A Man is Only as

Old as He Feels.

Some people are always young-in spirit and vigor. The man who feels his age is the man who neglects his stomach and liver. As the years pile up the delicate organisms grow weaker.

removes all poison from the system. Purilles and enriches the blood. It keeps the liver and kidneys active. Abbey's possesses the rare quality of being a bowel and stomach tonic,

At all Druggists sgc. and foc.

KEYS OF THE BASTILLE. These Historic Relies of Old Paris The keys which locked the great gates of the Bastille at the time of its

fall have been in America for a num-ber of years. For nearly a century

family of the Frenchman who took them from the famous prison, though they have recently come into the pos-

ession of an Englishman living in

When the mob stormed the prison on

July 14, 1789, a Parisian, Carrier Lechastel, is said to have been the

drst to rush over the drawbridge as it fell. It was he, at any rate, who over-

took a fleeing jailer and took the keys

from him. The mob immediately stuck

the keys on the end of a spike, and an

immense throng paraded with them through the streets. They were considered one of the most valuable trophies of the revolution.

Lechastel kept the keys, and they remained in his family until 1859, when a descendant of the family and

when a descendant of the family emi-

when a descendant of the ramily em-grated to America, taking them with him. Eventually the keys were sold to John Hamilton of St. Louis, who kept them for twenty-five years, ex-hibiting them from time to time, when

they were sold to a Canadian.

One of the keys was obtained in

France by General Lafayette and was presented by him to George Washing-ton a year or two before his death. It haugs in the mansion at Mount Ver-

non and has been seen by thousands of

The keys at present are very old and custy. The largest of them is twelve inches long and is quite heavy. The smallest is of the workmanship, the

ocket being shaped like the ace of clubs, and is supposed to have belonged to the treasure rooms. This and an

other key measure six inches in length while the other two are about ten

Velvet ribbon enters largely into the trimming scheme.

Out of Plumb.

When the wall is out of plumb the building is more or less unsafe, and the higher the wall is carried out of the perpendicular the greater the danger of collapse. It's about so with the health; it is out of plumb when the digestion is impaired, when there is a dull sluggish feeling, with nervousness, irritability and sleeplessness. Every day that these symptoms are neglected increases the liability to physical

Discovery cures diseases of the stomach and other organs of digestion and nutrition. It purifies the blood and cures nervo ness, irritability and sleeplessness curing the diseases in which the originate.

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without any re-actionary effects.

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WELLINGTON Lodge, No. 46, A. F. & A. M., G. R. C., meets on the first Monday of every month, in the Masonic Hall, Iffth St., at 7.30 p. m. Visiting brethren

ALEX. GREGORY, Sec'y.

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THE ACCELERATED PACE.

Canadian Progress in the Present Differs Much From Canadian Progress in the Not Yet Far Distant Past.

Not Yet Far Distant Pragtes in the Not Yet Far Distant Prast.

In the column devoted to social gossip appeared a paragraph the other day which recorded that a gathering had been held in honor of a lady who had recently taken up her residence in the place. As is the wont of the social chronicler, the costumes of several of the ladies present were described, and the mention of the etamine, the voile de soie, the bertha, the chiffon, and the applique indicated that the affair was held in a place on the highway of civilization. There were charming young ladies in the tea-room, and, indeed, all the resources and even superfluities that are considered indispensable to moderate comfort in this stage of being. Such paragraphs may be found in newspapers every day, but what drew attention to this one particularly was that a person might have stood on the spot where this gathering took place five years ago, and unless he had carefully grub-staked himself would have been in danger of dying from hunger before he could work his way out of the bewildering wilderness of woods and mountains that rose all about him. For that was what it was—an untouched wilderness. The only trees that had ever fallen in the thick fir bush in the

rose all about him. For that was what it was—an untouched wilderness. The only trees that had ever fallen in the thick fir bush in the valleys were those that had succumbed to age. The wild creatures of stream and hillside did not know man well enough to be afraid of him; and now within five years' space we have a well-grown town, with its social gatherings made bright and elegant by the rich fabrics of the looms of France and Britain.

social gatherings made bright and elegant by the rich fabrics of the looms of France and Britain.

