

Apurehard Soap

SURPRISE SOAP

MAKES CHILD'S PLAY OF WASH DAY

CANADIAN PACIFIC RAILWAY

GOING EAST
 Leaving Chatham June 3rd, 1904.
 2.30 a.m. L. Express... 1.10
 2.32 p.m. L. Express... 1.00
 *Daily.
 7.00 a.m. arrives in Chatham from Toronto, 9.35 p.m.

Lake Erie & Detroit River R.R.

Effective June 15, 1904.
 Leave Chatham for:
 For Exp. Exp. Min. Exp. Exp.
 Ridgeway... 10.30 a.m. 7.00 p.m.
 St. Catharines... 10.30 a.m. 7.00 p.m.
 St. Thomas... 10.30 a.m. 7.00 p.m.
 London... 10.30 a.m. 7.00 p.m.
 Windsor... 10.30 a.m. 7.00 p.m.
 Detroit... 10.30 a.m. 7.00 p.m.
 Arrive at Chatham from:
 From Ridgeway, St. Catharines, St. Thomas, London, Windsor, Detroit, Chatham, 11.00 a.m.
 From Detroit, Chatham, 11.00 a.m.
 L. R. TILSON, Gen. Agent, Chatham.
 H. F. MOELLER, G.P.A. Walkerville.

GRAND TRUNK RAILWAY

WEST.
 8.15 a.m. for Windsor, Detroit and intermediate stations.
 12.42 p.m. for Windsor and Detroit.
 2.30 p.m. for Windsor and intermediate stations.
 4.25 p.m. for Windsor and Detroit.
 9.10 p.m. for Detroit, Chicago and west.
 *Daily.
 8.32 a.m. for London, Hamilton, Toronto, Buffalo.
 1.45 p.m. for Gloucester, St. Thomas.
 2.27 p.m. for London, Toronto, Montreal, Buffalo and New York.
 5.05 p.m. for London, Hamilton, Toronto, Montreal and East.
 8.50 p.m. for London and intermediate stations.
 *Daily except Sunday: *Daily.

CANADIAN PACIFIC

WORLD'S FAIR, ST. LOUIS, APRIL 30TH TO DECEMBER 1ST, 1904.
 Through Transcontinental Service
 Leaving Toronto at 4 p.m. daily (via North Bay).

PORT ARTHUR, BAT PORTAGE, WINNIPEG, MOOSE JAW, CALGARY, REVELSTOCK, VANCOUVER AND B.C. PORTS.

FIRST CLASS SLEEPERS, DAILY, TORONTO TO WINNIPEG, connecting with through First Class Sleepers for Vancouver.
 Outfitting Dining Car Service, North Bay to Lagan and Revelstoke to Salmon Arm.
 FOLLY EXPEDITION TOURIST CARS, TORONTO TO SOUTHWEST, ON TUESDAYS AND SATURDAYS, and NORTH BAY, ON TUESDAYS AND SATURDAYS, and through to VANCOUVER WITHOUT CHANGE.
 Berth in Tourist Car, costs in addition to passage ticket from Toronto to:
 Winnipeg, \$4.00; Moose Jaw, \$5.00; Calgary, \$6.00; Revelstoke, \$7.25; Vancouver, \$8.50.
 For Maps, Time Tables and all information apply to any agent of the Company or
 W. E. HARPER, City Passenger Agent.

GRAND TRUNK RAILWAY SYSTEM

WORLD'S FAIR, ST. LOUIS, APRIL 30-DEC. 1, 1904.

Pygmies from Darkest Africa.
 Indian Giants from Patagonia.

WORLD'S FAIR, ST. LOUIS, April 30-Dec. 1, 1904.

\$30 60

Chatham to New Orleans and return.
 Account Mardi Gras Festival.
 Tickets on sale daily until Feb. 15th, valid returning on or before February 20th.

Special Arrangements for Extension of Tickets.

Tourist Tickets on Sale daily to Winter Resorts of California, Mexico and Florida. Choice of Routes, and stop over privileges at principal points.

NEAR BY WINTER RESORTS.

Mt. Clemens, Mich. St. Catharines, Gravenhurst, the New "Minnows-ka."
 The Fast Chicago Express, leaving Chatham at 9.10 p.m., arriving in Chicago at 7.20 a.m., connects with all Western and South-western Lines. Through Pullman Sleeper.
 W. E. RISPIN, City Ticket Agent, 115 King Street, Chatham.

