

## Heart and Nerves Were Bad.

### Could Not Sleep.

To the thousands of people who toss on a sleepless pillow night after night, or who pace the bedroom floor with nerves on the jump, the heart action all wrong, and to whose eyes sleep will not come, Milburn's Heart and Nerve Pills offer the blessing of sound refreshing slumber, as they restore the equilibrium of the deranged nerve centres and correct the wrong action of the heart.

Mrs. Charles Teel, Horncastle, Ont., writes:—"Just a few lines to let you know what Milburn's Heart and Nerve Pills did for me. My heart and nerves were so bad I could not sleep, and the least noise or excitement would make me feel so that I used to think I was going to die, and I would tremble until I could hardly stand. I took doctor's medicine, but it did not do me much good. At last I tried Milburn's Heart and Nerve Pills, and can certainly say they did me a great amount of good. I can recommend them to anyone who is suffering as I was."

Milburn's Heart and Nerve Pills have been on the market for the past twenty years, and have done more to steady shaky nerves and strengthen weak hearts, than any other known preparation.

Price, 50 cents per box, or three boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

## LOWER PRINCE WILLIAM

Inspector R. D. Hansen visited our school week before last.

Mr. and Mrs. Josiah Lawrence have returned home after visiting friends in Carleton County.

Miss Bartie Barton visited Miss Ada Jordan recently.

Miss Annie Joslin, who taught school at Nashwaak last term, will remain home until Spring.

Quite a number of our young men left last week for the lumber woods with their teams.

Gulford Lawrence is digging a well at present. Mr. Kelly of Lake George is assisting him.

H. L. Lounsbury is busy hauling his island hay.

The 'Missionary Sewing Circle met last Thursday with Mrs. Abram Kitchin.

Miss Ada Jordan is kept busy dressmaking this winter.

Mrs. Harry Boody is confined to her home with an attack of grippe.

Rev. Mr. Bell held service at Burden yesterday afternoon.

Mrs. Frank Jewett is visiting her former home at Jerusalem, Queens County.

## FOREST CITY.

Forest City, Jan. 12.—Mr. R. Wilson resumed charge of the school here after the holidays.

The body of Mrs. Fletcher of Bangor, Me., a former resident of this place, was brought here for interment on Friday last. The hearse of beautiful flowers left upon the grave testified to the regard of those who accompanied the remains to their last resting place.

Miss Bird Graham, who has been working for Mrs. Harvey Boone during her recent illness, has returned to her home at Pemberton.

Mr. and Mrs. Hanford Gould and family spent Sunday at J. L. Gould's, Eel River Lake.

Miss Amelia Nason of Waas's, arrived here last Monday to resume her duties as teacher of the school at Pemberton Ridge.

Messrs. William Gould and Willard Leeman made a trip to Danforth the first of the week.

Frank Boone, who has been in the hospital at St. Stephen undergoing an operation, is at home again and is improving.

Mr. and Mrs. John Higgs spent a few days with relatives at Eel River Lake recently.

Miss Olive Gould, who has been teaching at Bristol, N.B., for the past four years, is staying at home for a rest this winter. She entertained her friend, Mr. Ricker of Haynesville, for a few days at her home recently.

The death of Mrs. David Patterson of this place, occurred on Monday last. She was eighty years of age and leaves a husband, two sons, William and Frank of this place, and three daughters, Mrs. Blanchard of Vanesboro, Mrs. Budden of Greenville, and Mrs. Goodrich of Abbot, Me., to mourn her loss. The funeral was held on Wednesday afternoon, and was largely attended. Rev. J. C. McDonald had charge of the service.

Mr. Hanford Gould is busy hauling oats from Eel River Lake and delivering them at Clark's Camp on Spednic Lake.

A baby girl arrived at the home of Mr. and Mrs. Lancaster Harvey early Thursday morning. Miss Bird Graham has gone there to work.

## "CASCARETS" CLEANSE LIVER AND BOWELS

Feel Bully! No Headache, Sour Stomach, Bad Breath, Constipation

Get a ten cent box now.

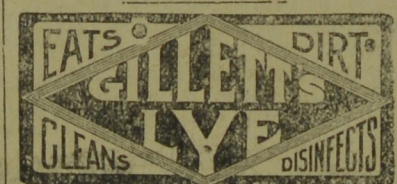
Are you keeping your liver stomach and bowels clean and fresh with Cascarets—or merely forcing a passageway every few days with salts, cathartic pills or castor oil? This is important.

Cascarets immediately cleanse the stomach, remove the sour undigested and fermenting food and foul gases; take the excess bile from the liver and carry out of the system the constipated waste matter and poison in the bowels.

No odds how sick, headachy, bilious and constipated you feel, a Cascaret to-night will straighten you out by morning. They work while you sleep. A 10-cent box from your druggist will keep your head clear, stomach sweet and your liver and bowels regular for months. Don't forget the children—their little insides need a gentle cleansing, too.