The matter is worth remarking, for it constitutes a factor in every calculation that may be made as to national growth. If we were to argue from Canadian progress in the past to Canadian progress in the future we would be egregiously misled, says The Toronto Globe. Five years after John Gat cut the five years after John Gat cut the five tree on the sits of Guelph or Galt there would scarcely have been receptions graced with Paris gowns and the other luxuries that arrive in a Rocky Mountain mining camp almost as soon as the first shipment of ore goes out. Hon, James Young in his "Public Men and Public Life in Canada" says that even as late as 1853 matters were decidedly rude, raw, and democratic in this Ontario of ours. "Every thing," he says, "produced on the farm or manufactured, which required to be exported, as well as all kinds of groceries, hardware, and goods of every description imported into the interior of the country, had to be laboriously teamed by horses or oxen to or from tidewater. House of stone or brick were still the exception in the country. The surroundings of all but the wealthy classes, and esbrick were still the exception in the country. The surroundings of all but the wealthy classes, and especially of the farmers, were rude and backward, Judged by present standards. The houses of the latter were scantily, often indeed roughly, furnished. In the country Canadian homespun and the coarse tweeds and other woollens made at the old-fashioned woollen mills were still generally patronized. Luxuries of all kinds were scarce. There was neither the wealth, the conveniences, the comforts, nor the pleasures which are now enjoyed by the great mass of Canadians in all the well-settled sections of the Dominion."

of Canadians in all the well-settled sections of the Dominion."

The Province had been settled for more than fifty years, and yet these were the conditions in the fairest and most fertile portions of 4t. It must be thought that we make more progress to day in five years than in fifty in the early days. The railroad the undoubtedly the great lever of progress, and the speed of present day settlement will bear the same relation to the settlement of the past that the locomotive and cars bear to the springless ox-cart on the cordurory roads of primitive Ontario.

HOW CANADA COMPARES.

Classes to Which It Belongs as to Population and Resources.

Canadians are often at a loss to know how their country compares in size and population with others. A few parallels will enable the average few parallels will enable the average man to estimate the possibilities of the Dominion and the premier province. Canada with a population of 5,871,315 is in the same class as the Argentine Hepublic, with 4,794,149. Belgium, with 6,693,548; Afghanistan, 4,000,000; Bavaria, 6,176,057; Saxony, 4,200,000; Holland, 5,263,363; Pertugal, 5,428,659; Roumania, 6,000,000; Siam, 5,000,000; Sweden, 5,175,228; Turkey in Europe, 6,000,000.

But these countries differ middle

600,000.

But these countries differ widely from Canada in size. Afghanistan is somewhat smaller than Ontarie: the Argentine Republic is about half as large as Ontario. If Canada was as thickly populated as Belgium is we should have a nation of 1,772 mil-

chauls have a nation of 1,772 millians.

The area of Ontario is 222,000 aguare miles, and its population 2,182,947. Compare these with Cape Colony, population 2,433,000, area 240,-142 population 45,242,889; France, area 207,054 population 38,961,945; Madagascar, area 228,500, population 2,500,000; Greece, population 2,434,000, area 25,614; Liberia, population 2,200,000, area 35,000; Morocce, area 220,000, population estimated at from two and a half to the millions; Finland, population 2,2678,200, area 144,255; Servia, population 2,493,770, area 18,630; Spain, area 194,783, population 18,618,086; Venezuela, population 2,324,000; area 593,943; Norway, population 2,239,-380, area 124,130; Wurtenburg, population 3,169,480, area 7,528. Italy with fail the area of Ontario has a population of 32,475,-255. Jupan three-quarters the size of Ontario, has 44,260,804 people. Denmark squeezes a population larger than Ontario's into 15,360 square miles.

people."
The People's Common Sense Medical Adviser, containing 1008 pages, is given away. Send 31 one-cent stamps for expense of customs and mailing only, for the book in paper covers, or 50 stamps

A CANADIAN CHRISTMAS I OEM.

