

CHANGE of LIFE

Owing to modern methods of living, not one woman in a thousand approaches this perfectly natural change without experiencing a train of very annoying and sometimes painful symptoms. Those dreadful hot flashes, sending the blood surging to the heart until it seems ready to burst, and the faint feeling that follows, sometimes with chills, as if the heart were going to stop forever, are only a few of the symptoms of dangerous nervous trouble. The nerves are crying out for assistance. The cry should be heeded in time.

Lydia E. Pinkham's Vegetable Compound

was prepared to meet the needs of woman's system at this trying period of her life, and all women who use it pass through this trying period with comfort and safety.

READ THESE CONVINCING LETTERS:

"DEAR MRS. PINKHAM:—I feel it my duty to write you about the wonderful cure your medicine has brought about.

"I suffered for years with change of life. I would have fainting spells, either before or after my monthly periods. They would come on me suddenly. Sometimes I would be on the street.

"I had pains all over me. My head ached all the time, could take no walks or go up stairs without becoming completely exhausted. I suffered untold misery. I tried doctor's medicines for a long time, but derived no benefit.

"I cannot say too much in praise of Lydia E. Pinkham's Vegetable Compound, and would advise all sufferers of female trouble to use it, for it will certainly cure them."—Mrs. LIZZIE C. REYNOLDS, Buchanan, Va.

When one stops to think about the good these women derived from this great medicine, it seems almost beyond belief; yet it is all true as stated in their letters published above.

For these ills no other medicine in the world has received such widespread and unqualified endorsement. Refuse all substitutes.

As a positive fact the private files at Lydia E. Pinkham's laboratory contain thousands of letters from women who have been safely carried through that danger period "Change of Life." The cures of Mrs. Reynolds and Mrs. Blake are not unusual ones for this medicine to accomplish.

"DEAR MRS. PINKHAM:—My trouble was change of life and cramping. No human tongue can describe what I suffered with the cramp. I dreaded from one time to another so much that I almost wanted to die.

"Our family physician did everything he could for me, but I got no relief. He said if I lived to get through with the other trouble, it would wear away after a time, but I had it six years and could not walk or exercise in any way without bringing on an attack of the cramp, and I would suffer untold misery until I would be perfectly exhausted and helpless.

"I read in one of your little books about your medicine being good for female trouble and change of life, and thought there was no harm in trying it, so I did, and it helped me and I was able to take walks and work some.

"I am very thankful for the relief your medicine has been to me."—Mrs. V. M. BLAKE, Deep Water, W. Va.

from this great medicine, it seems almost beyond their own request.

No such helpful advice to women who are sick can be had elsewhere as will be received free by addressing Mrs. Pinkham at Lynn, Mass.—If you are sick write her—you are foolish if you don't.

\$5000 FORFEIT If we cannot forthwith produce the original letters and signatures of above testimonials, which will prove the absolute genuineness of Lydia E. Pinkham Medicine Co., Lynn, Mass.



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Stiff Argument

dry work can be put up on just
the stiff bosom shirt. If there
that launders these as well as
are unknown to us. There are
one who does the work say
in the

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ish is not the only thing sought
is taken that the collar band is
ed out of shape or made uneven
ed of open front shirts ironed
ies do not come opposite. We
things right.

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ouse, \$1,300.00.
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ge barn, stable and other
all cleared, about 4 miles
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farm in Harwich, good
ge barn, stable and other
\$6,500.00.

farm in Tilbury East, good
ge barn, \$2,500.00.
to loan. Lowest rates.
to suit the borrower.

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Barrister.

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Young Men Who Forge Ahead

The past season of the Legislature has seen a great many young men come to the front, and those who have seen former Legislatures agree that the present gives evidence that Ontario's public men to-day are fully as alert and able as were those in the first Parliament, to whom people sometimes look up as men who can never be equaled. A few great figures there were, certainly, the like of whom are not in the present House, but the rank and file are just as much alive to public questions as were their predecessors, and are as eloquent and ready in debate. The session just closing furnished many opportunities for these young men to show what they could do, there being long debates on the address, the budget and the Soo loan bill, to say nothing of minor affairs.

MR. HANNA'S RECORD.

