Are Especially Invited to Write to Mrs. Pinkham For Advice Regarding Their Health. All Such Letters Are Strictly Confidential.

School days are danger days for American girls. Often physical collapse follows, and it takes years to recover the lost vitality. Sometimes it is never recovered.

Perhaps she is not over-careful about keeping her feet dry; through carelessness in this respect the monthly sickness is usually

Then begin ailments which should be removed at once, or they will produce constant suffering. Headache, faintness, slight vertigo, pains in the back and loins, irregularity, loss of sleep and appetite, a tendency to avoid the society of others are symptoms all indicating that woman's arch-enemy is at hand. rendered very severe.

This need not be so if mothers would have a thought for the physical condition of their daughters, and see to it that they have proper

Lydia E. Pinkham's Vegetable Compound has helped many a young girl over this critical period. With it they have gone through their trials with courage and safety. With its proper use the young girl is safe from the peculiar dangers of school years and prepared for

If there is anything you don't understand write to Mrs. Pinkham at Lynn, Mass. Her advice is free and always heipful.



How Miss Wilson and Her Sister Were Cured.

DEAR MRS. PINKHAM: - Your Vegetable Compound has done myself and sister so much good that if I can possibly help some sufferer by sending you a testimonial for publication I feel as though I ought to do so. For several years I suffered with painful menstruation. The pain would sometimes begin ten to twelve hours before menses appeared, and sometimes not until that length of time after, and for a day or two I would be weak and exhausted. I tried many doctors and other remedies and had about given up hopes of being any better, but thought I would give Lydia E. Pinkham's Vege-

"I have taken six bottles and am so much better I can hardly believe I am the same person. My sister is also much pleased with your medicine."
MABEL E. WILSON, Attica, Ind. (Oct. 13, 1900.)

Did You Ever

NOTICE that sweet, delicious taste that our baked goods always have? Our Bread, Pies.

Oakes, Buns, etc., are always fresh and tasty. Once customer you will stay with us.

Somerville, Confectioner Next Standard Bank Chatham. ************

*************** The Chatham Loan Savings Co Capital \$1,000,000

Money to Lend on Mortgages. Borrow rs wishing to erect buildings, purchase rs wishing to erect buildings, purchase Money to Lend on mortgages. Borriers wishing to erect buildings, purch property or pay off incumbrances, sho apply personally and save expenses, cure best rates and other advantages. Money advanced on day of applicate All letters promptly answered. Technology of the promptly answered.

S. F. GARDINE Manager.

••••• **Spring Cleaning** And Disinfecting

Cloride of Lime Caustic Soda, Copperas, Camphor,

Sponges and Chamois

Radley's Brug King St., Chatham

Lord Kitchener reports another ailway accident in northern Transvaal, in which an officer and ten men were killed.

Poor Girl, Pity Her

Growing! Yes, into weakness, but not strength. Studies - plenty of them. Tired, of course she is, and weak, too, Does not eat enough, and digests far less than enough. This condition is so frequent, but how seldom noticed even by fond parents, Give her Ferrozone, then watch her appetite improve, her cheeks and lips grow ruddy, her step elastic, her spirits bouyant. All this simply the re-sult of eating and digesting enough, making blood, and thereby strengthening the nerve and brain power. Ferrozone gives a woman's strength to weak girls. Your daughter or wife needs Ferrozone. Get it to-day from McCall & Co.

The body found floating in Toronto Bay has been identified as that of William Manderson, a city employe.

May be muscular or rheumatic. The joints are hard to get at, and it requires a powerful, penetrating remedy to reach the affected parts. Polson's Nerviline exactly meets the requirements, for it is both powerful and penetrating. The pain is expelled as if by magic, for one drop of Nerviline equals in strength five drops of other remedies. You won't often call the doctor if Nerviline is in the house.

