



In the Night

Sudden disease, like a thief in the night, is apt to strike confusion into a household. Cramp chooses the hours of darkness for its deadly visitations. Cholera morbus, cholera infantum, cramps and colic come frequently in the night. Are you prepared for midnight emergencies? A bottle of JOHNSON'S ANODYNE LINIMENT gives security, eases pain and saves life. The real danger from a large number of ailments is inflammation. JOHNSON'S ANODYNE LINIMENT is the remedy for inflammation and, whether used internally or externally, it subdues it, gives relief from pain and cures the disease.

Johnson's ANODYNE LINIMENT

A FOE TO INFLAMMATION

Is just the same as it was thirty years ago. At all seasons of the year it is in daily demand for curing colic, cramps, diarrhoea, cholera morbus, bites, bruises, stings, chafings. In fall and winter it cures colds, coughs, croup, catarrh, bronchitis, la grippe, influenza, muscle soreness and pain and inflammation in any part of the body. Get it from your dealer. Two size bottles, 25 cents and 50 cents. The larger size is more economical.

J. S. JOHNSON & CO., 22 Custom House Street, BOSTON, MASS.
Write for free copy "Treatment for Diseases and Care of Sick Room."

NOTES FROM THE PAN-AMERICAN MODEL DAIRY.

The contest is now practically over although the cows will not leave until Nov. 1st. The work of the next nine days will not change the relative standing of the different breeds, and we can now, with certainty, predict the winners in all except the class in which the gain in weight is to be added. The cows were weighed on five consecutive days at the beginning of the test and they are to be weighed five times at the end. All, or nearly all, the cows will show gains in weight and the larger breeds will show some hundreds of pounds more flesh than when the test commenced which speaks well for the care bestowed upon them. None of the herdsmen have escaped having one or more sick cows, but it is gratifying to those in charge that none of the cows have died during their six months confinement. During the hot weather they had to be very closely watched, and less experienced herdsmen would undoubtedly have had losses by injudicious feeding.

It is plainly to be seen, by the number of questions that are asked about the "total solids" prize that the majority of people have a very indistinct idea of the real meaning of the term and I will briefly repeat what I have written before.

Milk is composed of water, casein, fat, albumen, sugar and ash. All these ingredients are necessary to make it a complete food and all the ingredients are valuable when the whole milk is consumed. In making butter we practically take nothing out of the milk but the fat and in making cheese, the casein and fat are the principal ingredients taken. The other ingredients are all, practically, lost in the buttermilk, skim-milk or whey, as far as human consumption is concerned. In a milk trade where the milk is all for human consumption the ingredients are all valuable and are called the solids in the milk and in many cities the law calls for milk containing a certain amount of solids. These solids are determined in the Model Dairy by those in charge of the testing department and they are credited to the cows at 9cts. per lb. The heavy milkers are the most profitable, as a rule, on the "total solids" basis, and the Holsteins are away ahead for this prize and it is very probable that they will also win the prize for "Total Solids plus the gain in live weight valued at 3 cts. per lb."

One of the Jersey cows (Mossy of Hursley) took a chill yesterday followed by a high fever which is going to be a drawback to that breed in the final week. They have been doing well for several weeks and for the week ending Oct. 22nd, they got away from the Holsteins with a lead of 53cts, and they were rapidly lessening their distance between them and the Guernseys. Had Mossy kept to her work the probabilities were that the amount between the Guernseys and Jerseys at the end would have been less than was lost by Rexima (Jersey) during the first two weeks of the test.

The contest has been a most interesting one, and the skill of the herdsmen have been put to the test in manipulating the rations to get the most profit and some of the herdsmen say that the lessons learned have been invaluable to them in the future handling of dairy cows.

There was a falling off in milk last week, with all the breeds, but not a corresponding increase in fat, in fact some of these breeds tested less than the previous week.

Following is the standard of the herds for the week ending Oct. 22nd:—
Shorthorns—Milk, 936.2; Butter, 44.90; Value, \$11.22; Cost of Feed, 6.19; Profit, 5.03.
Ayrshires—Milk, 1011.0; Butter, 48.76;

BABY'S HEALTH.

