

## Nerve Disorders of Women

Accompanied by Neuralgia, Irritability, Sleeplessness and Depressed Spirits.

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 Edmansons, Bates & Co., Toronto.

Somewhat Mixed.

The story is told of an Assiniboian editor who one morning received two letters from subscribers.

The first, an anxious father, wrote to find out the best way to bring up his twin babies in health and happiness, while the other, a farmer, wanted to know the quickest method of getting rid of grasshoppers.

The editor hesitated then, out of the fullness of his knowledge, he wrote two letters in reply. But in the haste of business he wrote the letters into the wrong envelopes.

The next morning the father of the twins received this interesting answer:

"Cover them carefully with straw and set fire to it. After jumping in the flames a few moments the little pests will be speedily done for."

And the man who was troubled with grasshoppers was bidden to "Give castor-oil regularly in moderate doses and rub their gums with a bone."

Over 102 Years of Age.

Last Tuesday Mr. John Small of Minnosa, Erin township's Grand Old Man, slipped on the ice at his own back door and fell, breaking his left leg at the thigh. Mr. Small is by long odds the oldest man in this part of Ontario, having celebrated his 102nd birthday last August. A couple of years ago Mr. Small had a severe attack of grippe, and it is rather curious that, whereas before this attack he was a man of slight build, he has since then, though over 100 years of age, put on considerable flesh. He is doing well, and, though it is not expected that the limb will heal as quickly or well as in a younger man, he has a good chance of recovery. It is to be remarked as a coincidence that he met with his accident on exactly the same spot on which his wife received a fall a few years ago, which resulted in her death.—Fergus News Record.

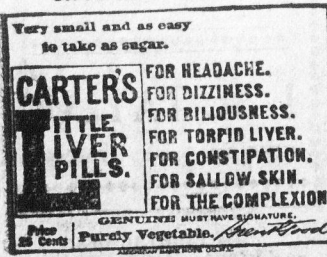
## ABSOLUTE SECURITY.

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

Must Bear Signature of

*Wm. Carter*

See Fac-Simile Wrapper Below.



CURE SICK HEADACHE.

A WISE IDEA

To get your old carpet manufactured into beautiful, durable rugs, at prices that are right. Call and see samples. Factory opposite Pigott & Son's lumber office in J. & J. Oldershaw's block.

THE CHATHAM RUG FACTORY.

Phone 85.

## TWENTY-EIGHT YEARS AGO.

A Story of Bravery That Will Never Die, Even Though Canadian Territory Was Vainly by Invasion.

How many Canadians realize the anxiety the British possessions on this continent have at one time and another caused the diplomats of the States and Great Britain? The trouble over boundary lines is traditional, but that and the Fenian raid is not the only source of diplomatic correspondence in the past. In fact, just 28 years ago this year Canada was actually invaded by a force of cavalry from the States, and strange to relate there was no call to arms from Her Majesty's warriors, and therein lies a decidedly interesting story, a story of warfare, bloodshed and massacre, defeat of United States soldiers and a wild desire for revenge which carried them into Canadian lands in search of their enemy.

It was the sequel of the great battle the Sioux and Cheyenne Indians had with General Custer, and the redskins fled into Canada to avoid the infuriated troops who were determined to kill everything with a copper-colored skin they could find. Indeed, the Indians appeared to have been so frightened by the magnitude of their bloody victory that they never ceased running until they passed over the border and away into British territory, where the wily old Sitting Bull, their chief, understood that he could not be pursued except after correspondence with Washington.

It was the spring of 1876, July 25, that General George Custer and his 252 men were slaughtered by Sitting Bull and his red warriors on the plains of the Little Big Horn River in Wyoming. The battle created a sensation. Custer commanded 252 troopers of the Ninth Cavalry when he went into battle and there were just 252 dead white men found on the knoll where they made their stand. In other words none escaped. These men were superbly mounted. Had they broke ranks and fled for their lives, many would have escaped. It is a singular comment on their courage that not one attempted to ride away. To-day there is a tiny monument marking the spot where each soldier fell and a big white shaft marks the apex of the hill, the high-water mark of the battle which raged that day. The white stones are beautifully aligned there. The bodies were not found for many days. Then decomposition was too far advanced for removal. Each body was rolled into a grave dug by the side of where it was found.

