

THE POSTMASTER TELLS HIS SECRET

His Health Mainly Due to the Use of Dodd's Kidney Pills.

Postmaster Lee Looks Ten Years Younger Than His Seventy-Six Years And He Gives The Credit To The Great Canadian Kidney Remedy.

Taberna, Cumberland Co., N. B., April 3.—(Special).—Horatio J. Lee, postmaster here, is now in his seventy-sixth year but so bright and healthy does he look and so energetic is he in his movements that he would easily pass for ten years younger.

"How do I keep young looking," the postmaster says. "Well, I attribute it largely to my good health and my health is mainly due to the use of Dodd's Kidney Pills."

"I first learned the value of this Kidney Remedy some years ago. I was then suffering from Kidney Disease. My feet and legs swelled and I had to rise eight or ten times in the night because of urinary troubles. Six boxes of Dodd's Kidney Pills restored my health at that time and I have used them at intervals since."

"To anyone afflicted with Kidney Trouble I say 'Dodd's Kidney Pills are all right.' Try them and you will be sure to find a benefit."

Glass Eyes.
People who through accident are obliged to use a glass eye should have one for night and one for day use. The pupil of the natural eye is smaller by day than by night. A glass eye that looks all right during business hours gives the wearer an uncanny appearance at night.

GET MORE VIM!

If you are tired, nervous, sleepless, have headaches and languor, you need Dr. Hamilton's Pills: they tone the stomach, assist digestion, brace you up at once. Taken at night, you're well by morning. Sickens and tired feeling disappear instantly. Vim, spirits, happy health, all the joys of life come to everyone that uses Dr. Hamilton's Pills. No medicine so satisfactory. Get Dr. Hamilton's Pills to-day, 25c. per box at all dealers.

Cheap Tea.
In China and some parts of India the finest tea costs only 6 or 8 cents a pound.

The Brain Stone.
One of the most peculiar marine curiosities found at the bottom of the sea is the brain stone, which in many ways resembles the head of a human being, with its many brainlike furrows.

BEWARE OF OINTMENTS FOR CATARRH THAT CONTAIN MERCURY.

As mercury will destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood, to purify the mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75c. per bottle.

Take Hall's Family Pills for constipation.

Marine Fish of Ceylon.
Every bay and inlet on the coast of Ceylon abounds with musical fish. Their song, if it can be called a song, is not one sustained note like a bird's, but a multitude of tiny, soft, sweet sounds, each clear and distinct in itself, something like the vibrations of a wire when its rim is rubbed with the moistened finger. In the harbor at Bombay, India, there is a fish with a song like the sound produced by an aeolian harp.

Free Medical Advice. Men and women suffering from chronic diseases are invited to consult Dr. Pierce, Buffalo, N. Y., by letter, absolutely without fee or charge. For more than thirty years as chief consulting physician to the Invalids Hotel and Surgical Institute of Buffalo, N. Y., Dr. Pierce has devoted himself to the treatment and cure of chronic forms of disease. Assisted by his staff of nearly a score of physicians, each man a specialist, his success has been phenomenal, ninety-eight persons in every hundred treated being absolutely and altogether cured. Women have especially availed themselves of Dr. Pierce's offer of free consultation by letter, thereby avoiding the unpleasant questionings, the abnoxious examinations, and odious local treatments considered necessary by some practitioners. Over half a million women have been treated by Dr. Pierce and his staff for diseases peculiar to women, with unvarying success. Write without fear as without fee. Every letter is treated as strictly private and absolutely confidential, and all answers are sent in plain envelopes, bearing no printing upon them. Address Dr. R. V. Pierce, World's Dispensary Medical Association, Buffalo, N. Y.

The chaste mind, like a polished piano, may admit four thoughts without receiving their tincture.

WOMAN'S WORLD

MRS. MAY WRIGHT SEWALL

A Prominent Reformer and Founder of Women's Clubs.

Mrs. May Wright Sewall, founder and ex-president of the International Council of Women, is of New England stock, born, however, in Wisconsin. She became a schoolteacher, a principal of a college and teacher of languages soon after winning her A. B. Matrimony beckoned her in 1880, but did not deter her in her work along educational lines, but rather broadened it. She possesses the degree of A. M. and with all her public life is a thoroughly domesticated woman, her home in Indianapolis being a model one and not neglected.