The Most Precious Thing in the World to a Mother—How to Care for Little Ones.

No price would be too great to pay for the preservation of the perfect, rosy, sturdy health of a baby. No price would be too great; but, as a matter of fact, the price is very small—simply precaution and the exercise of good judgment.

It is not good judgment to give the tender, little infant remedies containing opiates, and the so called "soothing" medicines, always contain opiates; they do not cure, they only drug and stupefy the little ones. Baby's Own Tablets are guaranteed to contain no opiates and no harmful drugs. It is the best medicine for little ones, because it is promptly effective and absolutely harmless. For nervousness, sleeplessness, constipation, colic, stomach troubles, the irritation accompanying the cutting of teeth, and other infantile troubles, Baby's Own Tablets is beyond question the best medicine in the world. The Tablets are sweet and pleasant to take, and dissolved in water can be given with absolute safety to the youngest infant. Mothers who have used this medicine for their little ones, speak of it in the most enthusiastic terms—that is the best proof of its efficacy. Mrs. Alonzo Feltmate, Whitehead, N. S., says:—"In my opinion Baby's Own Tablets are unequalled for children. They take it readily, and it regulates the bowels, cures them of peevishness, and is a great helper in teething. I would not think of being without the Tablets." Sold by druggists or sent postpaid on receipt of price, 25 cents a box, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

Value, \$12.19; Cost of Feed, 5.70; Profit, 6.48.

Jersey—Milk, 820.6; Butter, 51.17; Value, \$12.79; Cost of Feed, 5.55; Profit, 7.24.

Polled Jersey—Milk, 584.9; Butter, 35.50; Value \$5.87; Cost of Feed, 4.06; Profit, 4.81.

Red Polled—Milk, 814.7; Butter, 41.98; Value, \$10.50; Cost of Feed, 5.05; Profits, 5.45.

Brown Swiss—Milk, 854.3; Butter, 41.57; Value, \$10.39; Cost of Feed, 5.37; Profit, 5.02.

Guernsey—Milk, 736.5; Butter, 45.58; Value, \$11.39; Cost of Feed, 4.98; Profits, 6.31.

Holstein—Milk, 1297.3; Butter, 53.38; Value, \$13.34; Cost of Feed, 6.63; Profit, 5.71.

French Canadian—Milk, 703.3; Butter, 37.69; Value, \$9.42; Cost of Feed, 3.97; Profit, 5.45.

Dutch Belted—Milk, 813.2; Butter, 34.63; Value, \$8.66; Cost of Feed, 5.27; Profit, 3.39.

FRENCH CANADIAN COWS.

Since this test commenced on May 1st there have been a great many enquiries about the French Canadian cows, their work having aroused considerable interest in all parts of the country.

"The French settlers who first came to Canada were natives of Brittany and Normandy, France. The first cattle in Quebec, in 1620 or thereabouts, were brought, no doubt, from these two districts. No importations of other breeds worth mentioning are reported in the history of the province until about 1800. Between 1776 and 1850 a few herds of English cattle, mostly Ayrshires and Shorthorn were brought into the province but they were brought by wealthy Englishmen living near Montreal and Quebec, where they are still to be found. They found but little favor with the French inhabitants in the poorer region and in the remote parts along the Laurentian and the lower parts of the St. Lawrence, both north and south, as they were loth to cross their hardy little cows with the larger breeds fearing with good reason that they could not grow sufficient feed to keep the larger animals alive, to say nothing of profit, during the seven months of the winter. Thus they have been kept distinct for over 250 years and in-and-in breeding has been resorted to to fix in a sure manner, the characteristics of the breed. Thus they have much the appearance of the Brittany cattle of today. It may be noted here that the French-Canadian, the Jersey, Guernsey, Kerry and Brittany cattle are all supposed to come from the same origin, and the Brittany is usually allowed to be the older stock, the different breeds being modified by climate, care and perhaps individual characteristics of animals bred from, until they vary from the 500 pound Kerry to the Guernsey almost as large as the Shorthorn. The three qualities claimed for the French Canadians are hardiness, easy-keeping qualities and richness of milk. As they are small, the cows averaging about 700 pounds each they do not require large amounts of food. In form they are something like the Jersey, in color principally dark brown or black with brown stripes on the back and around the muzzle or brown with black points, brindle, or even yellow."

