine chains to a stake standing on the American boundary line; thence due South along said line to the Northwest angle of the said Mary Ann Cassidy lot; thence South eighty six degrees East along said line seventy four chains and seventy five links to another marked cedar post standing at the Northeast angle of said Cassidy's lot; thence Northerly along said base line to place of beginning, containing one hundred and sixty six acres more or less and being the same land conveyed to the said Allan H. Daly by two separate deeds thereof, one being from James H. Daley and others and bearing date the fifth day of November, A. D. 1894 and recorded in the Carleton County Records in Book "Y" Number three on pages 303 and 304, and the other from Albert Daly and wife bearing date the Nineteenth day of February, A. D. 1898 and duly recorded in Book "Y" Number three on pages 135 and 136."

TOGETHER with all the buildings and improvements thereon and the rights and members, privileges and appurtenances to the said lands and premises belonging or in any manner appertaining.

FURTHER NOTICE IS HEREBY GIVEN that if a sufficient offer of purchase is not received for the said lands and premises at said Public Auction that same will be with drawn from said sale and will be disposed of by private contract without further notice being given.

IN WITNESS WHEREOF the Canada Permanent Mortgage Corporation has hereunto caused the Corporate Seal to be affixed at the City of Toronto in the Province of Ontario to its thirty first day of May A. D. 1912, the affixing of which Seal hereunto is duly attested by the signature of George W. Monk and Rufus S. Hudson the Vice-President and Joint General Manager of Canada Permanent Mortgage Corporation the day and year last aforesaid.

(Sgd) G. W. MONK, Vice-President (L. S.)

(Sgd) R. S. HUDSON, Joint General Manager

WITNESS: (Sgd) R. K. ROBB, H. H. PICKETT, Solicitor

## CLASSIFIED COLUMNS

### FOR SALE

FOR SALE—2 1/2 Story Brick Store and Dwelling at Upper Woodstock. Freehold corner lot 50x150, building 28x40 ft., eleven rooms, also one corner lot of land 60x100, opposite Connell's Foundry, Main St., suitable for store or dwelling, both at a bargain. The Riverside Hotel, Town of Woodstock, freehold, main house 37x37, ell 20x25, 25 rooms good business. Proprietor getting old and wants to retire. Will sell cheap, also 6 lots of land near Park.

F. W. BOYER, Real Estate and Insurance. Cor. Main and Connell Streets.

### FARM FOR SALE.

At Jacksonville Corner, 4 1/2 miles from Woodstock, 105 acres, 90 under cultivation, with water in house and barns. House, 2 barns, woodshed, hog pen and granary all in good repair. Cuts 50 tons hay, and 1000 bushels grain. Call or write L. T. Emery, Jacksonville, or Clarke & Johnson, Woodstock.—tf.-pd.

### WANTED

TO RENT—Large and well appointed offices in the Sentinel building—rent moderate—Possession given at once. Apply at Office.—tf.

OPPORTUNITIES.—Brandon, Manitoba, Western Canada, a 15,000 city now, growing fast, will quickly reach 50,000. A live centre of rich prospering area. Brandon has openings in all lines of business. Fine investment opportunities. Ambitious men can do well in Brandon. Convincing information supplied by Brandon Commercial Bureau. Write today. (6ins-24.)

TO RENT.—House in Central locality with modern improvements. Possession given at once. Enquire at this office.

CLARENCE HAMILTON, Barber, wishes to announce that he is prepared to hone razors for TWENTY-FIVE CENTS FOR EACH RAZOR. Mail orders ten cents extra. He will also repair razor handles. A splendid HAIR TONIC, excellent for Dandruff, Itching Scabs and Falling Hair, may be obtained from him at the Hairdressing Establishment of Mrs. A. F. Winslow, Regent St., Woodstock. 6m-11.

DR. GEORGE J. BURTT, Veterinary Surgeon and Dentist Graduate of the Ontario Veterinary College and University of Toronto Exchange Hotel, Centreville, N. B. mos-21.

L. O. A.

By permission of the R. W. Grand Master of N. B. the Lodges of Carleton County are permitted to celebrate on July 12th, 1912, at Plaster Rock, N. B. instead of going to Moncton. An excursion train will be run from Debec Junction on that date at reduced rates. All Orangemen and their friends are invited.

J. B. STEVENSON, W. M. L. O. L. No. 131 Plaster Rock, N. B.

ASSESSORS NOTICE. Notice is hereby given that the undersigned have been appointed Assessors of Rates in and for the Town of Woodstock, New Brunswick, for the present year. All persons owning property in said Town may within twenty days give us a statement of their property and income as by law provided.

Charles D. Jordan.  
Charles Comben,  
John Thibideau.  
Dated May 22, 1912.

There Are Great Opportunities in Store

For the YOUNG MAN or WOMAN who completes a course of training at

FREDERICTON The Business COLLEGE. W. J. OSBORNE PRINCIPAL.

Your name and address on a post card will bring to you catalogue giving full particulars.

Address, W. J. OSBORNE, Fredericton, N. B.

Wood's Phosphorine, The Great English Remedy. Tones and invigorates the whole nervous system. Makes new blood in old veins. Cures Nerve weakness, Stomach, Indigestion, Nervousness, Headache, Sleeplessness, and all the ailments of the system. One will find it will cure. Sold by all druggists or mailed in plain package on receipt of price. No paraphrase. The Wood Medicine Co. Limited, formerly Woodstock, Ontario.

