

"After the Coffee,"
take

IRON-OX

Tiny Tonic Tablets
and the dinner will be
thoroughly digested.

It is impossible to
enjoy a good dinner
when you know that
headache, heartburn, sour
stomach, palpitation,
constipation, are likely to
follow.

IRON-OX, little
chocolate coated tablets,
positively prevent all un-
pleasant consequences.

They tone and invigorate
the stomach, regulate the
digestive fluids, cause
natural activity of the
bowels.

Why not try?

Fifty Iron-ox Tablets, in an
attractive aluminum pocket
case, 25 cents at drugists, or
sent, postpaid, on receipt of
price. The Iron-ox Remedy
Co., Limited, Walkerville, Ont.



IRON-OX TABLETS

for good digestion

CLAIMED BY CANADIAN

A. G. COUSINS, TORONTO, SAYS HE
BUILT FIRST TORPEDO BOAT.

Ship Carpenter, Born in Newcastle-on-
Tyne, England, Who Has Had a Long
and Varied Career on Land and Sea—
Sketch of the Initial Torpedo Boat
Which Worked in the American Civil
War.

"I built the first torpedo boat that
ever worked," said James C. Cousins,
newspaper editor, at the corner of
Queen street and Spadina avenue,
Toronto, the other day, in discuss-
ing the use of torpedoes in the
Russo-Japanese war. "I was a ship
carpenter at Charleston, S.C., when
the Civil war began, and as there
were a lot of Yankee vessels about
there General Beauregard asked me
one day to see what I could do in
the way of a torpedo boat. I took
some one-inch boards and built a
cigar-shaped boat 80 feet long. At
the bow we rigged a copper kettle,
holding about 75 pounds of powder.
The kettle was fastened to a pole,
so that we could lift it out of the
water when the boat was going, and
then sink it about eight feet under
water when we got to close quar-



FIRST TORPEDO BOAT.

ters. The pole was at an angle of
45° degrees, so that the kettle would
strike the hull of the enemy below
the water line. The kettle had some
percussion caps on the top, and the
force of the collision would make
them explode the powder. The boat
was made like this," said Mr. Cousins,
and, pulling out a pencil, he
drew the sketch given herewith.

"We rigged the boat in Captain
James Eastman's yard, and called it
the Little David. This was in
1862. When it was finished we saw
the big Yankee war vessel Ironsides
just outside of Charleston harbor,
and sent the Little David after her.
The boat was in charge of Mr. Mills,
who kept the Mills House, and the
crew was Lieut. Lascelle, Charles
Hance, who acted as pilot, and a big
Irishman. I forget his name. The
Little David went straight for the
Ironsides, the torpedo was lowered
and exploded against the hull. The
water washed over the Little David,
and some of it went down the smoke-
stack and put out the fire. Lascelle
and the Irishman jumped overboard,
but Hance and Mills managed to get
the Little David back into the har-
bor, and she often did good work
after that. The Ironsides did not
sink, but was so badly damaged
that she had to be towed away by
other vessels."

Mr. Cousins, who was born in
Newcastle-on-Tyne, England, has had
a long and varied career by sea and
by land. After a trip through the
Baltic he sailed for many years in
the Mediterranean, and in addition
to the seaports has visited Jerusa-
lem and other cities of the east, and
also Rome. He was unfortunate
enough to be shipwrecked five times.
He worked in a shipyard at Quebec
about 50 years ago, but, becoming
tired of the job, travelled through
the States and on to Cuba. But yellow
fever at Matanzas stopped his
journeying for a while. After some
years in Europe he came out to
Charleston, S. C., at the opening of
the war, and joined the Charleston
Light Infantry under Captain T. G.
Simmons. He spent four months in
garrison at Fort Sumter after the
surrender of Major Anderson, and af-
terwards took part in fourteen en-
gagements.

