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Our Teas

When we have exceptional good value we wish you to know it. We are offering this week a very fine Ceylon black sweet and delicious in flavor, imported direct from the ground in India.

Then we have a very choice Young Hyson of the very finest cup qualities which comes from China. We will mix them for you if you choose or you can have them clear. In either case you may rest assured you will have the best cup of Tea that money can buy on the continent. Our price is 50c and they are good value at 90c. Try it.

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Queen St. Union RR Phone 73

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Our Fall stock is now complete and we can supply at the lowest figures

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Coal and Wood Burners, Guns, Shot, Shells, Black and Smokeless Powder, Wadding, etc.

Rugs, Robes, Blankets, Whips, Axes, Saw, Cutlery, Paints, Oils, Window Glass, Farm Implements, etc.

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King St. East of Market, Chatham



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The proper time to have a Gas supply put in is now. Gas is the cheapest and most convenient fuel.

CHATHAM GAS CO., LIMITED

Spare Ribs Tenderloins

Hocks,
Frankforts and
Pork Sausage

FRESH DAILY AT

J. P. Taylor

Park Street East, Telephone 157

It's like Eating at Home

To take a Meal at Somerville's Restaurant. Menu and Service the best. Appetizing Oysters and Luncheon.

Wm. Somerville

PHONE 56. Next Standard Bank.

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MAGNETIC MINERAL WATER—
Southampton.

Is highly recommended by Prof. Fyne, Dominion Analyst, Toronto, for persons suffering from either rheumatic taints of constitution, or habits of constipation. It is a most palatable table water, and is absolutely pure. Recommended by leading physicians. A trial will convince you that it has merit of a high order. For sale by Central Drug Store and F. A. Robert.

POSITIONS IN SLEEP.

HOW VICTIMS OF INSOMNIA MAY
WOO SWEET SLUMBER.

The Way One Should Lie in Bed in Order to Obtain Natural Repose. Various Ailments and the Postures Best Adapted to Them.

Positions that woo sleep in victims of insomnia is an interesting study made by a well known metropolitan physician, Whitman V. White of Brooklyn. Dr. White is a specialist on nervous diseases and in a mild but emphatic manner scores his professional brethren for their free administration of narcotics. He denounces the practice as unnecessarily taxing on the disorganized systems of insomnia patients in many cases. In his own experience he has found a simple method adequate without weakening after effects likely to produce increased symptoms.

"Through a study based on the laws of physiology in human anatomy extending over a period of a dozen or more years I have learned that under certain physical malconditions," said the physician, "the subject may be given relief by assuming positions at rest that will from the ease afforded the affected parts serve as a natural soporific agency." It will be readily understood that a constrained position will tend to prevent natural repose, while a comfortable one will woo it. But what in almost all cases seem to be a position of ease may in reality be the reverse.

"For instance, a dyspeptic will rest more easily lying on the right side for the simple reason that in that position the food naturally gravitates out of the stomach and into the intestines, while if lying on the opposite side that organ, in its weakened state, has to perform an uphill process of digestion. This is amply sufficient to produce insomnia.

"Lying flat on the back, with the limbs relaxed, would seem to secure the greatest amount of rest for the muscular system, whether in good health or illness. Such is the position advocated by physicians generally in the most exhausting diseases, and it is hailed as a sign of rapid recovery when a patient exhibits an inclination to turn on either side. But at the same time there are several disadvantages in the supine posture which impair or embarrass sleep, whether in case of severe illness or ordinary health. Thus in weakly states of the heart or blood vessels and certain morbid conditions of the brain the blood seems to gravitate to the back of the head and to accordingly produce troublesome dreams. I believe that much of that weakening delirium which the physician has to contend with in treating serious maladies is often occasioned in this way.

"In persons who habitually stoop in their gait or work, either as a result of the requirements of their occupation or from the course of their physical development, there is consequent in straightening the spine. It may not be sufficient to cause pain and yet be such a strain as to prevent perfect ease. The result is unconscious restlessness, which is the producer of insomnia.

"People who have contracted chests cannot sleep well lying upon their backs. This rule applies especially to those who have suffered with pleurisy and retain adhesions of the lungs. They will find it easier to get to sleep upon the right side and that their somnolent rest will do them more good if they observe this advice. Furthermore, the habit of lying on the back is the creator of snoring, which much belabors sleep and prevents the subject from receiving the full benefit of its recuperative effects.