JAS. STONEHOUSE.

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Full Dinner Pails Butter Cream Soda Cuscuits; also, Royal Tiger Family Biscuits,

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Quantity of Fresh, Pure Extracted Honey in Small Tumblers.

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Our Fall and Winter Stock of SUITINGS, PANTINGS & OVERCOATINGS,

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Just think:

CUSTOM-MADE SUITS from \$10 up.
PANTS " 2.50 up
REEFERS " 8.50 "
OVERCOATS " "

Call and see our stock before ordering elsewhere

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SPRING GOODS

- Men's Blue Serge Suits, from \$3.00 to \$6.00
- Boys' Tweed Suits, assorted colors, 8 to 10 years. 2.25
- Men's Pants, from 90c. to 1.25
- " Sateen Shirts, " 45c. " 75c.
- " Flannel Shirts, 25c. each
- " Underwear, all wool, 50c
- " and Boys' Spring Hats, straw and felt, all prices
- " and Women's Tanned Boots & Shoes, VERY LOW
- Flannelette, 6 cts. per yard and upwards
- Dress Goods, at greatly reduced prices.
- Cotton Goods, at a bargain
- Flour, \$3.50, \$4.00 and \$4.50 per bbl.
- Corn Meal, \$2.80 per bbl.
- Molasses, 38c and 40c per gallon.
- Granulated Sugar, 22 lbs. for \$1.00
- Brown " 25 " " 1.00
- Soap, "Happy Home," 10 lbs. for 25c.
- Oatmeal, " " " 25c.
- Barley, " " " 25c.
- Cream Tartar, 30c per pound
- Smoking Tobacco, 35c " "
- Black Tobacco, 35c " "
- Soda Biscuit, 7 cts. per lb
- Baking Soda, 12 lbs. for 25c
- Tea, 15, 20, 25 and 30c. per lb
- Pickles, 2 bottles for 25c.
- Ker. Oil, 22c. per gallon
- Nails, all kinds, \$3.60 per keg
- Table Cloths, 75 cts. each
- Beans, 3 1/2 cts. per lb.
- Corn and Peas, 3 cans for 25 cts.
- Raisins, 10 cts. per lb.
- Dried Ham, 10 cts. per lb.

A large quantity of CROCKERYWARE at wholesale prices. DRESS GOODS of all kinds at a bargain. Call and examine our good and secure bargains.

The WHITE STORE,

SOUTH END REXTON BRIDGE.

W. C. T. U. COLUMN.

"And let us not be weary in well-doing for in due season we shall reap if we faint not."—Galatians 6: 9.

ALCOHOLISM AMONG RAILROAD MEN.

BY T. D. CROTHERS, M. D.

It is a matter of vital interest to all who travel on railroads that managers and train men should be practical prohibitionists. Few people realize that the danger from the breaking of the track, bridges and cars, also from the changes of the roadbed and the action of fire and water, is comparatively small. The greatest number of accidents and the most serious losses come from the failures of management. Bad judgment, failures of the senses, miscalculation and want of attention and accuracy of act and thought, are the most serious causes of accidents. All the great roads are trying to eliminate this danger from mental failure of their operatives. From the manager and superintendent down to the switchman and gatekeeper, everything depends on accuracy and quickness of thought and act with exact attention to every duty. Neglect, mental dullness, sense failures, absent-mindedness, confusion of thought, are fatal to train service. Overwork and neglect of food and sleep, with exposure, are most active causes of these conditions, and yet all combined do not compare with the danger from alcohol.

This is the teaching of experience. Last year forty-four per cent of all the accidents on a trunk road were traceable to men who were using spirits in some form. In one of these cases, the train dispatcher, after wine at dinner, gave a confused order and ten lives were lost. In another, a brakeman, after a glass of whisky, neglected to flag a train and six lives were lost. Engineers have, in innumerable instances, failed to see the danger signals and rushed on to death with many others. After the accident an inquiry seldom brings out the private habits of the dead. The engineer may have taken spirits secretly, and suddenly his good judgment fails and he dies at his post.