She is the founder of other organizations, notably the Indianapolis Woman's club, Art association, Equal Suffrage society, Indiana State Suffrage



MRS. MAY WRIGHT SEWALL.

society, Association of Collegiate Alumnae, Ramahel circle, university extension work, Woman's Exchange, Indianapolis Contemporary club and the Local Council of Women. Mrs. Sewall originated the plan for the Indianapolis Propylaeum, a company of women who have erected a handsome building for helpful purposes. She is a prolific writer of books and articles on literary reform and educational subjects and is in constant demand as a lecturer.

Mrs. Sewall is still in the prime of life. Is fond of society and is a power in the social life of her city. Her weekly "at homes" are largely attended. Probably no woman in America so completely represents the life of modern woman, with its marvelous round of occupations and duties. Many official honors have been conferred upon her. She is a member of the New York Societies and of the American Historical association.

Inflammable Flannelette.

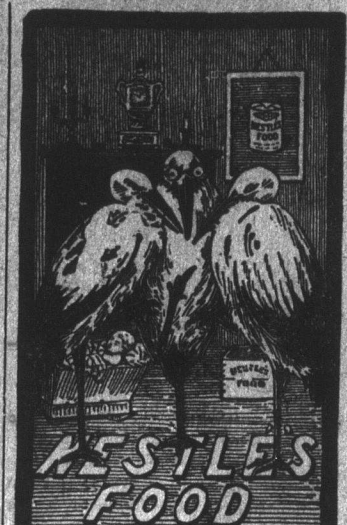
Surely the days of inflammable flannelette should be speedily numbered. The death roll among children who have been fatally injured by the ignition of this perilous fabric is simply appalling. The wearing of flannelette has again and again exposed children to the same risk as if their night dresses were soaked in alcohol, and the flames are not readily extinguished. "An inquest was held yesterday on the body of a little boy, aged two. He was left to play in a room while his mother was absent. He was in a flannelette night shirt. The mother had not left the room long when she heard screams and found the boy in flames. He was terribly burned, and the poor little fellow died within twenty-four hours of the occurrence." Such is the sort of heartrending paragraphs constantly appearing in the newspapers. One corner alone has stated that last year he held no less than seventy-three inquests on children who had been burned to death, and a large proportion was due to flannelette igniting.—Medical Journal.

A Perfect Bed.

A perfect bed, like a perfect woman, is deliciously soft without being too impalpable. The quality of rebound is indispensable—it is the lack of it which makes the feather bed and its prototype among womankind after awhile pre-eminently tiresome. As to clothes for it, Brummel's famous aphorism about dining out, "The finest linen, plenty of it and country washing," applies excellently. An exception may be noted—the linen need not be overfine provided it is generously supplied, of a fair whiteness and smelling of rose leaves and lavender or new mown hay. The coarsest textures so conditioned make even beds of straw or hanks more inviting than those stuff monuments of great estate, flock beds, down beds or hair mattresses, even though they be sheeted with satin and lace. By the way, it was a flock bed, "my second best," that Shakespeare willed Anne Hathaway, his wife, not, as some have said, in misprision of her, but because the best bed, like freeholds and leaseholds, was subject to entail and went invariably to the heir.—Good House-keeping.

The Girl From School.

The daughter who comes home from boarding school is often a disappointment to her mother. Is she not? She is inclined to be critical and make remarks about the furniture, the table, even your gowns, which hurt bitterly, even though she is your daughter. She seems discontented with the old life, and you are at a loss as to what to do. But do not take the situation too seriously, and, above all things, do



Always the Same.

Nestlé's Food is always the same, whether you buy it in Canada or China.

Nestlé's never varies day or night—summer or winter. You can't always get milk from the same cow. A change of milk often means serious illness for baby.

You can get Nestlé's Food in every part of the globe.

THE LEXINGTON MILLS CO., LIMITED, MONTREAL.

not harass her with showing her what you consider her "plain duty." She loves you just as much, but she is young and has been away, says Woman's Life.

Although she seems very self-assured, very confident of herself and her abilities, she has only not gone far enough to realize how little she knows. She must be led by affection and led with tact and gentleness. If she wants to make changes in the home life, so far as they are possible permit her to do so. It will give her occupation, and possibly the new ideas she brings out will mean something to you too.

Cleaning Windows.