Custer's force was a part of a big force, nearly two thousand soldiers under General Crook, sent on to drive the Sioux back to their reservation. Custer was separated by the main body and sent on a scouting expedition. Here he still further divided his force, sending half of his men away under General Reno. This smaller force was near enough to hear the reports of Custer's guns, but could render no relief because of the presence of some fifteen thousand Indians. The Sioux are magnificent horse soldiers and brave in battle. They overwhelmed Custer, though several who took part in the fight said Custer's troops killed hundreds of their braves before they were "wiped out."

One of the sub-chiefs, Rain-in-the-Face, who had a grievance against Captain Thomas Custer, a brother of the general, cut out the still quivering heart of his enemy and ate it while during the conflict. The Indians horribly mutilated every victim but the body of Custer, the chief. They afterwards explained that he was "much heap brave man" and they would neither scalp him nor otherwise mutilate the body. When found he was fully dressed, with his sword lying on his breast. One single bullet wound in the forehead told how he died. All the other dead were stripped of their clothes and cut to pieces.

The next day the whole Sioux nation started northward on the run. As soon as General Crook discovered the disaster that had overtaken Custer, he sent his whole force after the Indians. The warriors abandoned their families, knowing they would not be injured by the troopers, in order that they could move faster. The pursuit was stubborn. Up through the Bear Paw Mountain of Montana fled the frightened Indians and then across the Milk River and into Assinibola. The troopers of Crook never came in sight of the Indians, but kept steadily on. Sitting Bull halted fifty miles over the border, only to find the soldiers were still after him. Then his force swept on into the Wood Mountains. In the meantime General Crook discovered that he had exceeded his authority and had invaded Canada. He very promptly retreated, though he afterwards asserted that he would have fought a battle with the Indians had he caught up with them, if he had been on foreign soil or in his own. Only the chief men of the tribe, however, remained for any length of time on British soil. Sitting Bull himself remained in Canada for a year, the Government refusing to expel him as long as he was peaceful. The cunning old fellow then went back to the States and was finally shot to death by the Indian scouts at Standing Rock during the Pine Ridge Indian uprising of 1890-1 while they were trying to arrest him for complicity in the "ghost dance" craze.

Shun the Hoof Burner.

That odor of burned hoofs which one gets in passing a blacksmith shop is an offense to the nostrils, and the cause of it should be of offense to any one who has respect for the horse. This burning of the hoofs every time the animal is shod is a lazy or incompetent man's makeshift for fitting the shoes, and the practice is on a par with the use of embalming fluid in milk to avoid thorough washing of the cans. Now and then a blacksmith may be found with enough common sense and mechanical genius to fit a shoe properly without burning the hoof. We would go several miles out of our way to have work done by him.—Rural New Yorker.

## Winter A DIRGE

The wintry west extends his blast,  
And hail and rain does blow;  
Or the stormy north sends driving forth  
The blinding sleet and snow;  
While tumbling brown, the burn comes down,  
And roars frae bank to brae;  
And bird and beast in covert rest,  
And pass the heartless day.

—Burns.

And on such a day as this, who wants to sit down to a breakfast of "ready to serve, eaten cold?"

Begin the day with a bowl of warm, nourishing, fat and heat making **Tillson's Oats.**

Pan-dried—No dust, no hulls, no specks, all the oat that's good to eat.

In Packages Only

# Tillson's Oats

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



## How to Be Charming.

A woman can make or mar her attractiveness. She can by an utter disregard of hygienic laws and a neglect of toilet accessories, in the opinion of Home Chat, lose entirely that charm of face and form that nature obviously intended should be hers. A few drops of soothing lotion will transform a pair of rough hands into soft ones, systematic care of the complexion will keep it smooth and ward off wrinkles, and an eagerness to read clever books and to know things and a lively interest in the current events of the day will brighten the eyes as nothing else can except it be the sympathy of the man one loves. The woman possessing this knowledge is far more charming and attractive than she in whose path no beautifying whims have ever come, and the woman who applies this knowledge is the one who will develop into the entertaining, interesting grandmother of the next generation, as delicate and as youthful as was the mother of the past generation.

