

Dropsical Swellings

An Accompaniment of Kidney Disease—Most Frequent in Advanced Age—Mr. Trememan Cured by

Dr. Chase's Kidney-Liver Pills

The kidneys when in health filter from the blood the urea which is in reality poisonous waste matter. When the kidneys are weak and deranged the urea remains in the blood and causes it to become watery and deficient in nutritive quality. Dropsical swellings are the result. At times the ill-effects are felt about the heart and death comes suddenly in the form of heart disease or apoplexy. With others the legs swell until they become of unwieldy proportions and require to be kept bandaged.

Dr. Chase's Kidney-Liver Pills prevent and cure dropsical swellings and all the dreadful symptoms of kidney disease. They cure thoroughly by striking directly at the root of the trouble and setting the kidneys right.

Mr. James Trememan, 536 Adelaide street, London, Ont., states:—"Two years ago I was laid up with kidney disease and urinary troubles. Besides the pain and inconvenience caused by these troubles, I became dropsical, and my legs would swell up so that I could scarcely go around at all. Hearing of Dr. Chase's Kidney-Liver Pills, I procured a box and continued the use of this valuable medicine until now I can say for a certainty that I am entirely cured. I never took any medicine that did me so much good, and am firmly convinced that if it had not been for this medicine I would not be working today."

As a family medicine of tested and known worth, Dr. Chase's Kidney-Liver Pills have never been approached. They act directly on the kidneys and liver, regulate the bowels and ensure the perfect action of the digestive and filtering systems. One pill a dose; 25 cents a box. At all dealers or Edmondson, Bates & Co., Toronto.

New England Peanut Brittle.

Boil one and a half pounds of brown sugar, a half pint of New Orleans molasses, a half teaspoonful of cream of tartar and a half pint of water to the "hard ball" degree. Then add a pint of small peanuts and continue the boiling until it cracks easily if put in cold water. Add a quarter of a pound of butter and let it just boil in. Then remove from the fire. Add a large teaspoonful of bicarbonate of soda dissolved in a little water, stirring it in. As soon as it begins to rise pour it out upon the marble or dish and spread it thin. When cold, break it up. The thinner it is run the better. Small Spanish peanuts are the best, and they must be removed from their skins by placing them in boiling water, as is done for blanching almonds.

Growth of Our Language.

To give some idea of the tremendous growth of the English language it may be mentioned that the words and phrases under the letter "A" have increased since the middle of the nineteenth century from 7,000 to nearly 60,000. So enormous indeed has been the growth of the English language that it would be practically impossible for the most learned man to be acquainted with every word. Intelligent persons, even those engaged in the learned professions, do not make use of more than from 6,000 to 8,000 words all told, although there are properly belonging to our language over 200,000.

A Life Sentence.

"Would you call stealing a kiss larceny?" queried the inexperienced young man. "I suppose so," replied the married man, who was hustling from dawn to dusk to support his family. "What is the penalty?" "Why, I stole a kiss one time and was sentenced to hard labor for life."

ABSOLUTE SECURITY.

Genuine

Carter's Little Liver Pills.

Must Bear Signature of

Wm. Wood

See Fac-Simile Wrapper Below.

CARTER'S LIVER PILLS
FOR HEADACHE.
FOR DIZZINESS.
FOR BILIOUSNESS.
FOR TORPID LIVER.
FOR CONSTIPATION.
FOR SALLOW SKIN.
FOR THE COMPLEXION.
CURE SICK HEADACHE.

ON FIGURE SKATING

INTRICATE ICE "STUNTS" AND HOW TO PERFORM THEM.

Dr. Arthur G. Keane, the United States Champion Fancy Figure Skater, Describes Some of Them for the Benefit of Those Who Wish to Become Proficient—The Spread Eagle, the Maltese Cross and the Figure 8.

Among the best known figures used in fancy skating are the following, which I will briefly describe for the benefit of folk desirous to become proficient in this most interesting art, writes Dr. Arthur G. Keane, the United States champion fancy skater:—"The cross foot spin is a figure that many an ambitious skater finds trouble in negotiating. The spin starts with a double foot whirl.



DR. KEANE EXECUTING A "SPREAD EAGLE." Then I make the familiar figure 8 on both feet at the same time, crossing the feet. The spin is continued on the outer edge of both skates, the toes being held rigidly together. The arms are gradually lowered to give speed.

In the cross cuts, or anvils, the body is often at sharp angles. The tops of the anvils are from eight to nine inches long. I start on the outside edge forward, changing to a back stroke on the outside edge by suddenly bringing the balance foot forward. Change is next made to a forward stroke on the outside edge, and this is brought across the first by bringing the balance foot back.

In the spread eagle the impetus is gained on the first stroke. The body is held nearly erect and the arms are kept at the side. The start is made on the right foot with a plain stroke forward, the left foot following in line with the toe turned out. The heels should be kept about nine inches apart.

