

Meat May Be Injurious and Is Expensive!

Some people may eat lots of meat without injury to their health, but it's hard on their pockets. Others should avoid meat almost entirely, yet they eat it daily—these pay in both health and purse.

Either class will benefit by eating less meat and more Kellogg's Toasted Corn Flakes.

It gives much more nourishment than its cost in meat, is infinitely more easy to digest—consequently better for you.

Ask for

Kellogg's
CORN FLAKES
It's the original. 10 cents per package.

REPORT OF TRUSTEES L. P. FISHER MEMORIAL HOSPITAL

A Credit Balance of \$741.30 that "Existed for a Few Days"—Many Repairs and Improvements Made During Year—Work of Matron Commended—Only One Director on Board From County

The report and accounts of the Trustees of the L. P. Fisher Memorial Hospital are herewith submitted showing a credit balance for the year of \$741.30. This balance was the first monthly balance to the credit of the hospital for the whole year and in fact only existed for a few days. That the hospital had a successful year financially was due largely to the fact of so many patients from the railway construction. This cannot be considered as an asset for the future and the shortage must be made up from private and public subscription.

The trustees of the Fisher estate spent a large sum on the building during the past year, putting on a new metal roof which is a safeguard against fire—a strong factor in a hospital. They have also installed a water system to pump water into the highest parts of the building. The water supply of the

town would not reach the high parts of the building standing as it does on such high land. They made other repairs for which the Board could not find the necessary funds. In addition they furnished the most up-to-date X-ray plant at a very large cost, all these going towards making the hospital very efficient.

The work of the matron, Miss Lane, calls for special mention and has added largely to the success of the institution in many ways:

There seems to be a wonderful lack of knowledge on the part of some as to the aim and mission of a hospital and if any such should read this I will state that no incurable can be admitted, as the hospital has the capacity to care for any but curable and non-contagious diseases. If incurables were admitted it would soon be filled so that there would be no room to care for curable, sick and surgical cases.

We would like to have some more directors from the County. Ex-Warden Morgan of Hartland gave \$50.00 and has the honor of being the only County director living. We hope that all the ex-wardens will feel it their duty as did ex-Warden Morgan to become directors. And there are men and women all over this county who could help if they would towards supporting an institution like this. How could we get along without it?

Respectfully,
W. B. BELYEA,
Sec.-Treasurer.
Cash received from May 31st, 1913, to May 31st, 1914.

Cash from Matron	\$646 03
" County Grant	1250 00
" Provincial Grant	600 00
" Town Grant	500 00
" Coupons	400 00
" Ladies' Auxiliary	552 35
" Fire Damages	200 00
" E. C. Morgan	50 00
" Miss Sherrard	5 00
" A. J. Raymond	3 00
" On account	3 00
" Rebate on Insurance	4 40
Total	\$10034 78
Cash Disbursed May 31st, 1913, to May 31st, 1914.	
Wages (prescriptions and operating room supplies)	\$1790 00
Fuel	1601 85
Groceries	1098 11
Laundry	783 40
House Supplies	614 18
Meats	477 78
Insurance	415 13
Milk	365 03
Surgical Supplies	230 91
Bread	218 58
Sundries	204 17
Light	115 96
Ice	71 01
Telephone	40 00
Total	\$8059 63
Overdraft May 31, 1913	1204 95
Bank charges	\$9264 58
Balance Cr. May 31, 1914	28 90
Balance Cr. May 31, 1914	\$741 30
Total	\$10034 78

WHY WEAK LUNGS?

The toll of tuberculosis is claiming more than 350 victims every day in the United States, yet few realize their grave condition until the critical period arrives. Overwork, worry, weakness after sickness, catarrh, bronchitis, tender throats—all exert the weakening influence that invites consumption. To guard against consumption, thousands of people take Scott's Emulsion for meals because its rich medicinal nourishment strengthens the lungs, puts vigor in the blood, and builds strength to resist tuberculosis. Scott's Emulsion is nature's strength-builder. Refuse substitutes.