## The Use of Face Creams.

Women are too stingy with their face creams. Did you ever see a stage beauty manage this kind of bath? If you have not, you know literally nothing of the art. In the first place, an actress does not buy 25 cents' worth of cream and expect it to last a lifetime, but she gets her cerate by the quart. After bathing her face at night and drying the skin she puts in each palm a liberal quantity of cream and rubs not only her face, but neck as well. Remember that you must not neglect your throat when caring for your face. Here is where the telltale lines gather the first. Almost in a night an ugly ring sometimes one and oftener two and three appear to warn you of your carelessness. Baggy folds and wrinkles start just under the chin long before the first crow's foot is etched about your eyes. This is because you have not been doing anything for this part of your body.

## A Queer Proceeding.

A curious custom of raising money for the repairs of Westminster abbey appears to have existed in the reign of Henry III. The king commanded the justices assigned to the custody of the Jews to sell the books of the Old Testament which they had in their possession.

## Nervous and Sleepless.

There is just one cure and that is plenty of food for the blood and the nerves, which is best supplied in Ferrozene, than which no blood builder, nerve tonic or strength producer is better. Ferrozene promotes healthy digestion, which results in improved nutrition. The blood grows rich and red, furnishes stability to the entire system, and the store of nerve force and energy increases daily. A rebuilding of the constitution, new spirit, health and strength, all come from the use of Ferrozene. This marvelous renovator is sold by Druggists for 50c a box, or six boxes for \$2.50. By mail from Polson & Co., Kingston, Ont.

## 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.

## BLOOD POISON

On account of its terrible effects, blood disease is called the king of all diseases. It may be either hereditary or contracted; so while it may not be a crime to have the disease, it is a crime to permit it to remain in the system. It may manifest itself in the form of Scrofula, Rheumatism, Stiff or swollen joints, Itchiness of the skin, eruptions or blotches, sores in the mouth or on the tongue, sore throat, falling out of hair, diseased stomach, and a general depression of the system. If you have any of these symptoms don't neglect yourself. You have no time to lose. Beware of "old fogy" treatment—beware of mineral poisons—beware of Quacks and Fakirs. OUR NEW METHOD GUARANTEED. Bank Bonds will protect you. We guarantee to cure this disease, never to return. Bank Bonds will protect you. Our treatment is so judicious in any way, but reaches the very root of the disease and eliminates all poison from the system. The symptoms of disease gradually disappear. The blood becomes pure and enriched, the whole system is cleansed and purified, and the patient feels prepared anew for the duties and the pleasures of life. CURES GUARANTEED OR NO PAY. 25 Years in Detroit. 250,000 Cured.

Consultation Free. Question Blank for Home Treatment and Books Free.

**DRS. KENNEDY & KERGAN**

Cor. Michigan Ave. and Shelby St., Detroit, Mich.

## A Glance :: Through Our Store

Offers many suggestions to parents and friends for the remembrances so appropriate for Christmas time.

The Bethrothal Ring, so interesting, should hold a gem of the "first water." None other would be given on this occasion. If selected at our establishment it carries the assurance.

Our prices are low as is consistent with good quality and we are always anxious to please you.

Come in and test our Merits.

**A. A. JORDAN**  
SIGN OF BIG CLOCK.

**Posts, Shingles Barn Lumber, Building Materials**

always on hand in large quantities at the yards of

**The Blonde Lumber & Manufacturing Co., Limited,**  
Lumber Dealers and Builders

**Cut Your Fuel Bill By Using a Gas Cooking Stove**

You will save the cost of the stove in a short time. Hundreds of users in this city have proved it. No unnecessary labor or discomfort.

Stoves of all sizes for Sale on Easy Terms.

**THE CHATHAM GAS CO. Limited,**  
King St. Phone 81

**Our... Headcheese**

We have sold more this season than ever before.  
Try it.

**CHATHAM PORK STORE**  
Opera House Block

**The Bell Telephone Co., of Canada.**

**A New Issue of the Subscribers' Directory**

For the District of Western Ontario, including the Chatham Exchange, will be issued early in September. Order for new connections, changes of address, changes of names, duplicate entry of names, etc., should be placed at once to ensure their appearance.

F. D. LAURIE, Local Manager