The double flat foot stunt leaves on the ice a disk the diameter of which is about half the length of the skates. The start may be made with either foot. I will describe the figure as done with a right foot. Going on the outside edge forward, I make the figure 8 and bring the left foot alongside the one on the ice, continuing the spin on the flat of the skates and gradually lowering the arms, as in the other figures.

We now come to a difficult design, the Maltese cross. As in other single foot figures, I use the right foot. The start on the inside edge is changed



DR. KEANE CUTTING A FIGURE EIGHT to the outside edge. Then come three changes of edges, after which the anvil is made. The first changes are now crossed by three more. The rest of the figure is done in the same manner. Speed is given by the balance foot.

"The figure 8 on one foot with a 3 turn at each end is made like the other figure 8, excepting that the figure 8 is introduced when the first circle is half completed and again at the place corresponding in the second circle. It's very easy."

Earning a Living.

Nephew—I'm going to get married, uncle. Uncle—I'm very pleased to hear it. You ought to be doing something towards earning a living. Colored Comic.

It Makes Strong Men

Who's the champion of this game in Canada?

A Scotch-Canadian to be sure.

Where's the Scotch-Canadian who has not been reared on Scotch-Canadian Oatmeal porridge?

Where's the one who ever grew to stalwart manhood on cold fads?

Thousands of Scotch and other Canadians have eaten **Tillson's Pan-Dried Oats** all their lives.

Thousands of Canadian strong men have been made strong on **Tillson's** good, plain wholesome Oatmeal porridge—**Pan-Dried**.

No hulls, no specks, no dirt, no dust—nothing but the eatable part of the oat.

Packages only

All Grocers

Tillson's Oats

Pan-Dried. A Food, not a Fad

Made in Canada
50 Years



Wonderful Little Padlock and Chain.

In a curious old book entitled "The Wonders and Curiosities of London" there are the following particulars concerning a minute padlock: In the twentieth year of the reign of Queen Elizabeth Mark Seariot, a blacksmith, made a lock consisting of eleven pieces of steel, iron and brass, all of which, together with the key, weighed but a small fraction over one grain. He also made a chain of gold, consisting of forty-three links, which, after fastening it to the lock and key above mentioned, he put around the neck of a common flea, the whole being so minute that the little insect could draw them over a silver plate with perfect ease. All of these together, lock, key, chain and flea, weighed a slight fraction less than two and a half grains.

As Jack Saw It.

Jack, who is five years old, came home one day last week crying that another boy had hit him. "Why didn't you hit him back?" he was asked. "I did," he answered. "I hit him back first."

WHEN YOUR COSTLY WATCH

is out of order you have it regulated, you don't sit and throw it aside. Why, then, when your bowels are out of order, do you treat them as useless?

That is precisely what it means to take violent cathartics. They do not regulate the bowels, but take their work away from them, debilitate them, and make you more constipated than ever. You had far better throw away your good watch than treat your bowels roughly. You can get another watch, but you cannot renew your intestines.

The only cure for Constipation is a gentle laxative with tonic action.

IRON-OX TABLETS

Are the Perfect Tonic Laxative



Wood's Phosphodine

The Great English Remedy

Is an old, well established and reliable preparation. Has been prescribed and used over 40 years. All druggists in the Dominion of Canada sell and recommend as being the only medicine of its kind that cures and gives universal satisfaction. It promptly and permanently cures all forms of Nervous Weakness, Emaciation, Spermatocoe, Impotency, and all effects of Abuse or Excesses, the Excessive use of Tobacco, Opium or Stimulants; Mental and Brain Worry, all of which lead to Insanity, Insanity, Consumption and an early grave. Price \$1 per package, or six for \$5. One will please; six will cure. Mailed promptly on receipt of price. Send for pamphlet—free to any address.

The Wood Company, Ltd., Canada. Wood's Phosphodine is sold in Chatham, by O. H. Gunn & Co., Central Drug Store.

It's a Study...

To dress the boy stylishly, at the same time to do it economically. Its a deeper study with us, we are never through our task, always designing many styles, testing qualities and scheming to cut our prices to the lowest notch.

A Little Long for Short Trousers.

"I can't bear to see my boy in such a suit. He looks like a little old man" is the usual remark at the trying on of first long trousers.

Mothers will Appreciate Our Success this Season...

"First long trousers' suits that look boyish." Our fall and winter styles are on exhibition, and low prices will be great pleaders for your trade.

SCOTT & CO.

FLOUR

Be sure our registered brand "**Kent Mills**" is on every sack. It is a guarantee of best quality.

Stevens' Breakfast Food

Is pure and wholesome. :: :: Your grocer sells it. The Canada Flour Mills Co., Ltd.

Radley's Cough Cure

25c per Bottle

Is the best preparation on the market for Coughs and Colds.

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Capital \$1,000,000

Money to Lend on Mortgages. Borrowers wishing to erect buildings, purchase property or pay off incumbrances should apply personally and save expenses, secure best rates and other advantages. Money advanced on day of application. Deposits of \$5 and upwards received and interest allowed. Debentures issued for 3, 4 and 5 years, bearing interest payable half yearly.

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