ANNUAL STATEMENT 1913-1914
(Of medical and surgical cases treated during the year)

Total No. patients admitted	300
Total No. free patients	76
Average No. patients per day	15x
Total No. bed days	5623
Average bed days per patient	18x
Surgical cases	165
Medical cases	132
Maternity cases	3
Mortality Surgical cases	7
Mortality medical cases	4
Mortality old age	4
Total mortality	16
Aver. bed days free patients	21x
Total No. bed days free patients	1638
Number surgical cases free	36
Number Medical cases free	40
Out patients	20
Remained end of year 10 private 3 free	
Number town patients	113
Number Car. Co. patients	63
Number York Co. patients	35
Number Victoria Co. patients	39
Number Madawaska Co. patients	1
Number St. John Co. patients	3
Number King Co. patients	1
Number Maine patients	4
Number Mass. patients	1
Number N. S. patients	3
Number Foreigner patients	37

Woodstock, N. B.,
June 29, 1914.

To the Trustees of the Fisher Memorial Hospital, Woodstock, N.B. Gentlemen:

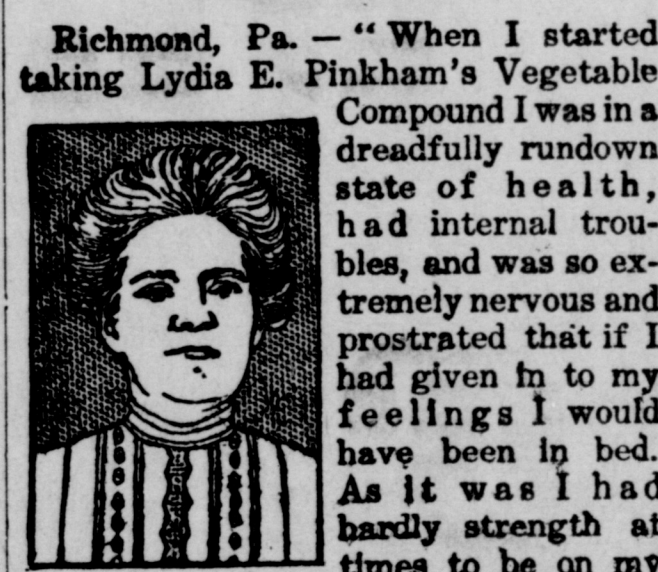
I have carefully examined the books and vouchers and also the Bank Book, of the Secretary and Treasurer for the year ending May 31, 1914, and find them correct, and showing the following results.

RECEIPTS
From all sources \$10034 78
EXPENDITURES
Overdraft at Bank Nova Scotia May 31, 1913 \$1204 95
Exp. Maintenance Hospital May 31, 1913, to May 31, 1914 8059 63
Exp. at bank, overdraft, etc 28 90

Total Expenses \$9293 48
Credit balance at Bank of Nova Scotia \$ 741 30
H. D. STEVENS,
Auditor 1914.

WOMAN WOULD NOT GIVE UP

Though Sick and Suffering; At Last Found Help in Lydia E. Pinkham's Vegetable Compound.



Richmond, Pa.—"When I started taking Lydia E. Pinkham's Vegetable Compound I was in a dreadfully rundown state of health, had internal troubles, and was so extremely nervous and prostrated that if I had given in to my feelings I would have been in bed. As it was I had hardly strength at times to be on my feet and what I did do was by a great effort. I could not sleep at night and of course felt very bad in the morning. "After taking the second bottle I noticed that the headache was not so bad. I rested better, and my nerves were stronger. I continued its use until it made a new woman of me, and now I can hardly realize that I am able to do so much as I do. Whenever I know any woman in need of a good medicine I highly praise Lydia E. Pinkham's Vegetable Compound."—Mrs. FRANK CLARK, 3148 N. Tulip St., Richmond, Pa.

Women Have Been Telling Women for forty years how Lydia E. Pinkham's Vegetable Compound has restored their health when suffering with female ills. This accounts for the enormous demand for it from coast to coast. If you are troubled with any ailment peculiar to women why don't you try Lydia E. Pinkham's Vegetable Compound? It will pay you to do so. Lydia E. Pinkham Medicine Co., Lynn, Mass.