Kerosene is a splendid acid in the cleaning of windows. Into a basin put two tablespoonfuls of kerosene and two of water. Take a soft cloth a little larger than the hand, dip it in the basin, half wring it and wash your windows, both sash and glass. Then rub dry with a soft newspaper and polish with a soft towel. This process will remove flyspecks and dirt from both glass and paint more easily and quickly than soap and water and leaves the glass with a better polish. The quantity given is sufficient for washing two ordinary sized windows.

A REMARKABLE STORY

WOMEN TELLS OF HER FOURTEEN YEARS OF SUFFERING.

From Buffalo, N. Y., comes a startling story illustrating how much suffering a woman can bear and yet live.

Mrs. H. J. Rehorn, 159 Landon St., that city, says:—"Soon after the birth of my first child, 14 years ago, constipation became troublesome, and the various pills and medicines I used would give temporary relief, but gradually they seemed to lose their influence and the condition became worse. I must have used fully 50 different remedies."

"At times I would have no relief for food, and what I did eat would distress my stomach. Gas would form and rise, headache and restlessness, bearing-down pain, backache, and gradually I began to recognize the loss of strength, easily tired, and never feeling fully rested. My husband brought me home a bottle of a new medicine called Anti-Pill and from the first I began to improve. My appetite was better and what I ate did not make me feel uncomfortable. Anti-Pill is mild and gentle in its action, and yet it cured my terribly obstinate constipation and made me feel so well."

Every Druggist sells this wonderful Anti-Pill that cured Mrs. Rehorn.

Moth patches may be removed by a lotion of salicylic acid and rose water—two ounces of rose water to half a dram of acid.

HOW PNEUMONIA STARTS.

You catch a little cold to-day, by to-morrow it has reached the throat, next day the lungs are affected, and you wish you had used "Catharrh-zone," which kills colds in five minutes. In the first place Catharrh-zone soothes the irritated membranes and relieves congestion, then it cuts out the phlegm and destroys the germs. It enables the blood to retain a natural supply of oxygen, lung-food, and vitality. In any cough, bronchitis or lung affection it's guaranteed to positively cure. Decline any substitute for "Catharrh-zone."

When a man loses he blames it on his luck but when he wins he attributes it to his good judgment.

Ask for Marnard's and take no other

WEDDING FASHIONS.

PREVAILING STYLES AND FANCIES FOR EASTERTIDE BRIDES.

A Bride's Gown and Other Dresses. The Heavy Trained Dress Versus the Airy Short One—Veils and the New Coiffure Arrangement.

For pictorial representation is selected a charming bridal gown of white mousseline de duchesse, the skirt cut in deep vandykes, edged with a lovely Irish crochet point lace and falling over a quantity of white net frills, stitched with rows of narrow white satin ribbon and fine white silk me-dallion lace, which lace is also again used in vertical lines on the back of the skirt. Particularly dainty is the corsage, with its deep bertha of lace



BRIDE'S GOWN.

and bouffant sleeves of net run with ribbon, while the graceful bridal veil of net has a large true lovers' knot embroidered in each corner in white floss silk. The second cut shows two gowns of a trousseau, one being the going away gown.

White satin is still one of the hand-somest of wedding gowns and gives a better effect than the newer diaphanous materials when made with a very long train. Charming as are the chiffons, nets, mousselines de soie and other filmy fabrics, they are not well adapted to very long trains. Hence the train in these materials is usually much shortened.

Lace veils, especially if they are heirlooms, are quite the vogue, but otherwise there is nothing so charmingly becoming and altogether appropriate as the very fine chiffon veils that crown the costume with a sort of radiant softness and grace.

Among the latest fads for brides maids is the substitution of the elaborate coiffure and veil for the hat that has been so long worn. At a recent well New York wedding the eight



TROUSSEAU GOWNS.

bridesmaids, gowned in white chiffon draped over pink satin, wore three pink or three white ostrich tips arranged in court fashion, from which was draped a long scarf veil that hung down the back. Another fancy is the use with the scarf veil of wreaths of natural flowers.

AMY VARNUM.

The New Line in Bodices.

The middle portions of bodices in general are full or given that modification of fullness which plait achieves, says Vogue. In this respect our gowns are further emphasized by many new and old ways of keeping up full fronts above the girdle line, while flat backs are to be retained. This movement reduces the tiresome vulgarized front blouse line, and yet saves us for awhile from dart fitted bodices, which, no doubt, will come around in good time. Smart tailors have already accepted these foreign hints, and some of their latest suits bear evidence of this.

