

CAN YOU WHISTLE?

If You Can You Need Never Suffer From Dyspepsia.

When the throes of indigestion and the qualms of dyspepsia are making your life miserable just purse the lips and whistle a brisk, merry tune—not a muffled, doleful, half hearted whistle, but a whistle so deep and voluminous that the whole house will be filled with the sound.

Don't be afraid somebody will hear you. Let them hear you. It will do them good. It will enliven and cheer them while it cures you.

Indigestion and dyspepsia always make one feel gloomy and depressed and morbid and blue. Everything seems to go wrong, and doubtless you won't feel one bit like whistling. But no matter; whistle anyhow.

If possible go out in the fresh air and do your whistling. If you can't go outdoors just open the window wide and whistle with all your might. Any old tune will do, so you put life and vigor into it.

Whistle, whistle, whistle! Keep it going. Don't get tired. Go on with all your might. Harder, harder!

The first thing you know the stomach will have righted itself, the liver will be working good and strong, the blood will be bounding through your veins, your brain will be clear and vigorous, and you will feel twenty years younger.

False Hair.

Wearing false hair is a very widespread custom. In the language of the tradesman, hair grown on the heads of northern nations is the most valuable both because of its superior fineness and gloss and its color. Germany and Sweden provide the most valuable hair, especially if it be golden blond, which is of the finest texture and of a color impossible to obtain by artificial dyes. Italy and other southern nations produce only coarser and less costly varieties. Most precious of all, however, is hair of a true silver gray color, which in sufficiently long plaits is almost impossible to procure, chiefly from the fact that its very rarity causes those women lucky enough to possess it to refuse to part with it. The most constant supply of human hair for the world's market, however, comes from the peasant girls in countries such as Russia and Galicia, where immediately after marriage a headress is assumed which makes the lack of its natural covering unnoticeable. In Bohemia, Moravia and Galicia there are regular hair markets to which the women take their hair for sale.

Wonderful Hats.

Abraham Lincoln was a man whose keen wit and pleasing humor extricated him from many an embarrassing situation. On one occasion he was presented with two fine hats, each by a different hatmaker, neither knowing that the other had made such a contribution. In the course of events they called upon the president, and it so happened that both called at the same time.

When both found themselves in the presence of the executive they asked how he had liked the hats they had sent him, and, taking advantage of the opportunity of securing a statement of superiority of one or the other make, the president was asked to state his preference.

To many men such a question would be very embarrassing, but to Lincoln not at all. He took the hats, one in each hand, and then replied gravely, but with a mischievous twinkle in his keen eyes:

"Gentlemen, your hats do mutually surpass each other!"

The Bank of England's Museum.

The Bank of England has a curious museum, in which the principal exhibits are its own notes.

Among them is a note for a penny, which was issued by mistake and bought back by the bank for \$25. Another is a note for £1,000,000.

A third is a bank note which was found inside a codfish caught off the Newfoundland banks, and a fourth is a note which was in circulation for over a century and a half before it was presented for payment.

There are many forged notes in the museum, their value aggregating many millions of dollars, and there are also some notes which were recovered by divers from the sunken wreck of the British war ship Eurydice.

A Similarity.

"It was one of the most pathetic plays I ever saw," said young Mrs. Torkins.

"I don't see why you go to the matinee if it makes you cry."

"Just because I feel bad is no sign I haven't had a good time, Charley, dear. You know how much you enjoy going to the races and coming back with the blues."

Apples For Gout.

Those troubled with gout will find their best remedy in the acid contained in apples. Several should be eaten daily.

Coleridge.

Coleridge found solace for his troubles in the forgetfulness induced by opium, and when under its influence would sit for hours threading the creamy mazes of his own mind.

THE GROVES OF BLARNEY.

The groves of Blarney; they look so charming,
Down by the purlings of sweet silent brooks—
All deck'd by posies, that spontaneously grow there,
Planted in order in the rocky nooks.
'Tis there the daisy, and the sweet carnation,
The blooming pink, and the rose so fair;
Likewise the lily and the daffodilly—
All flowers that scent the sweet, open air.

'Tis Lady Jeffers owns the plantation,
Like Alexander, or Helen fair;
There's no commander in all the nation
For regulation can with her compare.
Such walls surround her, that no nine-pounder

Could ever plunder her place of strength;
But Oliver Cromwell he did her pommel,
And made a breach in her battlement.