He passed through all these adven-
tures without injury, but after settling
down in Toronto his troubles be-
gan. He was attending a semaphore
in the Grand Trunk yard at the foot
of Simcoe street when he was run
over by a train. In this accident he
lost his left arm and left eye, had a
deep hole knocked in the back of
his head, had both legs broken and
sustained other injuries, enough to
kill a dozen men, but Cousins
pulled through, and now at 78 he is
still hearty and cheerful. At New
Year's he was knocked down by a
street car and badly shaken. A
month ago his newsstand caught fire
and was partly destroyed while he
was away delivering papers. But the
injuries were quickly repaired, and
Cousins is still doing business at the
old stand.

The Old Master.
It was Mary's day out, and she
was comparing notes with Susan,
the parlor maid from No. 6.

"So I fear you've left that art-
ist's," said Susan.

"Yes, indeed," remarked Mary.
"I couldn't stand the missus' him-
sults. I ain't been there a day
when she says to me, 'Mary,' she
says, 'when you're a-dustin' of the
stoddie you must be very careful not
to touch the old master. It's worth
thousands of pounds,' she says."
"Well, that got my monkey up
something proper. 'Excuse me, m'am,' I says, 'but I ain't used to
himself. I've got a young man of
my own, and I don't want any old
master, not if he's worth mil-
lions, and as to touchin' him, I
wouldn't alle my hands.' I says,
And with that I cooks up my 'cad
and walks out.'—London Globe.

Write of an Egg.
Never use white of an egg for a
morsing, cake or anything you wish
particularly light. If the morant
speak of yolk gets into it. Put it
away for coffee or some other use. It
might be whipped for hours and it
would not froth.

Sidache,
Back-
ache,
Head-
ache,



And many other aches to which women
are peculiarly subject are generally the
result of a diseased condition of the
womanly organism. When this dis-
eased condition is cured, sidache, back-
ache, headache, etc., are cured also.

Doctor Pierce's Favorite Prescription
establishes regularity, dries the drains
which weaken women, heals inflamma-
tion and ulceration and cures female
weakness. When these diseases are cured
the aches they cause are also cured.

"I will drop you a few lines to-day to let you
know that I am feeling well now," writes Miss
Annie Stephens, of Belleville, Wood Co., West
Va. "I feel like a new woman." I took several
bottles of "Favorite Prescription," and of the
"Golden Medical Discovery." I have no head-
ache now, no backache, and no pain in my side
any more. No bearing-down pain any more. I
think that there is no medicine like Dr. Pierce's
medicine. I thank you very much for what you
have done for me—your medicine has done me
much good."

The People's Common Sense Medical
Adviser, a book containing 1008 pages,
is given away. Send 31 one-cent stamps
for expense of postage and mailing only,
for the book in paper covers, or 50 stamps
for the volume bound in cloth. Address
Dr. R. V. Pierce, Buffalo, N. Y.

Waist Exercise.

A woman who has succeeded in re-
ducing the flesh about her waist to
artistic proportions recommends this
as an exercise: Lie flat on the back
upon the floor. Fold the arms and
rise to a sitting posture. Then lie
down again and raise one leg as high
as possible, then the other. Repeat
each movement morning and evening
until tired.

Stewed Bananas.

Peel and cut into quarters two or
three firm bananas, put in a chafing
dish one teaspoonful butter; when
melted throw in six almonds and six
pistache nuts, finely chopped. Stir for
one minute. Add half a cup of cream
and the juice of one orange. Boil
bananas in this mixture for two min-
utes.

Sanitary Inspectors.

There are nineteen women holding
the position of sanitary inspector un-
der the London government board, and
it is probable that every local author-
ity will in the future require at least
one woman inspector. The working
hours are from 9 a. m. to 5 p. m. and
from 9 a. m. to 1 p. m. on Saturdays.

The Clothes Hamper.

The clothes hamper is often a neg-
lected piece of furniture. It should be
scrubbed once in awhile with salt wa-
ter and rinsed with clear. Air it fre-
quently, taking advantage of wash
day, when the hamper is empty.

