

Nerve Disorders of Women

Accompanied by Neuralgia, Irritability, Sleeplessness and Depressed Spirits.

Dr. Chase's Nerve Food

The feminine organism requires an enormous quantity of blood not only to sustain the network of nerves which are found in the womanly system, but also to make good the periodical loss which so weakens the body.

Consequently it happens that just as soon as the blood gets weak and watery or is deficient in quantity the nervous system suffers, and in woman the effects are most severely felt in the form of irregularities and weaknesses of the feminine system.

At the beginning of womanhood, at child birth, during the nursing periods and at the change of life, calls are made for an extra supply of blood, and as a result nervous disorders are exceedingly common at these times, and the health and happiness of the remainder of life may depend on the care of the system.

Because Dr. Chase's Nerve Food actually forms new blood and creates new nerve force, it is the most effective preparation ever used by women to build up the system and restore vigor and strength to the body.

Mrs. N. B. Ebers, Fourth street, Chatham, Ont., and whose husband is employed with the Wm. Gray & Sons Co., carriage manufacturers, states,—

"My nervous system was all out of order, I did not rest or sleep well and suffered a great deal with nervous headache. Since using Dr. Chase's Nerve Food my nerves have been strengthened, the headaches have disappeared, I am refreshed by sleep, something that was quite impossible before I used this treatment. I can, with all confidence, recommend Dr. Chase's Nerve Food as a splendid restorative."

Dr. Chase's Nerve Food, 50 cents a box, at all dealers, or Edmanston, Bates & Co., Toronto.

Care in Choosing Glasses.

A dealer in optical instruments declared that it gave him real pain to note the careless manner in which half the persons in New York wear glasses. "It is a wonder to me," he said, "that they don't bring on blindness. In the first place, the frames should always be fitted to individual faces instead of being picked up indiscriminately without regard for facial peculiarities. The size of the lenses is another important consideration. Most of the glasses I see on the street are too small. They should be as large as the face of the wearer will permit, for a lens of good size not only affords better protection to the eye, but is more becoming than a smaller one. Another tribulation of the weak eye is due to the reflection from the edges of unframed glasses. The eyelashes should be attended to in order to get the best results from a pair of spectacles. Many lashes are worn so long that they brush against the glass. This is decidedly injurious."

A Lesson in Hospitality.

A curious instance of provincial hospitality in a small Tuscan town is recorded by Luigi Villari in "Italian Life in Town and Country."

A lady of very noble birth and of considerable wealth was giving a musical party—it was the first time she had invited friends to her house that season. The entertainment began at 2 p. m. and lasted till 7. No refreshments were provided for the guests, but at half past 4 a servant appeared and solemnly presented a cup of chocolate to the hostess and one to her mother. This, of course, would only be possible in a very provincial town. In the more civilized spots excellent refreshments are always offered to the guests.

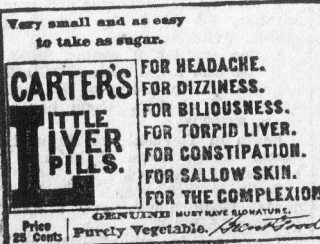
ABSOLUTE SECURITY.

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

Must Bear Signature of

Wm. Carter

See Fac-Simile Wrapper Below.



Invitation Cards, Programmes, Pencils, etc., can always be obtained at THE PLANET Office.

TWO KINDS OF ORATORY.

Difference in Style Between English and American Speakers—A keen criticism of National Characteristics.

The men who enter Parliament and the men whom you find on platforms have for the most part received the best education that a England can supply. They are, therefore, naturally disposed towards a fairly high standard of oratory, a stately and dignified standard at any rate. Also, they come to close quarters with their subject. Their speeches are packed full of meat. They excel in concrete, precise work, and are not afraid of dry details. They rarely generalize, and one may say they are never florid or bombastic. They have a strong turn for exposition, and like to hammer things out. They are naturally didactic. All Englishmen are, if they are not preaching themselves, if they are not listening to someone who is, it is a habit not without its unfortunate side. It leads Englishmen at times to address an audience as though they were professors lecturing a class. One detects in some of them a note of pomposity, of condescension that Americans would not stand for a moment, any more than Englishmen would stand a tempestuous fury of the Bourke Cochran species. They have not the flexibility of French orators, and are nothing like so well versed in the mechanics of their craft as Americans. The latter feel the pulse of their audience more exactly, are more quickly sensitive and, being in absolute sympathy with those in front of them, have a freshness and ease and colloquial persuasiveness that Englishmen rarely master. Their touch, too, is lighter and more deft. On the other hand, English speakers are more restrained and possibly more thoughtful, they are much more intent on reason and argument than on declamation. But as they mostly have the national habit of spoiling sound ideas by a prosy and pointless way of putting them, this does not count so heavily in their favor as it should. I have sat under scores of orators in both countries, and my general impression is that Englishmen give you more and entertain you less. You run considerable risk of being instructed at an English meeting and more of being bored. In America there is not much danger of either fate—none at all, indeed, of the latter.

CARACAS' QUEER RAILROAD.

Covers Twenty-five Miles to Reach La Guayra, Five Miles Away.