There's gravel walks there for speculation,
An conversation in sweet solitude;
'Tis there the lover may hear the dove, or
The gentle plover, in the afternoon.
And if a young lady should be so engaging
As to walk alone in those shady bowers,
'Tis there her courtier he may transport
her

In some dark fort, or under the ground.
For 'tis there the cave where no daylight enters,
But bats and badgers are forever bred;
Being mossed by nature, that makes it sweeter

Than a coach and six, or a feather bed.
'Tis there the lake that is stored with perches,
And comely eels in the verdant mud;
Besides the leeches, and the groves of beeches,

All standing in order for to guard the flood.
'Tis there the kitchen hangs many a fitch in,
With the mads a-stitching upon the stair;
The breed and bisket, the beer and whiskey,
Would make you frisky if you were there.
'Tis there you'd see Reg Murphy's daughter
A-washing prates forewent the door,
With Roger Cleary and Father Healy,
All blood relations to my Lord Donoughmore.

There's statues gracing this noble place in,
All heather goddesses so fair—
Bold Neptune, Puntarch and Nicodemus,
All standing naked in the open air.
So now to finish the brave narration,
Which my poor pen could not entwine;
But here I Homer, or Nebuchadnezzar,
'Tis in every feature I would make it shine.

—Richard Alfred MURKIN.

Encouraging.

Clara—Do you think there is any chance of his asking me to marry him?
Maud—Yes. I never saw a man yet who wouldn't make a fool of himself.

Merely a Hint.

Kitty—Harry says he loves me for myself alone.

Bertha—I suppose that's his way of saying your mother must be kept out of the family.

Knew Better.

"They say Brown is ten years ahead of his time."

"Well, it's not true. He's six months behind. I'm his landlord and know."—Chicago Journal.

JUST WHAT YOU NEED.

Chamberlain's Stomach and Liver Tablets.

When you feel dull after eating.
When you have no appetite.
When you have a bad taste in the mouth.

When your liver is torpid.
When your bowels are constipated.
When you have a headache.
When you feel bilious.

They will improve your appetite, cleanse and invigorate your stomach, and regulate your liver and bowels. Price 25 cents per box. For sale by all druggists.

Lame Back for Four Months.

Was Unable to Turn in Bed Without Help.

Plasters and Liniments No Good.

This was the experience of Mr. Benjamin Stewart, Zionville, N.B.

TWO-THIRDS OF A BOX OF

Doan's Kidney Pills
CURED HIM.

He tells of his experience in the following words: "For four months I was troubled with a lame back and all this time was unable to turn in bed without help. I tried plasters and liniments of all kinds but with no effect. At last I was induced to try Doan's Kidney Pills, and by the time I had used two-thirds of a box my back was as well and as strong as ever and has kept so ever since."

Backache, Frequent Thirst, Scanty, Cloudy, Thick or Highly Colored Urine, Puffing under the Eyes, Swelling of the Feet and Ankles, are all symptoms of kidney trouble that Doan's Kidney Pills will cure.

Price 50 cts. per box or 3 for \$1.25, at dealers, or

THE DOAN KIDNEY PILL CO. TORONTO, ONT.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of

Chas. H. Fletcher

and has been made under his personal supervision since its infancy. Allow no one to deceive you in this.

All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Bears the Signature of

Chas. H. Fletcher

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In Use For Over 30 Years.

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SHOT GUN - PRESCRIPTION -

We suppose we are not revealing any trade secrets when we say that many medicines are made up on the principle of the so-called "Shot Gun" Prescriptions, which were formerly somewhat in vogue. The idea of the Shot Gun Prescriptions was to put into a medicine a large number of different drugs, each useful for different purposes, in the hope that some of them might hit the case.

The most successful physicians we know use a more direct method. The medicine we sell over our own name, and guarantee, does the same. This medicine is called

Staples' Dyspepsia Remedy.

It is the best remedy we know of for Dyspepsia in all forms, such as Indigestion, Costiveness, Biliousness, Sour Stomach, Heartburn, Water Brach, Sick Headache and all the terrible diseases caused by Dyspepsia. It is not a scattering "Shot Gun" Prescription but it goes straight to the mark, and has cured so many people right here in town, that it gives us confidence to sell it on an absolute guarantee, as follows: If you use a bottle and it does not help you, we will give you your money back without a word of complaint. We could not afford to guarantee it so boldly if we had not seen it succeed ninety-eight out of every one hundred cases.

Prepared by **ALONZO STAPLES,** Druggist, corner York and King sts. F'ton, N. B.

Dr. A. T. McMurray Seed Time

Graduate of Harvard Dental School and Oral and Dental Hospital. Late Assistant of Oral Surgery at Boston City Hospital. Licensed Dental Surgeon by State of Massachusetts. Dentistry in all its modern branches. Special attention given to care of Children's Teeth and the insertion of Artificial Teeth, Local and General Anesthetic applied for painless extraction.