Across the outland Christmas night,
The echoing darkness and the cold,
I see the City crowned with light
And every window touched with gold,

He dies not, for still clear His star On such a night stands forth since we Remember now the Christ we are, And watch, the man that He would be!

And through the dublous outland night, Across the gloom, alone, forlorn, I see glad homes re-crowned with light, And each light swings His star re-born! —Arthur Stringer.

IN THE NICKLE BELT.

arison of Prices of Little Things Here and in England.

It was at Brandon Fair that we first realized that one of the draw-backs of this country is the total absence of useful things of small value. We have learned that lesson a hundred times since then. In the old hundred times since then. In the old country sixpence has a very appreciable buying power. Here ten cents, or fivepence, is practically the smallest coin in use, and is certainly of me more worth than twopence at home. At Brandon Fair the "side shows," which at home would charge a penny, twopence or at the very utmost threepence, for admission, charged invariably 15 cents, or 7½d., and they were crowded. I was in a shop where a mother was buying a little candy for a fractious and pestering child, and she gave 5 cents, or 2½d., for an amount that would have been purchased in England for a halfpenny. It costs you frepence to get your boots blacked, and a shilling for a shave in a hotel. Any drink, in for a shave in a hotel. Any drink, in the smallest of tumblers, such as a couple of tablespoonsful of gin and couple of tablespoonsful of gin and a squirt of stone ginger beer, costs 15 cents. I had a little ammonfa and sweet oil mixed in a small bottle to neutralize mosquito bites. The cost was two shillings. If you ask for lager beer they give you a small glass, one-third of a half-pint bottle, for fivepence. A bottle of lager beer, which I could get for sixperce in Sheffield, costs two shillings in a Canadian hotel—not lager brought from Germany, but locally brewed. It is necessary, in brief, to pay heavily for seems to me that "learned between the latter is the better plan. It seems to me that "living" in Canada is quite twice as dear as living in England, but in Canada the food would be somewhat more varied and would be somewhat more varied and seems to me that having in is quite twice as dear as living in England, but in Canada the food would be somewhat more varied and profuse. A single working man has to pay thirty shillings a week for food and lodgings on the average, and he can easily spend another pound a week on such luxuries as smoking and drinking. I suspect that a good deal of the saving which goes on here is made possible by men going without things that are unnecessary. The strong temperance feeling of the country has, in no inconsiderable degree, an economic basis.—John sary. The strong temperance feeling of the country has, in no inconsiderable degree, an economic basis.—John Derry, one of the visiting British journalists, in The Sheffield Independent

Not a Canadian Bird.

As the robin is with us but fielf the year, it is not right to claim him as a Canadian bird, as is sometimes the year, it is not right to claim him as a Canadian bird, as is sometimes done. He is of a migratory nature, and leaves us at the end of October, returning early in April. This bird is the finest songster that visits us, and when eaged and carefully attended to makes a most cheerful and amusing companion, writes Sydney. Smith of Toronto. In my time I have had many kinds of birds, but not one of a more attractive and pleasing disposition than the robin. What I would particularly draw attention to is a remarkable illustrasion of this bird losing his own natural song and learning from tuition something altogether, different. Having got possession of him when he dropped from the nest, I whistled to him, or in his hearing, repeatedly from day to day, and when not at home one or other of the members of the family did the same, so that now he cannot be recognized by his song as a robin. Sweet as his natural song is, what he has acquired is sweeter still. In reality it is not a song, but a melodious and changeable whistle interluded with variations of many and peculiar noises. When still. In reality it is not a song, but a melodious and changeable whistle interluded with variations of many and peculiar noises. When spoken to by one of the family he invariably answer in bird language, and he gives unmistakable proof that he knows one person from another. The first footstep that reaches his ear in the morning brings from him a welcome salutation, and no matter how late at night the last one home is greeted with a cheerful word or two from Bobby. Noticing at an early stage his fondness for play, I introduced a few trinkets, which he pounced upon at once, and ever since I have kept him supplied with small things, which he delights to pick up and throw about his cage. The more noise they make the more he enjoys the fun. I have also hung on a string from a wire at the top of the cage a very small bell. This he takes hold of and swings to and fro which causes it to jingle. His fondness for music is demonstrated whenever the piano is being played or when singing is heard in the house. At such times he raises his voice above all things if you wish him well. In the first place, keep him clean, or give him the means of keeping himself clean. He should have his daily bath, as he is passionately fond of water. For food give him neither meal nor any kind of prepared stuff, but simply fresh meat in very small pieces. That is as near his natural food as you can get. When fruit is in season give him a few berries, or even now a few table currants is a welcome and wholesome addition to his bill of fare.