"It is desirable, therefore, in all cases to lie on the side, and in the absence of special diseases rendering it more desirable to lie on the weak side, which leaves the strong lung free to expand, the right side should be chosen. A glance at any plate of the visceral anatomy will show that when the body is thus placed the food in the process of digestion is greatly aided in its passage from the stomach into the intestines. Here the principle of gravitation directly applies. Then the fact that the stomach doesn't compress the upper portion of the intestines is still another advantage to be gained from lying on the right side when sleep is a case to the entire human mechanism is under serious consideration.

"In conclusion, I wish to refer to some injurious eccentricities, or fads, in sleeping which I have observed. A wealthy woman once came to me for treatment for bad dreams of the order commonly called nightmare. Upon making inquiry I discovered that she was in the habit of lying at rest with her arms thrown up over her head, a position greatly to be deprecated, although it will induce sleep in persons who have weak lungs. The circulation is thereby made stronger in the extremities, and the head and neck and muscles of the chest are drawn up and relaxed by the shoulders."—Philadelphia Times.

Lacoste and Cautele.

Maurice Barrymore's wit is far famed, but a neat little witicism at his expense was Augustus Thomas' laconic criticism of one of Barrymore's plays.

The celebrated playwright had been mercilessly picking flaws in the actor's drama until the good natured Barry winced.

"Oh, come, Gus," he interrupted. "Don't be quite so hard if it's not an 'Alabama.' Just remember that I wrote it in a week."

"Did you, Barry?" retorted Thomas. "Then you must have loafed."—Kansas City Independent.

EAT MOUNTAIN'S MEAT

Pure Pork Sausage,
Frankfort Sausage
Made daily, always fresh.
Bologna, L.V.P. Sausage,
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Ground Glean Bone to make the
cuckoo lay eggs, 10 lbs. for
15 c. each.

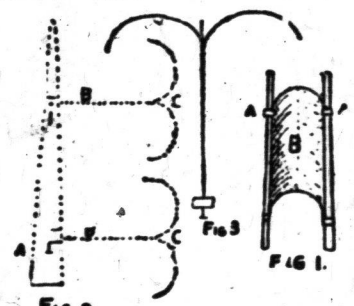
E. A. MOUNTAIN,
Phone 53, Cor. King and William

SHELTER THE HORSE

Many Animals are Worked and
Left out in Sun.

Rain or Sleet—A Cheap Device for
Protecting This Friend of Man may be
Easily Constructed.

Many horses are worked and left out in the hot sun or rain, sleet and snow. I have conceived of a humane device that any farmer can make with some good, strong wire. It is strong enough, or 1/4-inch iron rods may be used. If they are to be affixed to buggy shafts you want two



pieces, bent in the shape of a crescent, like the drawing. The two crescents are kept in place by a rod attached to the center of arch. If the protector is to be used on wagon or tongue there should be two uprights with the two crescents attached at top like Fig. No. 2. The cover of cloth, and with a little ingenuity can be made very handy. Fig. 1 is the way the crescents are attached to shafts of buggies. A, attachments to shafts; B, rod that holds crescent upright; Fig. 2 is wagon tongue and attachment; A, tongue; BB, rods attached to tongue; C, crescent attached to rods. E rod that holds upright rods in place. Fig. 3 shows BB in full. If it is desired to turn rain use oil cloth for covering. The length of the upright rods BB is governed by size of horses.—Practical Farmer.

ABOUT THE SICK ROOM

Comforts Suggested by an Ex-
perienced Trained Nurse.

Invalids Should Have Double Beds—A
Valuable Hint.

An experienced trained nurse declares that a double bed is a necessity in making an invalid comfortable. It allows of changed positions and in many ways is an improvement over the single bed. In preparing a bed for an invalid always use two sets of bedclothing, so that one set can be aired while the other is in use. Wool blankets should be provided in place of down or cotton covers. Pillows of various sizes are an absolute necessity. It is much better to have the pillows filled with soft hair than with feathers. Soft springs are another necessary requirement to the invalid's comfort, as well as a hair mattress.

Marks on bottles caused by wine, cut flowers, etc., may be removed in the following manner: Put into a bottle a raw potato, cut into small pieces, with a tablespoonful of salt and two tablespoonfuls of water; shake well until the stains are removed; then rinse in clean water.

The queen of Siam owns a thimble which was a present from her royal husband. It is made in the shape of a lotus bud, of the finest gold, and is studded with diamonds, which are so arranged that they form their names and the date of their marriage.

Rice water is laundering will stiffen dresses. Boil a pound of rice in a gallon of water and rinse the dress before drying. Do not dry thin gowns in the sun. Roll in a cloth and iron when partly dry.

About 24 women in 100 are stronger in the left arm than they are in the right. Women, too, are more frequently equally strong in both arms than are men.