Venezuela, famed for its debts and its revolutions, is also noted for possessing one of the most unique and picturesque railways in the world. The road connects Caracas, the capital, with the port of La Guayra and is remarkable in that while the distance between the two places is but



SCENE OF THE CARACAS RAILROAD.

five miles in an air line the distance by rail is nearer twenty-five miles.

The road at La Guayra is at sea level, but rises at a steep grade until Caracas is reached at an altitude of 4,000 feet. It turns and twists through the mountains along the sides of precipices and over deep ravines. In cutting a way along some of the cliffs it was sometimes necessary to let the workmen down by ropes.

Ferns That Walk.

Most ferns are confirmed travelers. New fern leaves grow out from the underground roots some distance away from the old plant. The average observer scarcely notices this, but there is a native fern that steps off at so lively a pace that its odd habit has long furnished one of the amusing entertainments of the woods. The walking fern often carpets ledges and tops of shaded rocks. The slender, tufted leaf fronds are singularly unferny in appearance. They squirm about and "walk" by declining their taper tips to the soil and taking root there and growing. In time clusters of new leaf fronds spring from such rooted tips. By and by some of these, too, bite the earth, and, taking root, start still other colonies, which in turn will continue the progress again and again. Naturally with the lapse of time the connection between the older tufts and the younger becomes broken, yet one sometimes finds series of three or four linked together, representing as many steps in the pretty ramble.

50,000 Earthquakes a Year.

About 50,000 earthquakes occur annually, according to Prof. John Milne, the eminent seismologist, who read a paper on "World Shakes" before the Royal Geographical Society of Great Britain a short time ago. He divides these into two groups, continental and local, the former being the result of sudden accelerations in the process of rockfolding, and the latter being settlements and readjustments along the lines of primary fractures. Their relationship he calls that of parents and children.

This is Straight Shooting

When, in history, did cold fad breakfasts ever nourish a race of straight shooters?

Yet how many Scottish battles have been fought with Scottish tenacity on Scotch porridge?

Now, fancy asking a regiment of brawny, hungry Highlanders to eat a breakfast of cold Yankee fad, and then make a Dargai charge on that.

And **Tillson's Oats** are Scotchmen's Oats Canadianized.

Made for half a century in Canada by Canadians with Canadian capital.

Made by **Tillson's** own Pan-Dried process—the best oatmeal process in the world—invented, used and controlled solely and exclusively by **Tillsons**.

And it's a good, solid, honest, warm food, not a cold fad.

Made in Canada
50 Years.

**Pan-Dried
A Food, not a Fad**

In Packages—
all Grocers



Tillson's Oats

A Scriptural Weapon.
Children tumble into strange morasses when they grapple with theology. They trip over words. For example, the other day a teacher at Stepey took for the Bible lesson the story of Samson. At the end of the lesson questions were put to test the understanding of the scholars. "With what weapon did Samson slay a thousand Philistines?" was the question. For a space there was silence. Then a little girl spoke up. "With the ax of the apostles," she said.—London Chronicle.

Conceded.
Phyllis—Harry is the most conceited man I ever met.
Maud—What makes you think so?
Phyllis—Why, he first asserts that I am the most adorable woman in the world, the most beautiful, intellectual and in every respect a paragon, and then he wants me to marry him!

Seesaw.
Nodd—Every time I go on a vacation I swear I'll never take another.
Toop—Why don't you stick to it?
Nodd—Because every time I stay at home I vow I'll never do it again.

**PILEKONE
A POSITIVE
CURE FOR
PILES.**

OPINIONS LEADING PHYSICIANS.
I have used Strong's Pilekone in my practice, as well as in my own case, and can justly certify that it is an excellent remedy for the purpose for which it is intended. J. B. CAMPBELL, M. D., Corner, London, Ont.
W. T. STRONG, Manufacturing Chemist, London, Ontario.
Price, \$1.00. For sale by druggists, or by mail on receipt of price.

FOR MEN AND WOMEN.
Use Big C for unnatural discharges, inflammation, irritation or ulceration of mucous membranes. Painless, and not addictive or poisonous.
Sold by Druggists, or sent in plain wrapper, by express, prepaid, for \$1.00, or 3 bottles, \$2.75. Circular sent on request.

PORTER

Good porter is one of the very best tonics known.

Carling's Porter is the very best porter that is made. Its purity commends it to physicians—its flavor to those who drink it.

CARLING

It's a Study...

To dress the boy stylishly, at the same time to do it economically. It's a deeper study with us, we are never through our task, always designing manly 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.

RED CEDAR SHINGLES, BEST BRAND. BY OAR LOT.

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CHATHAM, ONTARIO

Posts, Shingles Barn Lumber, Building Materials

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Lime, Cement AND Cut Stone.

We keep the best in stock at right prices.

JOHN H. OLDBERSHAW
Thames Street,
Opposite Police Station...

MILLINERY

—AT—
HALF PRICE.

\$1.00 Hats for.....	\$.50
2.00 Hats for.....	1.00
2.50 Hats for.....	1.25
4.00 Hats for.....	2.00
50c Children's Bonnets for.....	.25
75c Children's Bonnets for.....	.37½
1.00 Children's Bonnets for.....	.50
1.50 Children's Bonnets for.....	.75

Opp. GRAND OPERA HOUSE.

MRS. J. B. KELLY

WHIST TRAYS
In different Colors
can be obtained at the
PLANET OFFICE