

Rub Baby's Colds Away With Vicks

"Is a Wonderful Remedy,"
Says New Brunswick Mother

Treat one cold with Vicks Vapo-Rub and, as in the case reported below, you will adopt this external method for all the cold troubles of the family.

When the little ones come in wet and sniffling, just apply Vicks over throat and chest and cover with a Mannel cloth. Repeat at bedtime.

Vicks acts like a liniment or plaster. In addition, its ingredients, vaporized by the body heat, are inhaled all night long.

The child is usually better next morning and the bad after-effects of internal dosing are avoided. Just as good, of course, for adults.

Mrs. Emanuel Albert, of Ramsay street, Campbellton, New Brunswick writes: "Vicks Vapo-Rub is a wonderful remedy. My children were all sick with colds and I rubbed their chests with Vicks, always obtaining the best results. My two months old baby was very ill with a cold in his chest and I was afraid he would have inflammation of the lungs for he coughed so much. I applied Vicks and it relieved him. I can't speak too highly of Vicks."

At all drug stores and a jar. For a free test size package, write Vicks Chemical Co., 344 St. Paul St., W. Montreal, P. Q.

Though Vicks is new in Canada it has a remarkable sale in the States. Over 17 million jars used yearly.

TWENTY-FIVE YEARS AGO

FROM THE SENTINEL,

MARCH 4th, 1899

St. John River Valley Railway
We have heard and written a good deal about the above railway, and its near completion has been frequently predicted. We hope that now a realization of the scheme is really near fulfillment as set forth in the following from the St. John Globe:

People of this province, particularly those living along the upper St. John, will be glad to hear that there is a good prospect of the St. John River Valley Railroad being completed between Fredericton and Woodstock. This road has all been surveyed, the right of way of a considerable portion has been secured and about five miles have been graded. It is understood arrangements are about completed with a syndicate of American capitalists to take over the road, and that work will be commenced as soon as spring opens.

The last fancy dress carnival this season is to be held Tuesday, March 7th. The interest in these carnivals this season has been increasing and this one will be most assuredly the best one. Band in attendance.

Woodstock is to have a new boot and shoe store in the near future. Messrs W S Cox, recently clerk with Fred S Dickinson, and Wallace Gib-

son of Benton, have leased the store in Connell's brick block, now occupied by Oak Hall, and will open early in the spring.

UPPER KENT
Our school is flourishing under the charge of Miss Daisy Holmes of Woodstock.

A very enjoyable evening was spent at the home of Rev S J Perry Friday evening, when a number of people from Beechwood drove up and spent the evening.

A number of our young people from this place, Beechwood, Wicklow and Bath, spent Tuesday evening at Tracey's Hotel, where an oyster stew was served, and Mr and Mrs Tracey did all in their power to make the young people enjoy themselves.

Beecher Hillman returned home from the woods Wednesday.

La grippe has visited this place this winter, but no deaths have occurred.

CENTREVILLE
La grippe still prevails in the village; H S Burt, A C Gibson and J E Alexander have been confined to their homes for some days.

D W Perkins, our V S, has gone to Bangor to spend some time with Dr Dewinal, V S; he expects to bring home instruments for dishorning cattle.

A pound party was given to Rev. J E. Flewelling last evening. The proceeds were good.

TO HOLDERS OF FRASER BONDS

We wish to buy Fraser 5% Bonds due 1924 and 1925, and Fraser 8% Bonds due 1942. Write us quoting prices.

WINSLOW & WINSLOW,
Woodstock, N. B.

NOTICE

Application will be made by the Bel River Light, Heat and Power Co., Inc., to the Provincial Legislature at

The Best In Shirts

Particular men avoid Common-
place Shirts.

Our success in Men's Shirts has
not come by chance.

The exclusive patterns, fit, high
class finish and general excellence
of our SHIRTS is the reason they
are so popular.

THEY'RE SURE TO PLEASE

H. W. Cowan
Gibson Block
WOODSTOCK, N. B.

MAGIC BAKING POWDER

Magic Baking Powder
is scientifically made
and has never failed
to give the maximum
leavening efficiency.
Because of this
and the uniformly
satisfactory results
obtained by its use
we recommend it
as Canada's perfect
baking powder.



PRODUCT
OF
CANADA

CONTAINS NO ALUM

its next Session, for the passage of
a bill to renew the Charter of the
Bel River Light, Heat and Power Co
Inc., which said last mentioned Com-
pany was incorporated under the
Acts of the Legislative Assembly 1,
George V, 1911, Chapter 59. The said
Company having been incorporated for
the purpose of generating, manufac-
turing, transmitting and selling
electricity and electric power in the
Counties of Carleton, York and Char-
lotte, and places thereto, and for the
purpose of supplying the said Counties
of Carleton, York and Charlotte
and places adjacent thereto with elec-
tricity, heat and power, and for the
purpose of carrying on and manufac-
turing all necessary works in connec-
tion therewith.

Dated at the town of Woodstock
this seventh day of February 1924.

R GROVER LEE,
Secretary.

WHITE SAUCE

For Creaming Vegetables of Meats

¾ cupful Borden's St Charles Milk

¾ cupful water

1½ tablespoonfuls butter or butter
substitute

1½ tablespoonfuls flour

1 scant half teaspoonful salt

High seasoning of pepper or
paprika

Melt the butter substitute in a
small saucepan, stir in the pepper
and salt mixed with the flour and
stir until well blended, away from
the heat. Then gradually stir in the
milk and water mixed, preferably us-
ing a wire whisk, and taking care
that all of the liquid is thickened be-
fore a further amount is added. Let
boil a moment or two, then add the
vegetable and let stand over hot wa-
ter for ten minutes to become thor-
oughly heated. Serve with asparagus,
string beans, peas, brussels sprouts
or potatoes.

EGGLESS MAYONNAISE

3 tablespoonfuls Borden's St Char-

les Milk, undiluted

½ teaspoonful salt

¼ teaspoonful mustard

2 tablespoonfuls sharp vinegar

Back to Work
in Four Days

If you are a sufferer from
kidney or bladder trouble,
read how this man was re-
lieved:

"I have used Gin Pills for bladder
trouble and general kidney derange-
ment. I suffered from an aching
back which interfered with my work
on the railroad. It was so bad
that I had to give up my work
for about two months. Then I
started using Gin Pills for the
kidneys, which gave me relief
in four days, so that I could go
back to work. I know Gin Pills
to be a wonderful remedy for
kidney and bladder complaints,
and can recommend them to any
one who may be suffering as I did."

(Signed) Delbert Page.

Gin Pills will relieve you,
too. Get a box to-day, 50
cents, at your druggists.

National Drug & Chemical Co.
of Canada, Limited
Toronto, Ontario.

Gin Pills in U.S.A. are the same as
Gin Pills in Canada.

GIN PILLS

FOR THE
KIDNEYS

THE WORLD'S BEST REMEDY FOR
ALL KIDNEY AND BLADDER TROUBLE

WOOD'S PHOSPHODINE.

The Great English Preparation,
low to develop plots, write and edit. Christ-
mas issues of Canadian magazines all car-
ried stories written by Shaw students. Sales
service free to students. Thirty Years'
Successful Teaching. Write for FREE BOOK
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