WABASH

Is the great winter tourist route to south and west, including Texas, Old Mexico and California, the lands of sunshine and flowers. Through standard and tourist sleeping cars are now run via this great southern route. The new and elegant trains on the Wabash are hailed by the most powerful engines ever built. Every comfort is provided equal to the best hotels or the most luxurious homes. Nothing is wanted to complete one's happiness. The days and nights pass only too quickly while travelling on the great Wabash line. For information as to rates, routes, etc., address any ticket agent or J. A. Richardson, Dist. Pass. Agent, N. E. Corner King and Yonge Sts., Toronto.
 W. E. RISPIN, C. P. A., Chatham.
 J. A. RICHARDSON, Station Agent.

ADD TO A MAN'S YEARS

SIR HERMANN WEBER, M.D., F.R.C.P., TELLS HOW TO PROLONG LIFE.

Eminent English Physician Gives Definite Rules Governing Food and Exercise—Makes the Startling Announcement That the Age of 100 Years Might Be Attained by Most People—The Week-End Holiday.

Sir Hermann Weber, M.D., F.R.C.P., the distinguished English medical authority, in a recent lecture before the Royal College of Physicians and Surgeons made the somewhat startling announcement that the age of 100 years might be attained by most people.

He proceeded to lay down many definite rules covering the food and exercise to be taken to accomplish this end. Coming from an authority so highly esteemed the advice cannot be taken too seriously. In discussing the problem Dr. Weber said:

"The subject of the prolongation of life is a very large one, especially if considered with regard to the whole population from infancy onward. The diminution of infant mortality and the improvement of the hygienic conditions of towns and houses have raised and will continue to raise the average duration of life. Here is a wide field of usefulness, and one of the most important sections of it will be the combat with the various forms of pathogenic microbes, in which men have rendered immortal services to humanity. And, besides, the physical education of the entire population, which ought to be insisted upon at all schools, public and private, will not only contribute to the prolongation of life but improve the whole race. Our grandchildren ought not to hear any more of the deterioration in the soldiers, the professions or trades."

"We are therefore justified in assuming that although life is usually limited to eighty years it may occasionally be prolonged to one hundred and even more through the operation of careful training. By carefully studying these agencies we may sometimes succeed in prolonging life to the limit natural to the human species."

Long Lives Temperate.

"Some of the most long lived persons have led invidious lives, and great longevity occurs occasionally under the most different circumstances. After having carefully entered into the records of more than one hundred cases of very long lived persons I have reason to say that by far the majority of them were temperate, were small meat eaters, lived much in the open air and led an active life. Many of them lived a life of toil with great restrictions as to food and comforts, while most of them were early risers and a great number of them had a joyful disposition and performed their work cheerfully. Only a few were intemperate, idle and lazy persons."

"Death from old age is caused by a kind of atrophy of the tissues and organs connected with the changes in the blood vessels. We must counteract this tendency by supplying the tissues and organs with healthy blood. To do so we must endeavor to produce a healthy state of the blood and to maintain the blood vessels and lymphatics in a sound and vigorous condition. Life, we may say, depends to a great extent on the state of the organs of circulation. If we review the different means in our power to prevent early decay and to keep the circulatory system in a healthy condition we find that the most efficacious are given by the different forms of exercise."

IS YOUR BREATH BAD?

Bad breath is one of the early symptoms of catarrh which should be checked at once and not allowed to run into consumption. The surest cure is fragrant healing Catarrh-zone, which cures catarrh by removing its cause. No case is too chronic, even the most stubborn yield in a short time to the balsamic vapor of Catarrh-zone. It makes cures that last, for once cured by Catarrh-zone you stay cured. Catarrh-zone is pleasant, convenient and safe to use, relieves almost instantly and is guaranteed to cure every type of catarrh, bronchitis and asthma. Use only Catarrh-zone, complete outfit \$1.00; sample size 25c.

You don't need charity to look on the best side of a woman; she will keep it turned toward you.

The lucky man is the man who sees and grasps his opportunity.

Birth-marks which mark and mar the outside of the body are a grief to every mother whose children may bear them. But for every child who bears a birth-mark on the skin there are many who bear an indelible birth-mark on the mind. Nervous mothers have nervous children and many a man and woman owe an irritable and despondent temperament to those days of dread when the mother waited the hour of her maternity. The use of Dr. Pierce's Favorite Prescription strengthens the mother for her trial. With strength comes a buoyancy of spirit and quietness of mind, which is one of the happiest gifts a mother can bestow on her offspring. By giving vigor and elasticity to the delicate womanly organs "Favorite Prescription" practically does away with the pain of maternity and makes the baby's advent as natural and as simple as the blossoming of a flower. There is no opium, cocaine or other narcotic contained in "Favorite Prescription."