Saloons along the line of a railroad are startling danger signals to the traveling public. The nervous tension of train men and their exposure, with exhaustion, are strong temptations to ask relief in the narcotic of alcohol. No other substance known will so quickly obscure the accurate working of the brain and nervous system as alcohol. The soulless railroad companies, whose anxiety to avoid accidents is because they lessen dividends, make laws against the use of spirits by men on the road, and yet they permit saloons and restaurants to sell spirits in the most attractive way at stations.

Over half of all the railroads in the country try to eliminate the danger from moderate drinking operatives, by laws and restrictions. A few trunk lines demand total abstinence in all their service, others only require abstinence when on duty. Responsible, practical train men soon find that only by total abstinence are they safe in their daily duties, and even off duty they recognize the injury which comes from alcohol to their weakened nervous system.

The time is coming when the public will demand that all railroad men shall be total abstainers and shall give unusual care to their health and vigor. The companies will recognize that no alcohol can be sold along their lines and on their property, or to their men, without the most serious loss. The mortality on rail-

roads among employes and passengers is small comparatively, and yet when a recent expert on railroads asserts that over fifty per cent of accidents are preventible, it becomes a matter of personal interest to every traveler to agitate and call for better service.

In two recent accidents in which many lives were lost, both brakemen and engineers had drunk spirits a short time before. The switchman, who neglected his duties, spent his leisure time in a saloon, and yet they were supposed to be temperate men. The mistaken idea that small quantities of alcohol are harmless, permits men to drink beer and stronger drink without question, yet, practically, a scientific study and measurement of the senses and functional activities of the body shows that twenty drops of alcohol interferes with the normal activity, and is manifest in the diminution of the sense acuteness and brain activity. This is in a healthy man who is quiet and under no strain of brain and nervous system. If this is the natural effect of a small quantity of spirits, how much more serious the effects would be on a trainman, whose care and duties keep the nervous system on a constant tension.

Science shows that alcohol obscures the color sense, and that the use of a small quantity of spirits destroys the power of distinguishing red danger signals. An engineer who failed to see the red lights on a drawbridge and was killed with many others, had drunk a glass of spirits an hour before. His color sense was palsied. An operator set the wrong signal, and a fearful loss of life followed. He, too, had drunk spirits a short time before, and his color sense and judgment were impaired. Alcohol in small quantities diminishes the rapidity of thought. This can be measured in seconds and parts of seconds. The process of realizing and knowing the fact, and of acting from this knowledge, is measurable, and the difference in time in health and after the use of alcohol is often several seconds and more, and this is time enough to avert or to precipitate an accident.

A signal man saw the possibility of an accident, and was dazed. Before he could realize and act on this fact, the possibility of preventing it had passed. His mind was clouded by alcohol; he could not think quickly; he knew what to do, but failed to act in time. A train dispatcher hesitated, on the report of an accident, to stop all trains promptly, and this slowness resulted in another accident. He, too, had used spirits, and his mind was unable to act promptly. These are not uncommon facts, only the public seldom know of them. Personally, I have seen this singular confusion of judgment and failure to act and think promptly in a railroad conductor. Later I saw him using spirits at a lunch table, and his previous mental state was explained.

The special personal fact I wish to make prominent is, that railroad men of all grades must be total abstainers. A drinking man in this service is as dangerous as a smoking man in a powder mill. Railroad companies owe the public all caution and care to prevent accidents. Nothing can be more perilous than the cloudy brains of so called moderate drinkers. The public should demand a more rigid scrutiny of the causes of accidents, and when it is traceable to incompetence of men who have used spirits, should hold the companies to strict accountability. Hartford, Conn.

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If you have Backache you have Kidney Disease. If you neglect Backache it will develop into something worse—Bright's Disease or Diabetes. There is no use rubbing and doctoring your back. Cure the kidneys. There is only one kidney medicine but it cures Backache every time—

Dodd's Kidney Pills

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