Commission on Treasure

When operations are carried on for the recovery of treasure at great depths divers are usually paid weekly wages, plus a commission on the value of the stuff actually recovered. One has received as much as \$50 in wages alone, and a diver has brought up in his hand a "find" worth no less than \$35,000. This was a hunting-knife studded with diamonds, and it was recovered from the "Cadiz," which was wrecked near Ushant, on the French coast.



Light and Milk

Milk spoils quickly when kept in a strong light and investigators have found that the rays of light near the violet end of the spectrum seem to have the most detrimental effect. Strong light acts in the same manner upon sterilized milk and upon pasteurized milk as upon pure, fresh milk; after being exposed in plain glass bottles to full sunlight for a day, all three kinds of milk were found to be completely spoiled and unfit for use. On the other hand, says The Scientific American, red rays are beneficial, and milk that is put in bottles of red glass or in bottles wrapped with red paper, will keep in good condition much longer than milk bottled in glass that permits the passage of all the light waves.



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Beware of Imitations

Winter Stores in Labrador

The Indians of the barren lands of Labrador rely almost entirely upon the migrating caribou for winter sustenance. When the great herds of reindeer go south in the fall, the Indians lie in waiting for them, killing sufficient meat to keep them from starvation during the months of darkness and desolation. The meat, as killed, is packed into caches—either high in the trees, well out of reach of wolves, or in some natural cave, which is barricaded with rocks and timber. When the last deer have south, the barren lands are almost destitute of life, and should anything happen to their store the Indians are confronted with starvation.

We must have room for new goods arriving, so will put the knife into our new TRIMMED HATS, which we will throw away profit to effect quick sales. All this line is marked down to prices which goods cannot be made for. Come early and make your choice This Saturday we will make a Special of

Talcum Powder . . . . . 9c per can.

Glass Towels, one yard square, . . . . . 13c. each

Barrets . . . . . 9c each

300 yard Cotton Reels . . . . . 5 each

50 yard Black and Colored Sewing Silk . . . . . 4c. each

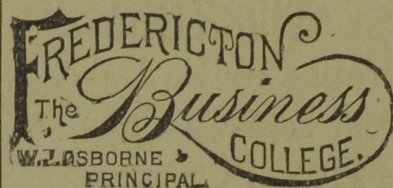
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for the fall term of this year a compared with last year.

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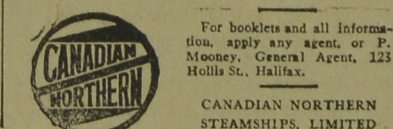
STAPLES PHARMACY

Alonzo Staples, Prop.



Ad Wogast's brother Johnny is to box in one of the preliminaries when the former champion meets Joe Rivers in Milwaukee next week

Bombardier Wells is not discouraged over his recent defeat by Carpentier and is planning to take another fling at the game.



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2200-81—Knight, H. A. res., Springhill.

2800-13—Pincombe, Rev. C. G. res., Marysville.

306—Richards, C. D. Law Office, 548 Queen St.

139-41—Currie, Raymond M. res., 186 Queen St.

537-11—Love, Andrew P. res., Gibson.

452-12—Reynolds, Mrs. Jas., res., St. Mary's.

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360-21—Vradenburg, W. H., res., 239 Carleton street.

370-41—Shortill, Frank, res., St. Mary's.

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In choosing and using a soap for your "Little Fairy" you will find no soap so mild, so neutral, so agreeable to tender skins as FAIRY SOAP.

Being made from products that you could eat, FAIRY SOAP agrees with even the tender skin of a babe.

**FAIRY SOAP**

is white—pure—floating. It comes in a handy oval cake. We could charge you five times the price asked for FAIRY SOAP and we could add nothing to its quality.

In higher-priced soaps you are paying for high-priced perfume and fancy wrappers—not better soap.

Made by THE N. K. FAIRBANK COMPANY Montreal

"Have you a little 'Fairy' in your home?"

**Sore Feet**

CHAFED PLACES, BLISTERS, ETC.

Are your feet hot, sore and blistered? If so, try Zam-Buk.

As soon as Zam-Buk is applied it cools and soothes injured smarting skin and tissue.

Its rich, refined herbal essences penetrate the skin; its antiseptic properties prevent all danger of festering or inflammation from cuts or sores; and its healing essences build up new healthy tissue.

For stings, sunburn, cuts, burns, bruises, etc.—just as effective.

Mothers find it invaluable for baby's sores!

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Serge Skirts, Ladies' Coats, Ladies' Suits, Soiled Waists, House Dresses, Children's Furs, Wool Capes, Children's Overalls, A lot of Children's Dresses and numerous other Garments.

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