When doing drawn thread work fre-
quently the threads are rather diffi-
cult to draw. This can be overcome by
rubbing hard, dry, yellow soap on the
threads to be drawn.

Scatter salt on a carpet when sweep-
ing, and you will not only find it has
cleansing effect, but that it also keeps
away moths.

Women would do well to remember
that smartness is one of the greatest
aids to those who do not possess actual
beauty.

When mixing mustard for the table
it is a great improvement to gradually
add a little salad oil.

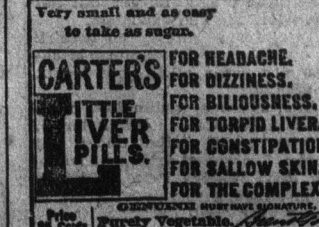
ABSOLUTE SECURITY.

Genuine
**Carter's
Little Liver Pills.**

Must Bear Signature of

W. D. Wood

See Fac-Simile Wrapper Below.



Very small and as easy
to take as sugar.

FOR HEADACHE,
FOR DIZZINESS,
FOR BILIOUSNESS,
FOR TORPID LIVER,
FOR CONSTIPATION,
FOR SALLON SKIN,
FOR THE COMPLEXION

CURE BILK HEADACHE.

The man who is afraid of his own
shadow stands in his own light.
A gold-filled watch isn't as good as
real, but a gold-filled tooth may be.

THE CAPITAL OF EGYPT

CAIRO A PLACE WHERE STRANGE
CONTRASTS MAY BE OBSERVED.

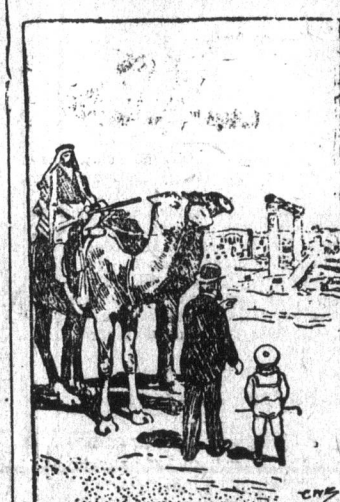
A Little Winter Excursion Into the Coun-
try Near the City—Lunching beside a
Fallen statue of Ramesses the Great—
Traveling by Train, Donkey Back and
Horseback. A Little and Day.

In Cairo, the capital of Egypt, are
the strangest contrasts to be wit-
nessed of any place where the old
and the new meet. Each nationality
in Cairo has its own quarters. In
the Arab quarter there still is the
decadence of Egypt, a settlement
with narrow, crooked streets and
full of the unclean sights and odors
prevalent in Oriental towns of the
old time. Here donkey drivers
shriek, neighbors quarrel, merchants
scream their wares, and veiled wo-
men in black glide cowering to and
fro as if apologizing for being on the
earth.

In the hotels and in the quarters
where French, English, Americans
and a sprinkling of Canadians live
electric lights flash, electric trolley
cars whiz past, the dinners and
dances of white women and men are
as rosy and as splendid and as full
of gaiety and flirting as if a section
of fashionable society had been sig-
ned out of New York, Paris or Lon-
don and deposited here in the heart
of a civilization which taught Moses
magic and jurisprudence.

From November to March, is the
season of seedtime and harvest. In
mid-winter vegetation is at its
height of luxuriance. To see the rural
life of Egypt one can make little
journeys of a day out of Cairo into
the agricultural region throughout.