When a woman falls into jealousy she makes an effort to conceal it.

Rich, warm, healthy blood is given by Hood's Sarsaparilla and thus coughs, sores and pneumonia are prevented. Take it now.

The man who agrees with nobody thinks everybody else is wrong.

MODERATION IN FOOD.

"Great moderation in the amount of food, and especially of nourishing articles (flesh food and pulses), ought to be practiced by everybody, particularly by old people, and is a great aid to longevity. Almost all authorities are agreed on the subject that in old age the amount of food ought to be very limited. Dr. George Cheyne, for instance, says in one of his rules, 'The aged should lessen the quantity and lower the quality of their food gradually as they grow older, even before a manifest decay of appetite forces them to it.' An important subject constantly preached but almost as constantly neglected is thorough mastication. Many forms of indigestion, many states of imperfect nutrition of the whole body are caused by bolting the food. Nothing ought to be swallowed until it has been perfectly comminuted by mastication and by the admixture of saliva. Combined with the fault of bolting is often that of washing down the food before it is properly masticated. This is likewise a grave mistake, committed frequently by great eaters and by those who take much fluid during meals, which is in itself a bad habit."

"Alcohol is not necessary to healthy persons, and most men would be better without it. Many diseases are no doubt produced by the abuse of alcohol. Yet a small quantity of wine or whiskey, or cognac, or beer, according to the individual conditions, is to most persons not injurious, to some even useful."

Alcohol and Tobacco.

"A very prevalent idea with regard to alcohol is that it is most useful to aged people, in fact that 'wine is the milk of old people,' that it does for them what milk does for children. Alcohol taken in any large quantities diminishes the resisting power of the organism against chills, microbes, and other causes of disease, and this resisting power is one of the great agents in the prolongation of life, and ought to be strengthened in every possible way, not weakened."

"Tobacco is to many persons a means of enjoyment and is well borne by them if they take it in moderation. It soothes nervous irritability and makes many men look more contentedly on their troubles. On the other hand, excessive smoking is decidedly injurious to the great majority of people by affecting the heart, the nerves and the throat. In many cases diminution of the amount of smoking or taking a milder form of tobacco remedies the bad effect, while others must give it up entirely."

"A further point of self-education is the restraint of our passions; not only that we must not allow ourselves to become furious if anything displeases us, but we must also conquer our ambition, our avarice, our jealousy, our sexual desires, which often become the sources not only of unhappiness, but also of physical and mental disease, premature death or 'miserable' old age."

Some Conclusions.

"The main points of my advice may be comprised in a few sentences:

"Moderation in eating, drinking and physical indulgence.

"Pure air out of the house and within."

"The keeping of every organ of the body as far as possible in constant working order."

"Regular exercise every day in all weathers, supplemented in many cases by breathing movements, and by walking and climbing tours."

"Going to bed early and rising early to six or seven."

"Daily baths or ablutions according to individual conditions, cold or warm, or warm followed by cold."

"Regular work and mental occupation."

"Cultivation of placidity, cheerfulness and hopefulness of mind."

"Employment of the great power of mind in controlling passions and nervous fear."

"Strengthening the will in carrying out whatever is useful and in checking the craving for stimulants, amusements and other injurious agencies."

"In laying down these precepts I wish not to create a life of privation, but to promote a long life and a useful and happy one to the end without suffering, and I can assure you that it has been my good fortune to succeed in a great many cases."

DELICATE BOYS AND GIRLS

Are altogether too numerous. Our schools are full of them. Chances are your own children are weaklings. It's a shame so many children grow up without health when they could be made strong by Ferrozone, the best tonic growing boys and girls can take. Ferrozone invigorates the entire body, helps digestion, makes the blood pure and rich. It supplies more nourishment than children can get in any other way and soon establishes a reserve of force and energy. Give your children Ferrozone and watch them grow strong. Price 50c. per box.

Even the tattooed man objects to being called hard names.

Lever's Y-Z (Wine Head) Disinfectant Soap Powder is a boon to any home. It disinfects and cleans at the same time.

A woman knows how to turn an apology into a word of praise.

Coughs, colds, soreness, and other throat ailments are quickly relieved by Crocin tablets, ten cents per box. All druggists.

Hope springs eternal in the human breast and the bold head.

SUFFERED FOR THREE YEARS.

HEADACHES AND RUSHING OF BLOOD TO THE HEAD.

APPETITE WAS GONE.

TRIED MANY DIFFERENT REMEDIES BUT

BURDOCK BLOOD BITTERS CURED

MRS. WALTER MANTHORNE, BROOKLYN, N.S.