Price 25 cents. Some people can express a trunk more intelligently than they can ex-

C. C. Richards & Co. Gentlemen,-I have used MINARD'S LINIMENT on my vessel and in my family for years, and for the every day ills and accidents of life I consid-

er it has no equal.

I would not start on a voyage with-

****** BEAMS OF SUNSHINE:

Chatham Branch of the International Sunshine Society.

Motto-Good cheer. Have you had a kindness shown? Pass it on.
'Twas not given for you alone-Pass it on.
Let it travel down the years,
Let it wipe another's tears,
Till in heaven the deed appears—

The members of Chatham Branch met at the home of the vice-president last Tuesday afternoon. Several new names were added to our ever-in-creasing membership roll. Different

day afternoon at the home of Miss L. Richardson, Victoria avenue. sometimes ask questions regarding Sunshine that are a little difficult to answer off-hand. They often remark that they 'cannot see anything worth speaking of in giving away things they have no use for away things they have no use for.

Mrs. Ayres meets this point exactly.

She writes, "After one of my 'talks' last Tuesday, a young girl said to

plans were discussed for International Day but nothing definite decided. The members will meet again on Mon-

'Really, Mrs. Ayres, do you think it is Sunshine to give away something that one does not want? I should think it would be better to give something that requires a sacrifice.'
I had to think before I answered that sometimes sacrifice helps to make the giving sweeter, but what possible difference can it make to the recipient if the article is just what is needed? And what a relief it is to find just the right place for some useful article for which one has no further need. Those who appreciate further need. Those who appreciate what they are fortunate enough to possess will never throw away anything, and how many, just at this time, would like to find a place for something they will never have occasion to use again. Perhaps the hardest thing for a Sunshiner to do, the one that requires the greatest self-denial, and especially of the younger members of the Society, is to give one's self and time to its ingive one's self and time to its in-

There are those, too, who are quite ready to make a sacrifice if the cause of Sunshine requires it. A leading musician in Detroit gave up leading musician in Detroit gave up a concert engagement to take part in a Sunshine "At Home." Just the other day, a lady in town quite will-ingly let housecleaning stand when there was work to be done for Sun-"We'll just let it wait," said "Sunshine is more important." And in these uncertain days of rain and shine, that was counted a good

IF WE HAD BUT THE TIME.

to me. As the moments hurry away, Of the many things I intended to do Somehow, some time, some day. There are promises that have not

been kept, Though I always meant to be true time is too short for all the

things That a body intends to do. will answer a letter, or read

I will write a bit of rhyme: will do the things that I ought t Some day, when I have the time So I look beyond, as I hope and plan For the days that are just ahead, Whilst the day that is here goes into

its grave With its opportunities dead.

To-day is the only day we have, Of to-morrow we can't be sure; To seize the chance as it comes along Is the way to make it sure, For every year is a shorter year,
And this is a truth sublime:
A moment misspent is a jewel lost
From the treasury of time.
—Arthur Lewis Tubbs.

I read of a Sunshine boy who had a birthday the other day. He was 12 years old and a devoted aunt baked a cake which was appropriately corated with pretty candies. He debated for some time as to what he should do with and finally decided that he would enjoy it better if his friends shared it. Armed with a big knife and the cake, he joined a group of boys and was so delighted with their exclamations of pleasure that before he knew it the cake was gone. His auntie had watched the proceedings with a good deal of interest, and when she asked him how he liked the cake, was not surprised when he

"Now, don't you think that I didn't appreciate it, but I forgot to taste it till it was all gone."

500 MILES BY CANOE.

Ottawa, May 8.—Rev. Father Fa-ford, O. M. I., left this afternoon for Fort Albany, Hudson's Bay, to organ-ize and complete the erection of mis-sion and school houses and a hospital. sion and school houses and a hospital. Four grey mans accompany him to take charge of the school and hospital. They are Sister Ste. Martine, who was formerly Superioress of the Mont St. Antione Orphanage; Sister Ste. Perpetue, Sister St. Felix, and Sister St. Jules. The establishment of this mission will be the first in the section in which Fort Albany is situated.