Those who never retract their opinions love themselves more than they love truth.

ANOTHER SHIPMENT

Of Clothes Pins, at the
Red Star Store

North Chatham.

And we will sell 5 doz. for 50c, the next 20 doz. And as all wooden ware has advanced clothes pins certainly will go up, so call quick and get a good supply before they are cleaned out. First come, first served. We also still sell good groceries at lowest prices.

J. W. DYER

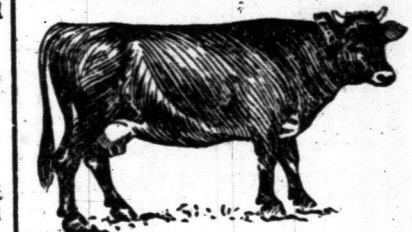
GOOD DELIVERED. PHONE 174

OF RENDENA CATTLE

Some Interesting Traits are Told
by Dr. H. Nicholas Jarchow

These Cattle are of Medium Size, the
height at the Shoulder Being Four
Feet and the Length of the
Body Five Feet

The Valley of Rendena, situated in the district of Tione of Italian Tyrol and extending as far as the Garda Lake and the Valley of the Etsch, is the home of a breed of cattle, the valuable qualities of which have become recognized far beyond its original boundaries. These cattle are of medium size, the height at the shoulders being four feet; the length of the body five feet and the live weight 800 pounds. The color of their hair is invariably a dark chestnut brown, sometimes showing stripes and spots of lighter or deeper shades. The middle line along the back, the belly, udder, forehead, ears,



and the buttock are light brown or reddish yellow, contrasting beautifully with the general dark color of the body of the animal and giving to the head a deer-like appearance. The tips of the horns, the hoofs, and the switch of the tail are of a dull black color, while the muzzle is a leaden gray. Owing to the broad forehead and the small cheeks, the head seems to be shorter than it really is. The horns are short and a little curved to the inside, inclining downward. The ears are large and well-set. The neck is strong and thickly covered with hair, the breast large and deep, with well-developed teats. Their form as well as general characteristics clearly indicate a great capacity for the production of milk. Under ordinary feeding and care the cows give a yearly amount of milk equal to four times their own weight or about 3,000 pounds, but under better and more careful management, the quantity is nearly doubled. The milk is rich, and the period of lactation long. They mature early, fatten easily, and are held in high esteem as general purpose cows.

In a country where everybody wishes to be somebody, nobody is anybody.

Monarchy and Republic are words, forms. There is nothing real but Oligarchy, the exploitation of all by a few—in the name of one, or ten thousand.

Our democratic governments tend to unite the omnipotence and the irresponsibility of the monarchies of old; divine right has been displaced only to descend.

WESTMAN BROS.

Will REMOVE to their NEW
STORE and IMPLEMENT
WAREHOUSE, about

February 20th

and will make a GREAT
**Reduction
Sale**

until that time. All goods
marked in plain figures.

WESTMAN BROS.

HARDWARE, CHATHAM.

Home Spun Dress Goods

Are the latest and choicest for this season's wear. We ask the LADIES to call and see our up-to-date goods. You will then be convinced that you cannot be without a Tweed Dress for this season's wear, also see OUR DRESSING JACKETS at \$1.50 to \$2.00. SEE THEM AND YOU WILL BUY THEM

Tailoring Department

We have this season made a special effort in selecting a special range of the best Imported Worsted, Scotch, English and Irish Tweeds and Overcoatings with a vast range of our own make. We guarantee to save you money and to make your clothes up-to-date and to give you the very best trimmings. OUR CLOTHING IS CASH.

A special reduction in Yarns and Blankets. We have the BEST Underwear for the money in the world. See JUNE for Mitts, Socks, Ready-made Pants \$1.50 per pair. Special line of Ready-made Suits, Ulsters, Horse Blankets, Rugs, etc. Beaver Furs is the best to buy.

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The T. H. Taylor Company, Limited



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about King Quality Shoes.
Ten to one she'll say "there
are none better."

They are favorites with
good dressers, because they
are comfortable and yet
stylish—stylish and yet economical.

Ask an expert their price, and he'll
say "\$5"—he'd be wrong—for while
they are worth it, our price is \$3.
That's one secret of their success.
Ask to see King Quality Shoes.

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HOW ABOUT Your WATER AND STEAM HEAT

or your furnace; are they going to work
all right when old Boreas makes you a
sudden visit? Cold weather will be
here soon now, and it is well to have
your heating apparatus put in order be-
fore you start your fight! We will
overhaul them or put in new hot water,
steam or hot air furnace and heating
apparatus at a reasonable cost.

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