Baked Eggs and Cheese.

Stamp out rounds of bread, spread with butter and cover with thin slices of cheese. Arrange in a baking dish—one that can be sent to the table preferred—break a fresh egg over each round of bread and cheese, dust with salt and paprika and set in the oven until the eggs are cooked to taste.

How to Keep a Clean Sponge.

Everybody may secure a clean sponge by rinsing it whenever it feels sticky and slimy in a quart of hot water with a tablespoonful of salt. Give several applications of cold rain water and dry in the open air. Soap should not be rubbed on a sponge, which should be washed daily in clear water after use.



Brush Bristles.

"Aye, there's the rub." On the quality of the bristles depends the worth of the brush. BOECKH BRUSHES contain only perfect elastic bristles, specially selected under expert supervision. All loose bristles removed by special machinery, leaving a flexible smooth-working brush.

BOECKH BRUSHES

United Factories, Limited, Toronto, Can.

Bedroom Climate.

On the tombstone of tens of thousands of those who have died from tuberculosis might appropriately be inscribed, "Disease and death were invited and encouraged by a death dealing bedroom climate."

To show that this is no exaggeration it is only necessary to call attention to the fact that fully half the tubercular patients placed in outdoor consumptive hospitals make a satisfactory recovery. If fresh air will cure the disease, it is certainly a wonderful preventive of it.—Dr. David Paulsen in Good Health.

Appetite Was Poor.

Dizzy Most of The Time.

Could Not Sleep at Night.

Many people are unaware of having anything wrong with their heart or nerves till some little excitement or overwork makes them feel faint and dizzy, or perhaps simply going up or down stairs causes dizziness and specks to float before the eyes. People troubled in this way should heed the warning, and not fail to take treatment before something more serious occurs.

For all heart and nerve troubles there is nothing to equal

Milburn's Heart and Nerve Pills.

We do not claim that they will cure chronic heart disease, but we do claim that they will strengthen the weak heart, and build up the shaky nerve system.

Here is what Mrs. Sidney Hoffman, Hillside, Ont., says:—"I was troubled greatly with my heart, and was so very nervous that the least little thing startled me."

"My appetite was very poor; I could not sleep at nights, and was dizzy most of the time. I took three boxes of Milburn's Heart and Nerve Pills, and I am very pleased to say that they did me a wonderful lot of good."

Milburn's Heart and Nerve Pills are 50 cents per box, or 3 for \$1.25. All druggists, or mailed direct.

THE T. MILBURN CO., LIMITED, TORONTO, ONT.

When feeling faint or the symptoms of heart palpitation, bend the head downward. Some persons cannot stand so violent a remedy, but it is effective, as it allows the blood to run to the head.

Many people do not know how to rest when tired. If the waist is aching badly, lie down on a sofa or bed and thrust the arm under the left knee while lying on the left side.

WHEN YOU GROW OLD.

The body needs patching—wasted tissues must be rebuilt, played-out organs restored—blood needs extra nourishment. Elderly people need Ferronzone, need it because it vitalizes and rejuvenates as no other remedy can. Ferronzone builds up the kind of strength that makes one feel good, keeps back the decay of old age and makes you look young and handsome again. Forget nervous exhaustion, renew your vital energy, again re-enter the life of youth. Your remedy is Ferronzone, only 50c. per box, at all dealers.

Disinfectants.

Put two tablespoonfuls of soda in a small tub of cold water, put the disinfectant in and allow to soak about one hour. Stir them with a stick. Then lift them into a pan of warm water, wash the cloths with soap and rinse in cold water. They need no boiling.

PROTECTS YOU FROM DISEASE

Warms the Blood, drives away Disease Germs, increases the Appetite.

DR. SLOCUM'S

PSYCHINE

(PRONOUNCED SI-KEEN)

Builds up weak and wasted bodies. Prevents and cures Consumption, Catarrh, Bronchitis, La Grippe and all Pulmonary and Bronchial Troubles. Psychine is a tonic without a peer. Cures where ordinary treatment fails.

For sale at all drug stores in two sizes. Dr. Slocum, Limited, Toronto. Sample free.

Wanted.

Wanted.

Wanted.

Wanted.

WANTED

GIRLS WANTED—At the Rankin House.