TOWN COUNCIL HOLDS SHORT SESSION

Bills Read and Referred—Town Treasurer's Report for June

The Town Council held the regular session Monday night. Couns. Diblee and Flemming were absent. The resignation of W. B. Belyea as a member of the Board of Health was read and accepted.

Coun. Burden moved that the chairman of the town hall be authorized to ask for tenders for painting the outside of the town hall. Carried.

Mr. Osbrone of the Tarvia Company was present and gave the council some information in reference to cost of streets and sidewalks. He was requested to look over certain places in town, give estimate of cost of sidewalk—to be presented at Friday's meeting of the council. The street committee was instructed to take up matter of land, known as Hay Street, with the Imperial Packing Company who want to enlarge their plant. Owing to the damage being done by cattle on Connell road, Mr. George King was appointed field driver and pound keeper. The Town Treasurer presented the following report for June:

PAYMENTS.

Pire	\$ 53 68
Poor	228 31
Police	118 95
Streets	1014 98
Sewers	26 90
Town Team	80 00
Miscellaneous	133 96
Town Hall	15 48
Water	664 88
Light	171 50
Printing	30 50
Can. Tem. Act	25 00
Total	\$2564 14



GOOD HEALTH
With good health at your back you can do anything. If you are troubled with Headaches, Dyspepsia, Biliousness and kindred sickness you can't expect to accomplish much.
DR. WILSON'S HERBINE BITTERS
that "True Blood Purifier" has been proved, during the last fifty years, to be the one best remedy for those diseases.
Use a bottle at your store Pharmacy, five times larger \$1.00.
The Brayley Drug Co. Limited, ST. JOHN, N. B.
Dreadful Wormstick, too, in candy form for children. Sure and harmless.

RECEIPTS.

By Cash Poor	\$ 45 00
" Sewer	10 60
" Water	1162 08
" Scales	50 00
" Licenses	58 00
" Taxes 1913	977 44
Total	\$2303 12

DRIVEN TO OTHER LANDS

To the Editor of Sentinel:
Sir,—I noticed in a recent St. John paper a statement that N. B. was noted all over "the North American continent—the sons, of this God's corner of the earth, as filling high places, places to which there is but one passport, outstanding ability." It is a pity we cannot keep a few statesmen at home to run our government along honest lines. It is a conceded fact that the working man is the bone and sinew of any country, eliminate them, and where does prosperity come in, trample them down, take all heart and soul out of them and there is but one thing for them to do, get up and get out. This has occurred in thousands of cases. I know whereof I write, as my own children left as some as they came to years of understanding and sought and found prosperity in other countries. They would gladly remained at home if the odds had not been against them. I do not wish to be tedious and will cite but one instance wherein the working man has been trampled on. It came out in court, that, Mr. Scott received 40 cents each for his ties. The government gave Messrs. Wilson and Anderson a monopoly of a certain district, any outside buyer was laid open to law. They forced the working man to furnish them for 30 cents each and those who didn't do the work got the other 10 cents. Men of spirit and ability will not submit to such legislation, but all who degrade themselves and the government by selling their vote is a party to it all, and should tamely submit to the consequences, but those who are not guilty have to suffer just the same.
A SUFFERER.

A Delightful Trip to Western Canada

Passengers contemplating a trip to Winnipeg and points West, will find the trip via the Grand Trunk Railway to Sarnia Wharf, Northern Navigation Co. to Fort William and Grand Trunk Pacific Railway to destination, most enjoyable at this time of year. The Palatial steamers of the Northern Navigation Co., Huronic, Hamonic, Armonic and Noronic, running between Sarnia Wharf and Fort William, are noted for their comfort and the excellency of their cuisine.

Trains on the Grand Trunk Pacific from Port William West, are equipped with Colonist Cars, first-class Coaches, Dining Car, Standard Sleeping Cars lighted by electricity throughout. For descriptive literature or information regarding rates, sleeping car reservations, berth reservations on the Northern Navigation Co.'s steamers, apply to J. H. Corcoran, Travelling Passenger Agent, Grand Trunk Railway System, Moncton, N. B.