On a Mohammedan festival day late-
ly a small party left Cairo by train
very early in the morning to get
well on their journey before the heat
of the day was on them. They took
guides with them; also Arab horses,
for they meant to ride back, reach-
ing Cairo by moonlight. The horses
were put in a box car upon the



TOURISTS VIEWING THE RUINS OF MEMPHIS.

train. Southward the Nile railway
train moves along past one, two,
three stations. At the fourth, Bed-
reshin, the tourists alight. Already
the temperature rises high. The party
leave their horses in the shade of
some palm trees. They must be
fresh for the long ride back to Cal-
ro. Immediately they leave the rail-
way car swarms of Arab boy don-
key drivers surround the travelers,
begging them to mount and ride the
ridiculously small, dingy beasts that
wait near by. The tiny donkeys look
like those the children ride at shows
in Canada for a five cent piece, but
they are strong enough to bear the
weight of a man.

The friends select one apiece of the
little brutes, mount their backs and
troil through dirty Bedreshin with
its dried mud houses. They are go-
ing to visit the famous fallen statue
of Ramesses II., which lies in a palm
grove a few miles away. Once—how
long ago—it stood erect, twenty-five
feet high, majestic, splendid, its in-
scrutable granite face bathed in the
red light of the rising sun in the
morning and of the sinking sun in
the evening. Now there is none to
do it reverence except white tourists
who come from western lands and
gaze with awe and wonder upon the
prone limbs, the stone lips, around
which the donkey boys climb and
play. The donkey boys have named
the great statue "Ramesses asleep."
His Egypt has awakened to the
touch of modern life and bustle. He
heeds it not. Along beside the tre-
mendous granite effigy passes the
common highway. Camel trains, the
animals laden with fodder from the
fields to be taken to Cairo, stride
and jolt past him. The camels are
strung together, the nose of one be-
ing held by a small rope made fast
to the tail of the one ahead.

Men, women, children and donkeys
trail by with a ceaseless chattering,
clattering, braying noise. Nile water-
ed wheat and fodder fields, brilliant
green, stretch away to right and
left of the prone image; the lone,
gorgeous fronds of date palm groves
wave in the winds. All the fields are
irrigated. Ditches and dikes inter-
lace them. The rude machines which
draw water up from the Nile and its
canals are of the pattern of the
Bible times. Now a slow, sleepy
bullock turns the crank which lifts
the water bucket. Now more man
power is employed. Under the trees
the travelers rest and eat their lunch
till the shadows begin to lengthen.
Then they mount again the tiny
donkeys and return to Bedreshin,
where the Arab horses wait to take
them to Cairo.

As they leave village after village
on the return the natives say to
them, "May your day be happy and
blessed."

The English drank tea as long ago
as 1657, but 5 o'clock tea dates
back only to 1842.

The only pull that
wins in life is strong
muscles and a sinewy
body.

Tillson's Pan-dried Oats

Oats when cooked contain
the food values which build
strong bodies—carbohydrates,
proteins, fat and dextrin.

These muscle-building pro-
perties are found most abun-
dantly in Tillson's pan-dried
Oats, and in the most appetiz-
ing form. It's a food, not a
fad.

MAPLE SYRUP SEASON

necessarily calls for cornmeal in the house. The Canada Flour
Mills Co., Limited, have just completed their new and up-to-date
cornmeal plant. Ask your grocer for the following brands : : :

SUNRISE—That delicious golden granular cornmeal for mush and Johnny cake
CANARY—For that sweet yellow Johnny cake like mother used to make.

The Canada Flour Mills Co., Ltd.

CHATHAM, ONTARIO.

A Comical Situation.
In a volume of war reminiscences
Major Stiles, a Confederate soldier,
tells this story of the retreat from
Richmond just before Lee's surrender
at Appomattox: "I remember in all
the discomfort and wretchedness of
the retreat we had been no little amu-
sed by the naval battalion under that
old hero Admiral Tucker. The sol-
diers called them the 'Aye, Aye,' be-
cause they responded 'Aye, aye' to
every order, sometimes repeating the
order itself and adding, 'Aye, aye, it
is, sir.' As this battalion, which fol-
lowed immediately after ours, was get-
ting into position and seamen's and
landsmen's jargon and movements
were getting a good deal mixed in the
vessels and evolutions, all being har-
monized, however, and licked into
shape by the 'aye, aye,' a young offi-
cer of the division staff rode up, salu-
ting Admiral Tucker and said, 'Admiral,
I may possibly be of assistance to you
in getting your command into line.' The
admiral replied, 'Young man, I un-
derstand how to talk to my people.' And
thereupon followed 'a grand moral
combination' of 'right flank' and 'left
flank,' 'starboard' and 'larboard,' 'aye,
aye' and 'aye, aye,' until the battalion
gradually settled down into place."