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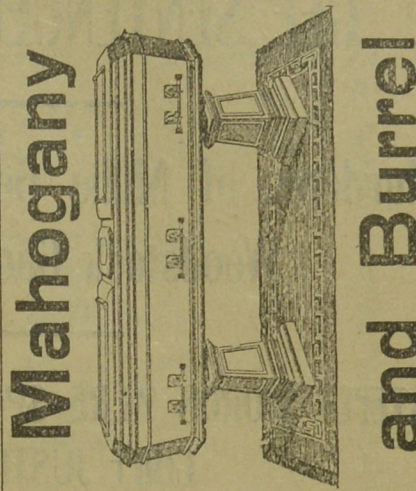
Timothy Seed,
Northern Red Clover Seed,
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Alsike Clover Seed,
Ensilage Seed Corn,
Canadian Beauty Seed Peas,
Golden Vine Seed Peas,
White and Black Seed Oats.

Also a large stock of Garden and Flower Seeds.

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310 Queen St., F'ton.

Just arrived, a large variety of



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Prices just half.

ROBT. B. ADAMS

INTERCOLONIAL RAILWAY

On and after Sunday, October 11th, 1903, trains will run daily (Sundays excepted), as follows:

TRAINS WILL LEAVE ST. JOHN

No. 6 Mixed for Moncton	6.30
No. 2 Express for Halifax, the Sydneys and Campbellton	7.00
No. 4 Express for Point du Chene	13.15
No. 26 Express for Point du Chene, Halifax and Pictou	12.4
No. 8 Express for Sussex	17.10
No. 134 Express for Quebec and Montreal	18.00
No. 10 Express for Halifax and Sydney	23.25

TRAINS WILL ARRIVE AT ST. JOHN

No. 9 Express from Halifax and Sydney	6.20
No. 7 Express from Sussex	9.00
No. 133 Express from Montreal and Quebec	13.50
No. 5 Mixed from Moncton	15.20
No. 3 Mixed from Point du Chene	16.50
No. 25 Express from Halifax, Pictou and Moncton	17.40
No. 1 Express from Halifax	18.40
No. 81 Express from Moncton, (Sunday only)	24.35

All trains are run by Atlantic Standard Time. Twenty-four o'clock is midnight. Moncton, October 9, 1903

CANADIAN PACIFIC RY.

ATLANTIC DIVISION

ALL RAIL LINE THE SHORT LINE
To Boston, etc. To Montreal.

IMPERIAL LIMITED ROUTE
TO THE PACIFIC COAST

ARRANGEMENT OF TRAINS
In Effect, October 11th, 1903

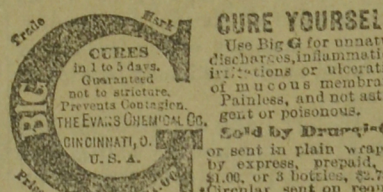
Atlantic Time. Trains daily except Sunday, unless otherwise stated.

LEAVE FREDERICTON

6.25 a.m.—Express from St. John, St. Stephen, St. Andrews, Houlton, Woodstock, and points north; Edmundston, River du Loup and Quebec; Bangor, Portland and Boston, etc.
6.50 a.m.—Mixed, via Gibson Branch, for Woodstock, Presque Isle, Edmundston, River du Loup. Leaves St. John 7.30 a.m.
9.45 a.m.—Express for Fredericton Jct. connecting with Express for St. John and points east. Palace Sleeper Car Fredericton Junction to Halifax. Dining Car Fredericton Junction to Truro.
6.00 p.m.—Mixed, for Fredericton Junction, connecting with Short Line Express for Montreal, Ottawa, Toronto, etc., and with Pacific Express from Montreal for the West, Northwest and Pacific Coast. Also connects for Bangor, Portland, Boston, etc. St. Stephen. Palace Sleeper Fredericton Junction to Montreal. Pullman Sleeper Fredericton Junction to Boston. Dining Car Fredericton Junction to Mattawamkeag.
9.00 p.m.—Express for St. John and points east.

ARRIVE AT FREDERICTON

9.05 a.m.—From St. John and points east.
11.45 a.m.—From Boston, Montreal, St. Stephen, Houlton and Woodstock.
8.10 p.m.—From St. John and east.
4.50 p.m.—From Woodstock and all points north as far as Perth and Plaster Rock via Gibson Branch. Arrives at St. Mary's 4.20 p.m.
0.40 p.m.—From Boston, Portland, Bangor, St. Stephen, St. Andrews, Woodstock, Houlton, etc.
J. C. B. FOSTER,
[Dist. Pass. Agent, St. John, N. B.]
F. E. USSHER,
G. P. A., Montreal, P. Q.



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