St. John Exhibition

The dates of the Saint John Exhibition are from September 5th to 12th, and from reports received from Exhibition Headquarters, this year's Fair promises to be especially interesting. All available space was spoken for and booked remarkably early and several applicants are now on the waiting list in the hope that re-adjustments can be made which will permit of giving them space. The demand has been so great that not one foot in the main buildings has been sold for the use of anything which is not a bona fide exhibit with the sole exception of food concessions. It is the intention this year to concentrate all the amusements in the Midway and before the grandstand and to have these on an even better scale than heretofore, the main buildings being reserved so as to be truly representative of the Manufacturers, Farmers, and Business Houses of the Maritime Provinces. From present forecasts the Exhibition will this year reflect in a comprehensive manner the optimism and progressiveness that has taken such strong hold during the last few years of the people in these Provinces.

Saint John has a reputation to sustain with regard to its Exhibition and seems determined that the one to be held from September 5th to 12th, this year, will maintain this reputation.

Minard's Liniment Cures Distempers.

Notice of Retirement

Having disposed of my stock and trade, also the good will of my Hardware business conducted by me for the last nineteen years, I now take this opportunity of thanking one and all who have given me such generous patronage during my term in the business. Further I wish a continuation of the same to my successors, Messrs. Daniel Stewart and Fred B. Armour, who will continue under the name of Burt Hardware Co., with an up-to-date stock, and will always be ready to cater to the old and new customers who will favour them with their presence and patronage as well.

H. E. BURTT.

New Brunswick Couple Entertained by Relatives

DR. AND MRS. G. B. MANZER OF WOODSTOCK, GUESTS OF J. L. WIGHTMAN.

Dr. and Mrs. Guy B. Manzer and their three children of Woodstock, N. B., were entertained at the home of Mr. and Mrs. Jerry L. Wightman in South Attleboro, Wednesday afternoon. Mrs. Manzer was formerly a Providence woman. Many of her relatives in this section visited the Wightman home during the day.

Besides Mr. and Mrs. Wightman those present were Miss Clare Wightman of Woonsocket, Mr. and Mrs. B. B. Monroe of Woonsocket, Mr. and Mrs. V. W. Beck and family of Providence, Mr. and Mrs. Louis Wightman and Mrs. James Gathell of Pawtucket.—Providence Journal.

Tenders

The undersigned will receive tenders for Painting the Town Hall according to specifications. Tenders will be received up to July 15th.

J. T. A. DIBBLEE,
Chairman Hall Com.

Stops Falling Hair

Hall's Hair Renewer certainly stops falling hair. No doubt about it whatever. You will surely be satisfied.

Woodstock, THURS., JULY 23

ROBINSON'S FAMOUS SHOWS
COMBINED
A MIGHTY ARENIC WONDERLAND
500 PEOPLE AND BEAUTIFUL HORSES
RICHEST COSTUMES
MAGNIFICENT EQUIPMENT
FAMED AS THE WORLD'S SHOW BEAUTIFUL
FINEST SPECIAL TRAINS OF PALACE CARS
MUSEUM-M-DROME
HIPPO-MENAGERIE
PRESENTING IN GRAND ARRAY THE WORLD'S BEST ARTISTS FEATURES RIDERS DARE DEVIL ACTS
AMAZING DISPLAYS

The Most Wonderful Acrobats in the World
9 Nelson Family 9



RED CROSS SPEARMINT DR. KING'S PEPPERMINT PEPSIN CHEWING GUMS

Their delicious purity and their fresh green mint-leaf flavor are almost equal to a tramp through the green field itself, for refreshment.

Look for the Cupid on every Package.

Save the wrapper of each packet—it is a coupon redeemable for valuable

FREE GIFTS

Get the gift catalogue from the store or write us for a copy.

CANADIAN CHICLE CO., LIMITED
PETERBOROUGH, ONT.

Made by Canadians in the most complete, up-to-date and cleanest factory of its kind in Canada.