### PROFESSIONAL.

F. B. HERRICK

Teacher of Cornet and Violin.

For terms and particulars, apply at Watson's Music Store. 3m-19

F. B. CARVELL

Attorney-at-Law

Office: Sentinel Building, King St.

E. K. CONNELL, B. A., B.C.L. Barrister-at-Law, Notary, Etc.

AGENT FOR

Sun Life and Commercial Union Fire Insurance Co.

MAIN STREET WOODSTOCK, N. B.

W. P. JONES, K. C.

Barrister-at-Law

GARDEN BLD'G, MAIN ST; WOODSTOCK

J. R. H. SIMMS,

Barrister, Solicitor. Notary Public BATH, N. B.

Prompt attention given to Collections. Agent for reliable Fire Insurance Companies. 3m-30

D. B. GALLAGHER,

Barrister and Attorney-at-Law BATH CARLETON COUNTY, N. B.

Collections promptly attended to.

DR. A. H. PRESCOTT

Physician and Surgeon Main Street, Woodstock, on Tel. one No. 130 31.

DR. T. W. GRIFFIN.

Physician and Surgeon OFFICE AND RESIDENCE CORNELL STREET, formerly residence of J. T. Gardner Woodstock, N. B.

T. F. SPRAGUE, M. D. Physician & Surgeon Has Removed to the house lately occupied by B. B. MANZER.

Albert Sreut.

DR. N. P. GRANT,

Late Superintendent and Resident Physician St. John General Hospital.

OFFICE AND RESIDENCE: No. 1 Broadway, - Woodstock, N. B.

W. D. CAMBFR, DENTIST.

Use Oxide Gas used for the loss of Extraction of Teeth.

Office in the Building adjoining his Old Stand in Woodstock.

All the Latest Novelties in Spectacles and Eye-glasses.

Telephone No. 131-31.

DR. I. W. N. BAKER Specialist in Diseases of the EYE, EAR, NOSE and THROAT.

Office in the Building adjoining his Old Stand in Woodstock.

INTERCOLONIAL RAILWAY

Through Service TO HALIFAX AND THE SYDNEYS FROM ST. JOHN

NIGHT EXPRESS leaving at 11.30 p. m. connects at Truro with the Morning Express for Sydney, and with steamers leaving North Sydney for Newfoundland

NUMBER 26 Through Express for Halifax leaving at 12.40 p. m. connects at Truro with Night Express for Sydney

BUFFET SERVICE on Night Express serving Breakfast between Truro and Halifax

DINING CAR on Morning Express from Truro serving Breakfast and Luncheon

45 Successful Years

The Last Year the Best of the 45. Thoroughness and progressiveness have always been the dominating ideas in the management of this College; showiness and superficiality the rocks to be avoided.

Our reward has been ample and satisfying. St. John's cool summer weather makes study during the warmest months just as pleasant as at any other time.

Students can enter at any time.

THE BUSINESS COLLEGE S. KERR Principal

## Will you be one of the 108 farmers who will receive our Prize Contest checks?



THERE will be twelve cash prizes in each of the nine provinces (108 in all) in the 1912 Prize Contest for Canadian Farmers. The 1911 Contest was so successful in awakening interest in the use of Concrete on the farm, that a second contest, in which three times as many prizes are offered, was decided upon for this year.

The Contest this year is divided into three classes, "A," "B" and "C," and there will be four prizes in each class. (First prize, \$50; Second prize, \$25; Third prize, \$15; Fourth prize, \$10.) Thus there are three \$50 Prizes, three \$25 Prizes, three \$15 Prizes, and three \$10 Prizes, for each province.

DESCRIPTION OF CLASSES In Each Class there will be First, Second, Third and Fourth Prizes of \$50, \$25, \$15, and \$10 for Each Province.

CLASS "A"—Prizes to be awarded to the four farmers in each province who use most "Canada" Cement on their farms in the year 1912.

CLASS "B"—Prizes to be awarded to the four farmers in each province who send photographs of the best concrete work done with "Canada" Cement on their farms in 1912.

CLASS "C"—Prizes to be awarded to the four farmers in each province who send in the best description, telling how any piece of concrete work was done with "Canada" Cement. (Entries for this prize must be accompanied by photographs of the work.)

Don't think that you must use a large quantity of cement in order to win a prize. The quantity of cement used does not count in Classes "B" and "C." Many of last year's prize winners used very little cement.

When you enter the Contest, you have a chance to win a cash prize of \$50 as well as the certainty that you will add a permanent improvement to your farm. If you haven't a copy, be sure and ask for our book, "What the Farmer Can Do With Concrete." It will not only suggest many improvements that you can use in entering the Contest, but will tell you all about the use of concrete on the farm.

Just write your name and address on the attached coupon, or use a postal card, and we will send full particulars of the Prize Contest and a copy of "What the Farmer Can Do With Concrete" to you absolutely free.

Address Publicity Manager Canada Cement Company Limited 501 Herald Bldg. - Montreal

## COUPON CANADA CEMENT COMPANY LIMITED

Herald Building, Montreal

Please send me full particulars of the 1912 Farmers' Prize Contest, and a free copy of your book "What the Farmer Can Do With Concrete."

Name \_\_\_\_\_

Address \_\_\_\_\_