Oldest Trade Secrets.

The two oldest secret trade pro-

The two oldest secret trade processes now in existence are considered to be the manufacture of Chinese red, or vermilion, and the method of mlaying the hardest steel with gold and silver, which seems to have been practiced at Damascus ages ago and is known only to the Syrian smiths and their pupils even to this day.



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ASK FOR THE OCTAGON BAR Sunlight Soap washes the clothes white and won't hurt the hands. LEVER BROTHERS LIMITED, TORONTO.

SALMON FISHING ON THE TWEED. low John Bright Qualified the Sport as

A correspondent of The London Globe has sent the following to that

One day when I was salmon fish-"One day when I was salmon fishing upon the Tweed I met Mr. John Bright, who had himself been angling upon the Sprouston Water. I remarked to him. that salmon fishing was fine sport. He assented, but qualified his assent by adding. Fine sport if you are getting fish. On the Tweed this year, they are getting fish, and the record upon many of the waters has already been broken. The heavy fall of rain during the last few months prevented the nets being worked at the mouth of the being worked at the mouth of the river, and the fish were allowed to pass freely into the shelter of the pools and streams.

"It has been Charles Perkin's good

fortune to get the record day of the year. Fishing upon the Carham Water, he landed 20 fish, coming within one fish of the best day's sport that has ever been known to fall to a single rod on the river. The record day upon the Tweed was the 21st of November, 1873, when Mr. Giffen killed 21 fish upon Sprouston Water. It may be interesting to note that upon the same day Sir R. Waldie Griffith, fishing from the other side of the river, the Hendersyde Water, caught 12 fish, giving a total of 33 fish upon the Sprouston Water. The heaviest fish weighed 34; pounds, and was killed by Sir R. Waldig Griffith at a cast named the Bushes. The length of water upon which these fish were caught would not much exceed a quarter of a mile. within one fish of the best day's sport not much exceed a quarter of a mile. Chas. Kerss, of Sprouston, once told me that his grandfather rented Sprouston Water for £40 a year; you Sprouston Water for £40 a year; you would be fortunate now to rent it for £400 a year. The Duke of Roxburgh is to be congratulated that his water at Floors Castle gives the record for the best week's fishing, Mr. McCullock having landed 78 fish of an aggregate weight of 1,459 pounds, giving an average of nearly 20 pounds a fish."

The London Daily Chronicle asks:
Does Sir Herbert Maxwell, M.P.,
whom the King has just appointed to
represent, as Lord Lieutenant of Wigtownshire, the royal authority in
that somewhat remote corner of the
kingdom, remember the day, a good
many years ago, when he was arrested as a possible spy on the ramparts outside Strasburg? Seated
with a friend and fellow-traveler on
a green mound, peacefully sketching a green mound, peacefully sketching the famous spire of the cathedral, he, with that friend, was suddenly col-lared by Prussian sentry and ignom-iniously marched through the streets to the guard-room. It was only after many gesticulations and much dumb-show (for only one knew a little Ger-man) that they persuaded their capman) that they persuaded their captors that they were merely a couple of innocuous amateur artists, and not French spies engaged in making plans of the fortifications. Sir Herbert, by the way, is (besides many other things) a painter of no little ability. He once studied at South Kensington, and thought of art as a prefession; but dis aliter visum.

Any irregularity on the part of The Planet carrier boys will be im-mediately remedied by calling at the office or phoning 53a.

Common sense is the faculty that enables us to understand what line of conduct other people should pur-

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Men's Felt Shoes, reg. \$3.00, now \$2.00.

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HOW IT'S DONE.

It's from the stomach the