

## SCHOOL GIRLS

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 rendered very severe.

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.

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 assistance.

Lydia E. Pinkham's Vegetable Compound has helped many a young girl over this critical period. With its proper use the young girl is safe from the peculiar dangers of school years and prepared for hearty womanhood.

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



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, hoping of being any better, but thought I would give Lydia E. Pinkham's Vegetable Compound a trial.

"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 my medicine."

MABEL E. WILSON, Attica, Ind. (Oct. 13, 1900.)

## \$5000 REWARD

Owing to the fact that some skeptical people have time to time questioned the genuineness of the testimonial letters we are constantly publishing we have deposited with the National City Bank, at Lynn, Mass., \$5,000, which will be paid to any person who will show that the above testimonial is a forgery, or was published before obtaining the writer's permission. — Lydia E. Pinkham Medicine Company, Lynn, Mass.

## Did You Ever

NOTICE: That sweet, delicious taste that our baked goods always have!

Our Bread, Pies, Cakes, Buns, etc., are always fresh and tasty. Once a customer you will stay with us.

Wm. Somerville, Confectioner

Next Standard Bank Chatham.

The Chatham Loan & Savings Co

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. All letters promptly answered. Telephone connection.

S. F. GARDINER, Manager.

Spring Cleaning and Disinfecting

Carbolic Acid, Chloride of Lime, Caustic Soda, Camphor, Borax, Ammonia, Moth Balls, Sponges and Chamois.

—AT—

Radley's Drug Store

King St., Chatham

## 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—Pass it on.

The members of Chatham Branch met at the home of the vice-president last Tuesday afternoon. Several new names were added to our ever-increasing membership roll. Different plans were discussed for International Day but nothing definite decided. The members will meet again on Monday afternoon at the home of Miss L. Richardson, Victoria avenue.

People 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." Mrs. Ayres meets this point exactly. She writes, "After one of my talks last Tuesday, a young girl said to me:

"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 a 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 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 Sunshine worker is 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 interests."

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 a concert engagement to take part in a Sunshine "At Home." Just the other day, a lady in town quite willingly let housecleaning be done for her. "We'll just let it wait," said she, "Sunshine is more important." And in these uncertain days of our times, that was counted a good point for Sunshine.

IF WE HAD BUT THE TIME.

How often the thought comes back, "If we had but the time." At the moments hurry away. Of the many things I intended to do. Somewhere, some time, some day. There are promises that have not been kept.

Though I always meant to be true But time is too short for all the things

That a body intends to do.

I will answer a letter, or read a book.

I will write a bit of rhyme: I will do the things that I ought to do.

Someday, when I have the time. Someday, when I have the time. 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's mispent 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 decorated with pretty candies. He doled out 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 a 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 aunt had watched the proceedings with great deal of interest, and when she asked him how he liked the cake, was not surprised when he said:

"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 Ford, O. M. I., after the afternoon for Port Albany, Hudson's Bay, to organize and complete the erection of mission and school houses and a hospital. Four grey nuns accompanied him to take charge of the school and hospital. They are Sister St. Martin, who was formerly Superior of the Mount St. Anthony Orphanage; Sister St. Joseph, Sister St. Felix, and Sister St. Jules. The establishment of this mission will be the first in the section in which Port Albany is situated. The party will have to travel 500 miles in canoe, from Port Temiscamingue, where Indian guides will transport their baggage by way of Lake Temiscamingue, Lake Abitibi and River Abitibi, to Moose Factory.

COMBINE ON FREIGHT.

London, May 8.—In the House of Commons this afternoon Mr. Balfour 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 freight on British goods.

## POOR DIGESTION

RENDERS THE LIFE OF THE DYSPYPTIC MISERABLE.

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

From Le Soleil, Sorel, Que.

Of the diseases afflicting mankind dyspepsia is one of the worst to endure. 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 distressing, it is one which, if the proper remedy is employed, can be readily 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. Latrouse, 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 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 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 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, self-poisoning, 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 Dr. Williams Medicine Co., Brockville, Ont.

GOT LITTLE BOOTY.

St. Catharines, Ont., May 8.—L. H. Collier'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 second, gave it up and cleared.

A Breakfast Dish That is Daily

Bringing Health and Strength to Thousands.

The old breakfast grain foods with abundance of insoluble starches, brain and nervous elements producing dyspepsia, indigestion, irritation of the stomach, eruptions and redness of the skin, have not been tolerated in many homes, particularly 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 second, gave it up and cleared.

The advent of Malt Breakfast Food has brought health, joy and contentment to tens of thousands who are afflicted with indigestible elements producing dyspepsia, indigestion, irritation of the stomach, eruptions and redness of the skin, have not been tolerated in many homes, particularly 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 second, gave it up and cleared.

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## The Household

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 teaspoonful 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 teaspoons thick sour cream. Salt and pepper to taste. Chop the cabbage fine, add vinegar, sugar and pepper, stir well and add cream.

Stewed Snapper.—Cut two pounds of snapper into pieces about two inches square, put them into a steaming pan 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, mix the soup with the milk. Stir the salt into the flour, then add enough of the milk and egg mixture to form a rather thick batter. When this has been added to the soup, stir well, 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 oven, moderate oven for three-quarters of an hour. Few housekeepers succeed in making good popovers because the oven is usually too hot or the heat is allowed to die down before the popovers 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 mice traps.

Lemon and salt will remove stains from the hands.

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 the lamp chimneys, after washing, with dry salt.

Coarse brown paper, such as is used by butchers, is best for draining fried things upon.

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 in a few minutes in milk the dye will not stain the skin.

In frying with a frying basket always heat the basket before putting in the fat, as when put cold in it takes too much heat from the fat.

Strange as it may seem, a clear day is much better for making fruit jelly than a cloudy one, as the atmosphere affects the boiling point of sugar.

The eggs for dripping oysters, croquettes, veal cutlets, etc., may be diluted with a little water or oyster juice and thus made to go farther. If 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 teaspoonful of whipped cream is put in the soup just as the split peas are added, the improvement in the flavor of the soup will be noticeable. The pure 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 dainty service for five-o'clock tea, or with a dessert. These are made from dried figs put on a stove in a very little water and simmered until soft. They are then drained, chopped fine, mixed with whipped cream to a paste and spread between two unsweetened wafers.

Much labor may be saved in washing frying pans if they are wiped out clean with a piece of paper after they are put in the dishwasher. 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 Primley, Surrey, yesterday, in the presence of his wife, son, daughter, and a few friends. Many beautiful wreaths were placed upon his coffin.

The Executive of the Canadian Manufacturers' Association has decided to invite the Premiers of the different Provinces, and also a British Minister to the annual meeting in Halifax next month.

An influential deputation from Liverpool waited upon Lord Strathcona yesterday, and urged that 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 presenting demands to the company.