Even in an automobile a poet can-
not do without lines.

Don't Snuffle!

You make people sick—
You keep yourself sick.
Cure that Cold.

You can do it if you exercise
common sense and use only **Dr.
Agnew's Catarrhal Pow-
der.** It relieves colds and catarrh
and cures headache in a few min-
utes. If you have common sense
and catarrh you will use it now,

REV. L. McPHERSON, of Jefferson St. Church
of Christ, Buffalo, N. Y., says:—"Dr. Agnew's
Catarrhal Powder relieved me in ten minutes
and is a blessing to mankind."

THE USULINE SISTERS of St. Bernard's,
Grand Forks, N. Dak., state:—"We have been
using Dr. Agnew's Catarrhal Powder in our
institution. We find it a very good remedy."

The Great South American Nervine Tonic

is first a nerve food and then a phys-
ician, searching out and strength-
ening every weak spot in the body
of man, woman or child. It means
nerve, health, vigor, hope, liveli-
ness, lightheartedness and life.

Sold by Messrs. Gunn and McLaren,
Druggists, Chatham.

Glenn & Co.,

WILLIAM ST.

Import direct the finest Ceylon, Assam
and China Tea, Black Gunpowder and
Young Hyson, Best English Breakfast
Tea, 35c. 40c. and

TO OUR CUSTOMERS.

We have just put in, at great expense,
a WONDERFUL MACHINE, heated by
steam, work only passing through the
rollers once; the result—WORK IS
ELASTIC, WILL NOT BREAK, and will
last much longer than when ironed by
the old method, heated by gas, which
has to pass through the rollers eight
times.

P.S.—We have also added a newly
invented machine to iron the edges of
Collars and Cuffs.

The Parisian Steam Laundry

Co. of Ontario, Limited.

London, Hamilton and Toronto.

BANK OF MONTREAL

ESTABLISHED 1817.

Capital (all paid up)\$14,000,000

Reserve10,000,000

Drafts bought and sold. Collec-
tions made on favorable terms. In-
terest allowed on deposits at current
rates in Savings Bank Department,
or on deposit receipts.

DOUGLAS GLASS,
Manager Chatham Branch.

STANDARD BANK OF CANADA

HEAD OFFICE, TORONTO.

Branches and agents at all prin-
cipal points in Canada, U. S. and Great
Britain. Drafts issued and notes dis-
counted. Savings Bank Department
deposits (which may be withdrawn
without delay) received and interest
allowed thereon at the highest cur-
rent rates.

G. P. SCHOLFIELD,
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The Great Rheumatic
Mystery

Hill's Root Liniment

Extract of Wild Turnip.

Made of roots. No drugs and a sure cure
for rheumatism, neuralgia, lame back, sick
headache, toothache. Guaranteed to stop
all aches and pains instantly, and also to
cure corns or bunions in nine applications.
Can't be beat for man or beast. 25c and
50c per bottle. Address all orders and
send card for a sample bottle to

PROF. HILL, Chatham,
Box 399

Why Not

Beautify your home this
Spring by giving it a fresh
coat of PAINT or WALL
PAPER. We are at all times
ready to cater to your wants
in this line. Having none but
experienced and up-to-date
workmen we can guarantee
satisfaction. Leave orders at
Office or Phone 52, and we
will call on you and submit
samples and prices.

BLONDE Lumber and Manufg. Co.

Lumber Dealers and
Builders and Contractors.

Minard's Liniment Cures Diarrhoea