The party will have to travel 500 miles in canoe, from Fort Temiscam-

miles in cance, from Fort Temiscamingue, where Indian guides will transport their baggage by way of Lake Temiscamingue, Lake Abittibi and River Abittibi, to Moose Factory.

COMBINE ON FREIGHT.

out it, if it cost a dollar a bottle.

CAPT. F. R. DESJARDIN.

Schr. "Storke," St. Andre, Kamouraska.

London, May 8.—In the House of Commons this afternoon Mr. Gerald Balfeur said he was in consultation with the Board of Trade on the question of the alleged combination of British ship-owners to keep up the freights on British goods.

POOR DIGESTION

RENDERS THE LIFE OF THE DYS PEPTIC MISERABLE.

Food Becomes Distasteful and a Feeling of Weariness, Pain and Depression Ensues.

From Le Sorelois, Sorel, Que.

Of the diseases afflicting mankind dyspepsia is one of the worst to en-dure. Its victims find life almost a burden. Food becomes distasteful; they suffer from severe pains in the stomach; sometimes excessive heart palpitation, and a general feeling of weakness and depression. Though this disease is one of the most dis-tressing, it is one which, if the proper remedy is employed, can be read-ily cured. Thousands throughout this country bear testimony to the efficacy of Dr. Williams' Pink Pills as a never failing cure. Among them is Mrs. Adolphe A. Latrousse, a well known and highly esteemed lady residing at Sorel, Que. She says:

"For two years I was a constant sufferer from bad digestion and its accompanying symptoms. Food became distasteful and I grew very weak. I suffered much from pains in the stomach and head. I could not obtain restful sleep and became unfit for all housework. I tried several medicines without finding the least relief and I continuelly. continually grew worse until in the end I would vomit everything I ate. I had almost given up hope of ever being well again when one day I read of a case similar to mine cured through the use of Dr. Williams' Pink Pills. I determined to give these pills a trial and am happy to-day that I did so, as by the time I had taken eight or nine boxes my strength had returned, the pains

which had so long racked me disappeared, my stomach would digest food properly and I had fully regained my old time health, and have not since had any return of the trouble.'
Dr. Williams' Pink Pills are a purely tonic medicine and unlike all purgatives do not weaken the system, but give life and energy with every dose. They are a certain cure for anaemia, dizziness, heart troubles, rheumatism, sciatica, indigestion, partial paralysis, St. Vitus' dance and the functional ailments that make the lives of so many women an almost constant source of misery. Sold by dealers in medicine, or sent post paid at 50 cents a box or six boxes for \$2.50 by addressing the A Dr. Williams Medicine Co., Brockville,

GOT LITTLE BOOTY.

Ont.

St. Catharines, Ont., May 8.-L. H, Collard's private bank, on Ontario street, was burglarized early this morning. Only a small amount of money and stamps was secured. The burglars gained an entrance through the rear doors and ransacked the office thoroughly. There are two safes in the building. They opened one, but after drilling and damaging the sec ond, gave it up and cleared.

A Breckfast Dish That is Daily Bringing Bealth and Strength to Thousands.

The old breakfast grain foods with abundance of insoluble starch and other indigestible elements producing dyspepsia, indigestion, irritation of the stomach, eruptions and redness of the skin, have not been tolerated in many homes since the introduction of Malt Breakfast Food.
The advent of Malt Breakfast Food

has brought health, joy and contentment to tens of thousands who use brain and muscle in the activities of life. This unequaled breakfast food is positive banisher of dyspepsia and stomach irregularities; our best phystomach irregularities; our best physicians recommend it daily to those whose digestion is weak. It perfectly agrees with the stomach of the young child and the strongest adult. If you would build up in flesh, bone, muscle and strength, make Malt Breakfast Food your first morning dish. All

SEVERE FIGHTING.