She says: "I suffered for three years with terrible headaches and rushing of blood to my head. I lost my appetite and became very thin and weak. I tried many different remedies and consulted doctors, but all in vain until I started to use Burdock Blood Bitters. I had not taken more than two bottles when I began to feel better, my appetite improved wonderfully and I increased rapidly in weight. I took altogether four bottles and am now as well as can be, for which I owe my thanks to Burdock Blood Bitters. I can recommend it to all those suffering as I did."

Perished in Pursuit of Prey.

Among the curiosities of the Northampton (England) museum there is none more interesting than a glass case containing a smoked cat. In her lifetime puss was a respected resident in a hotel in the town and certainly paid for her keep by proficiency in mousing. One day, however, she disappeared—was searched for, lamented, forgotten—till years after a workman repairing a chimney in the hotel threw a sudden light on the mystery of her fate. She was discovered standing in an angle of the brickwork just as she now appears in the glass case, and clinched in each front paw was a smoked, dried mouse. Flying for their lives up the broad chimney, the mouse had led the way not only to death, but to unexpected immortality.

FOR STOMACH TROUBLES.

"I have taken a great many different medicines for stomach trouble and constipation," says Mrs. S. Geiger, of Dunkerton, Iowa, "but never had as good results from any as from Chamberlain's Stomach and Liver Tablets." For sale by all druggists.

The man who loses a leg or an arm can never boast that he won't be stumped.

In an argument the bluntest words are often those which come to the point.

When a woman seeks an introduction to a man she carefully conceals the motive therefor.

I was cured of lame back, after suffering for 15 years, by MINARD'S LINIMENT.

Two Rivers, N. S.

I was cured of Diphtheria, after doctors failed, by MINARD'S LINIMENT.

Antigonish.

I was cured of contraction of muscles by MINARD'S LINIMENT.

MRS. RACHEL SAUNDERS.

Dalhousie.

Parrott & Rothwell

Real Estate bought, sold or exchanged. Money to loan at low rates. No commission charged borrowers. Houses to rent. Collections made. Fire and Life Insurance in safe companies. Call and see us. Office King St., opposite Market.

Chatham, Ontario.

F. B. Proctor,

Commission Broker.

N. Y. Stocks, Grains, Provisions, Cotton....

No better service anywhere. Why don't you trade at home? Information free.

Telephone 240.

THE WABASH RAILROAD CO.

GOING WEST EAST BOUND

No. 1-4.45 a.m. No. 2-12.25 p.m.

3-1.07 p.m. 4-11.05 p.m.

12-1.25 p.m. 1-11.05 p.m.

2-8.52 p.m. 3-1.32 a.m.

4-1.12 a.m. 5-2.49 p.m.

The Wabash is the shortest and truest route.

J. A. RICHARDSON, Dist. Pass. Agt., Toronto and St. Thomas.

J. C. PRITCHARD, Station Agent.

W. P. A. 115 King St., Chatham.

Minard's Liniment Cures Distemper

Sure Sign of Spring.

People are beginning to leave their orders for papering and painting now. So be wise and don't wait until the rush is on.

Come now and pick your papers and set the date for your work, and we will do the rest.

TILT'S ART STORE.

Suitable Holiday Presents

A nice line of Perfume in Boxes and Bulk.

NeSmith's High Grade Chocolates in boxes.

Terry's Sweets.

A beautiful line of Ebony Mirrors, Hair Brushes, Cloth Brushes and other natural woods.

A large assortment of Shaving Mugs, Brushes and straps.

Cigars in boxes of 10 and 25 from 50c. up at

Radley's Drug Store.

HAVE YOU A BERLINER GRAMOPHONE?

It is the best entertainer now upon the market. Almost any selection desired can be purchased for them, as we have the largest assortment in the city, and have received a large shipment of the latest pieces. We also exchange new records for old Berliner records whether worn out, damaged or cracked, and allow you a good percentage on them.

Come and hear the most up-to-date talking machine of the age.

A. A. JORDAN

WE HAVE ON HAND A LARGE SUPPLY OF

LIME, CEMENT, SEWER PIPE, CUT STONE,

&c. All of the best quality and at the LOWEST POSSIBLE PRICES.

J. & J. OLDESHAW

A Few Doors West of Post Office.

BAKING

Give your wife a chance and she'll bake bread like that mother used to make.

For rolls and biscuits that require to be baked quickly there's nothing like Gas.

THE CHATHAM GAS CO. Limited.

King St. Phone 81

Lime, Cement and Cut Stone.

We keep the best in stock at right prices.

JOHN H. OLDESHAW

Thomas Street, Opposite Police Station.