GIRL WANTED—For general housework. Apply at Sanitarium, 10

RAGS WANTED—Good white cotton rags are wanted at The Planet Office.

A DESIRABLE position, permanent, salary or commission. Apply Cooper, Drawer 581, London.

WANTED—A good housekeeper, or a man and his wife, without income, to work on a farm. Address A. L. Bennett, Blenheim, Ont., Box 206.

TEACHER WANTED—For S. S. No. 15, Raleigh, male or female; duties to commence April 1st. Apply, stating salary, to Jos. Symon, Merwin, Ont.

FOR SALE OR TO RENT.

FENCE FOR SALE—In good state of preservation. Apply to Thomas Scullard, Victoria Block.

HOUSE FOR SALE—On Grant street. For particulars apply to Thomas Scullard, or at this office.

FOR SALE—Three desirable building lots, each 50 x 150, corner of Lacroix and Harvey streets. Apply to K. Urquhart, Lacroix street.

TO RENT—Three furnished rooms, suitable for light housekeeping; modern conveniences; centrally located. Apply Box 10, Planet.

FOR SALE—Six thoroughbred Scotch Collie pups; imported stock. Apply to Joseph Capman, butcher, Thames street, Fred Goodland's old stand.

DESIRABLE BUILDING LOTS—On King St. West, 3 lots 52x150, of \$400 each. These are the choicest building lots in the city. Apply Westman Bros.

HOUSE TO RENT—Situated on Head St., two doors from Woods grocery, faces Thames St., formerly occupied by W. J. Kitchen. Water in kitchen. Apply to Mrs. James Glenn, Queen St.

HOUSE TO RENT OR FOR SALE or to exchange for farm property; handsome brick house with three acres, orchard and outbuildings, on Park avenue; all modern conveniences. Apply to Wm. Carswell, on the premises, or Chatham P. O.

HOUSE TO RENT—On Joseph St., brick, city water, gas and electric light. Will be vacant on April 15. Large garden and a number of choice fruit trees. Apply to Mrs. Gould, over W. E. Rispin's ticket office, King street.

HOUSES FOR SALE OR TO RENT—Four new houses on Queen street, ready to occupy by April 20; fitted with complete heating, painting, gas and electric light. Apply to Wm. Carswell, Park avenue, or Chatham P. O.

TO RENT—A large boarding house, either furnished or unfurnished, corner Harvey and Centre, within a minute's walk of the market; very reasonable. Apply to Ed. Jordan, sign of the Big Clock, King street.

FARM FOR SALE OR RENT—The North half of Lot 9, Concession 5, Township of Chatham, containing 100 acres, 1-2 miles from Darrell station, 3 miles from Chatham. For further particulars apply to Thomas Campbell, St. Clair street, or address Box 243, Chatham P. O.

FARM FOR SALE—North east half of Lot 16, Front Concession, Township of Chatham, 133 acres. All ship of Harwich, 133 acres. All cleared, clay loam, two good sized frame houses, large frame barn and cattle shed; stable and drive; barn combined; granary and implement house. Buildings all in good repair; about five acres of orchard; artesian well, windmill and pump; three other wells. Price \$8,000.00. Apply on the premises to Mrs. John J. Warrath, on to W. F. Smith, barrister and solicitor, Chatham, Ont.

House For Sale

Not having sold my home, I have reduced the price in order to let me leave the city. House modern in every way; worth looking at, even for an investment. At the price I am offering will be sold this week.

DR. TIE.

FOR SALE

HARWICH FARM FOR SALE—Supplying neighborhood with gas, 100 acres, good well water with windmill, two good houses, large barn and several outbuildings, five miles from Chatham, price \$5,000 on easy terms, would take city property as part payment, house and two lots, house would cost to-day \$1,000 to build, price \$800. M. H. McGavin, McGavin's sale tables.

NOTICE

The J. L. Scott ice coal and wood business is again opened up and all orders can be sent to office, Fifth street, as usual. All accounts due the late firm are to be paid to W. Campbell at the above office, as he has been appointed Receiver for the estate.

BANK OF MONTREAL.

NOTICE TO CONTRACTORS

Tenders addressed to John Kennedy, Chatham, will be received until Monday, April 10th, 1905, for repairing school house in Section No. 3, in Chatham Township; papering and siding, brick foundation, or papering and veneering; also painting.