London, May 8 .- Lord Kitchener re London, May 8.-Lord Kitchener re-ports to the war office that in fight-ing yesterday the Boers had 10 killed and 221 were taken prisoners. To-day they had one killed and 34 wounded. Lord Kitchener telegraphs the war office under yesterday's date, that an armored train met with an accident while leaving Pretoria for Pieters-burg. The train was derailed at a curve and a lieutenant and ten men were killed.

PROFITABLE HOME WORK

In thousands of homes in city and country districts will be found faded and partly worn dresses, skirts, and men's suits that can be cleaned, dyed men's suits that can be cleaned, dyed with the Diamond Dyes, and made over for the girls and boys. In this way, many women dress their families in handsome, fashionable clothing at comparatively small expense—thanks to Diamond Dyes.

Diamond Dyes are put up specially for home use, and the directions on each package are so plain that even the inexperienced can get beautiful and unfading colors by using these dyes. Diamond Dyes color anything from ribbons and feathers to the heaviest coats and dresses.

the heaviest coats and dresses.

Home made mats and rugs are all the rage just now. These floor orna-ments are all made from the Diamond Dye Mat and Rug Patterns. Send for designs and information to The Wells & Richardson Co., Limited 200 Mountain street, Montreal, P. Q. Mailed free to any address.

Tell the truth and let others say what they will. You are responsible for but one tongue.

The Household

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Gingerbread.—One cupful of sugar, one-half cupful of butter, one-half cupful of molasses, one large spoonful of ginger, one cupful of sour milk, one teaspeonful of soda; flour to make the batter very stiff. Bake in a long tin, spread rather thin.

Cream Slaw .- One-half head of cabbage, four tablespoons vinegar, one tablespoon sugar, one and one-half poons thick sour cream. and pepper to taste. Chop the cab-bage fine, add vinegar, sugar and pep-per, stir well and add cream.

Stewed Snapper.-Out two pounds of snapper into pieces about two inches square, put them into a stewing pan and cover with boiling water; stew until tender; turn off the water, add one tablespoonful of butter, pepper, salt and a half-pint of milk; thicken with flour.

Cream Tomato Soup.— Use knuckle of veal and beef bone for soup. Boil slowly with celery, strain, and add part of can of tomatoes. Cook half an hour; strain again, mix one tablespoonful of cracker powdered with a cup of cream in a bowl. Add to it some of the soup, mix thoroughly, and pour back into the pot. Boil a few minutes gently and serve.

Popovers .- Ingredients: One pint of flour, three eggs, one pint of milk and one-half teaspoonful of salt.

Beat the egs sufficiently to mix smoothly with the milk. Stir the salt into the flour three salt. into the flour, then add enough of the milk and egg mixture to form a rather thick batter. When this has been rubbed perfectly smooth, add the re-mainder of the liquid and strain the whole to remove any lumps, and pour into the cups or gem pans. Each cup should be half full. Bake in an even, moderate oven for three-quarters of an hour. Few housekeepers succeed in making good popovers because the ov-en is usually too hot or the heat is allowed to die down before the pop-overs have browned. The fire should be built up so that it will not need replenishing while the oven is in use

USEFUL HINTS. Fresh raw meat is the best bait for

Lemon and salt will remove stains

Hot water and soda will remove most grease stains. A hot cloth around the mould will

help jelly or ices to come from it without sticking. To make your light brilliant, rub

with dry salt.

Lemon juice for fried oysters, although not nearly so universally used as for raw ones, is really very nice.

If black underwear, stockings or black yarn that is to be knitted is boiled a few minutes in milk the dye will not stain the skin.

In frying with a frying basket al-ways heat the basket before putting it in the fat, as when put cold in it akes too much heat from the fat.

Strange as it may seem, a clear day is much better for making fruit jellies than a cloudy one, as the atmosphere affects the boiling point of sugar. The eggs for dripping oysters, ero

luted with a little water or oyste water is used the egg may be set away and used again, but not so with the oyster juice, as it decomposes. If in making split pea soup a

cupful of whipped cream is put in the tureen just as the soup is poured over, the improvement in the flavor of the soup will be noticeable. The puree has sometimes a flat, even watery, taste that is not at all agreeable, which the whipped cream entirely removes.

Home-made fig crackers are a dair service for five-o'clock tea, or with dessert. These are made from dried figs put on a stove in a very little water and simmered only until soft. They are then drained, chopped fine, mixed with whipped cream to a paste

Much labor may be saved in washing Much labor may be saved in washing frying pans if they are wiped out clean with a piece of paper after the fat is poured from them before they are put in the dishwater. The paper should then be burned. These pans should also have a periodic boiling in soda water in a large kettle. If these two things are done they will be kept as smooth inside as when new.

BRET HARTE BURIED.

London, May 9 .- The body of Bret Harte was buried at Frimley, Surrey, yesterday, in the presence of his widow, son, daughter, and a few friends, Many beautiful wreaths were placed upon his coffin.

The Executive of the Canadian Man-ufacturers' Association has decided to invite the Premiers of the different Provinces, and also a British Minister to the annual meeting in Halifax

An influential deputation from Liverpool waited upon Lord Strathcona urging that that port be made the British terminal of the proposed Canadian fast Atlantic line.

A general strike of the machinists employed by the C. P. R. is possible. Their committee is now in Winnipeg

THANKS FOR BOTH

French Gentleman Gracefully Ex presses His Own and His Wife's Gratitude.

Long Letter Written With The Noble Purpose of Trying to Benefit

St. Hippolyte, Que, May 9.—(Special.)—Mr. L. A. Paquin of this village has written for publication the following letter. In it he speaks for both himself and his wife. The letter

"After much suffering I had be-come unable to work. I had Kidney Trouble which gave me great pain. "My wife had used a box of Dodd's "My wife had used a box of Dodd's Kidney Pills for a similar trouble sometime before, and as they had completely restored her to good health I made up my mind to take a treatment myself.

"I was not disappointed, and I can now say that I have tried and proved Dodd's Kidney Bills to be the great

Dodd's Kidney Pills to be the great-

est medicine in the world.
"We are now both quite well, and able to do our work as well as ever.
"We have found Dodd's Kidney Pills to be a remedy, which saves us the pains and trouble which we so often see in others, who are languish-ing and incapable of attending to

their work. "We keep Dodd's Kidrey Pills con-stantly on hand, and use them oc-casionally if we feel the slightest indisposition. We have used altogether between us six boxes.

"Perhaps I should explain why I write this letter. It is because I feel there may be many others who have not heard of Dodd's Kidney Pills, or who having heard have not yet given them a trial, and to such I would

say 'Give Dodd's Kidney Pills a fair trial and you will agree with my wife and myself that there is not any other such medicine to be had.'" What Dodd's Kidney Pills have done for Mr. Paquin and his good wife, they will do for any man or woman who suffers from Kidney Dis-

MRS. LANGTRY AT THE GARRICK.

London, May 9 .- Mr. Frohman has arranged with Mrs. Langtry to appear at the Garrick Theatre, in New York, in January. Subsequently she will make a tour of the principal Ameri-can cities with a specially selected

UNITED STATES AND STALY.

Rome, May 8.-In the Chamber of Deputies to-day Signor Prinetti, the Foreign Minister, said, in reply to an interpellation regarding the negotiations for a commercial treaty between Italy and the United States, that he had instructed the Italian Ambassador at Washington to resume the ex-change of pourparlers on the subject.

Coarse brown paper, such as is used by butchers, is best for draining fried hings upon. A New Brunswick Lady Who Had Become a Physical Wreck Marvellously Restored.

She Would Have the Whole World Know That

Paines' Celery Compound

Was Her Deliverer From

Disease. A Special Message of Comfort

for Sick and Despondent Ten years of suffering from treach-

erous kidney disease is of itself a heavy record of sickness and agony for one frail woman. When we to kidney suffering nervousness, sleep essness and continued overwork in the home, it marks a condition of life that draws forth our tenderest and

deepest sympathies,
Such a condition of life was bringing Mrs. W. Irvine, of Queen St., St
John, N. B., very close to the grave. Notwithstanding the regular use of ommon advertised remedies and doctor's prescriptions, the ravages of disease continued, and friends of Mrs. Irvine said with sad voices, "she was go

ing fast to death." Just before deadly disease could fin-ish its work, the use of that wondrous life-giver, Paine's Celery Compound. was recommended. Soon, hope—a new hope—cheered the sad heart and brightened the palid face. A power-ful, searching, life-giving agent was working at the root of disease. It was making new blood. It was nourishing and strengthening nerves and body; it was saving a precious life. Take comfort and cheer, ye weary, sick and diseased women, from Mrs. Irvine's experience. The remedy that successfully met and conquered her troubles will, without fail, meet your case. Mrs. Irvine speaks of her case as follows:

"I have been troubled for the pas ten years with kidney disease, and ten years with kidney disease, and have tried a great many preparations and doctors' prescriptions, but with little or no nenefit. For the last six months I have had a great strain upon my sistem, from night-watching and overwork. I was breaking down; my friends said, 'I was going fast to death.' I resolved to try Paine's Celery Compound, and used four bottles. My kidney trouble disappeared; nervousness and sleeplessness are troubles of the past, and my general health is good. In a word, I am'cured; I wish you to publish this so that the world can read it."

Honest good humor is the oil an wine of a merry meeting.-Irving.

fo cure a coud in a signt—use Tape Tree ienc. It has been used extensively durathan twenty-four-years. All Druggists.

L. E. & D. R. R. TIME CARD NO. N

Effective Mar. 12, 1902 4.15 P

VICTORIA

Round Trip Tickets will be

Single First.class Fare Going May 23 and 24, Returning until May 26, 1902

Between all stations in Canada, Port Arthur, Sault Ste. Maris. Windsor and East; TO and FROM Sault Ste. Marie Mich., and Detroit, Mich., and TO, but not FROM, Suspension Bridge, N. Y., Niagara Falls, N. Y., Black Rock, N. Y., and Buffalo, N. Y.

W. E. RISPIN. City Pass. Agent, J. A. RICHARDSON, Dist. Pass Agent,i Toronto and St. Thomas

GRAND TRUNK RATIONAL Victoria Day

Return tickets will be issued at

Single First-class Fare Between all stations in Canada; all Stations in Canada to and from De troit, Mich., Port Huron, Mich, Fort Covington, N. Y., Bombay Jet., N. Y., Helena, N. Y., Massena Springs, N. Y., Rouse's Point, N. Y., Island Pond, Vt., all stations in Canada to but not from Buffalo, N. Y., Black Rock, N. Y., Ni-agara Falls, N. Y., and Suspension

Good Going May 23rd or 24th Valid returning from destination on or before May 26th, 1902. Tickets and all information from agents Grand Trunk Railway System. W. E. RISPIN,

City Pass, Agent, Chatham.

District Pass Agent, Toronto CANADIAN PACIFIC

Victoria Day

Round Trip Tickets Will be

Single First-class Fare Going May 23 and 24, returning untit May 26, 1902.

Between all stations in Canada, Port Arthur, Sault Ste. Marie, Windsor and East; To and From Sault Ste. Marie, Mich., and Detroit, Mich., and To, but not From, Suspension Bridge, N. Y., Niagara Falls, N. Y., Black Rock, N. Y., and Buffalo, N. Y.,

A. H. NOTMAN, Ass't Gen. Pass. Agent, 1 King street East, Toronto. W. H. HARPER,

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General Repairing will receive prompt attention, furnished. Telephone 316.

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