On the Opposition side, Mr. W. J. Hanna, the member for West Lambton, has sprung into prominence, which gives ground for the assertion that he must be in the Whitney Cabinet when it is formed. His legal training shows in his speeches, and his manner of delivering them. Every point has been carefully thought out, and is backed up by convincing arguments. At the outset of his speeches, Mr. Hanna talks very slowly and deliberately, but he quickly warms up, and can make the chamber ring with his denunciation of the Government. Mr. Hanna lives in Sarnia, and has been the subject of several Liberal attacks because he is solicitor for the Imperial Oil Company.

MR. A. G. MacKAY

Another lawyer who has made a place and a name for himself on the other side of the House is Mr. A. G. MacKay, member for North Grey. He is slightly older than Mr. Hanna, but retains a deal of his younger ap-

pearance. As a speaker Mr. MacKay had a reputation before he came to the House, and this he has enhanced. He was for some years a school principal, and at times this comes out in his manner of talking to his fellow-members. In committee Mr. MacKay, like Mr. Hanna, is a valuable member, taking an active part in the work of framing legislation.

MR. I. B. LUCAAS.

Looking much younger than his years, is another lawyer, Mr. I. B. Lucas, of Centre Grey, who comes from Markdale. He is almost boyish in appearance, but there is nothing juvenile about his speeches. He is easily one of the best speakers in the House, addressing himself directly to the heart of the matter he is discussing, and backing up his views with strong arguments.

MR. F. MACDONALD.

Younger than any of these gentlemen, and a farmer instead of a lawyer, is Mr. Finlay Macdonald, whose section for West Elgin is somewhat hilly. During the past session he has been very prominent in committee work, where his strong common-sense has proved valuable on many occasions. Mr. Macdonald speaks rarely in the House, but when he does he is always worth listening to.

MR. J. P. DOWNNEY.

The newspaper profession is not without its representatives on both sides among the new men of the House. Mr. Jos. P. Downney, member for South Wellington, and proprietor of one of the Guelph papers, has all the Celtic eloquence, and his speeches in the House were all notable. As a platform speaker, Mr. Downney is also a favorite, and he created an excellent impression in North Renfrew. On the Liberal side there is Mr. C. N. Smith, the member for the "Soo," a former Toronto newspaper man, and new proprietor of the Sault Ste. Marie Express. His speech on the Soo loan bill drew encomiums even from political opponents who disagreed with him.

There is also Major Clark, member for Centre Bruce, and publisher of The Kincardine Review.

Other members who have shown themselves valuable additions to the House are Mr. G. Cameron, West Huron, and Archibald Hesplop, East Huron and A. A. Mahaffy, Muskoka, on the conservative side. Mr. Ganey's speech on the Soo loan bill was a splendid one.

FREDDY'S PROFESSIONS.

When I'm a man I'd like to be
Something big and great;
An Admiral who lives at sea,
Or Governor of my State.

I'd like to be an engineer
Who runs the State Express;
I'd like to be a brigadier,
And eat my meals at mess.

I'd like to keep a candy store,
Or write a book or two—
About the countries I explore
From here to Timbuctoo.

And then I think it would be fine
If I could—by and by—
Be a captain on a baseball nine,
A Sampson or a Schley.

So now I think I ought to grow
The quickest way I can;
For what I'd really like, you know,
Is first to be a man.

But when I ask my Uncle James
What he would most enjoy,
He laughs at me and then exclaims
"I'd like to be a boy."

Van Dauber—"So the old Gotrox
fell in love at first sight with that
impossible Jones girl. Why she is a
perfect freak!" Friend—"Just so. Do
you know, old chap, it wouldn't be a
bad idea to get the old boy around to
look at your pictures."

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on receipt of 31 one-cent stamps to pay
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Address Dr. R. V. Pierce, Buffalo, N. Y.

and have had no trouble with indigestion since,"
writes Mr. W. T. Thompson, of Townsend,
Broadwater Co., Montana. "Words fail to tell
how thankful I am for the relief, as I had suf-
fered so much and it seemed that the doctors
could do me no good. I got down in weight to
125 pounds, and was not able to work at all.
Now I weigh nearly 200 and can do a day's work
on the farm. I have recommended your medi-
cine to several, and shall always have a good
word to say for Dr. Pierce and his medicine."

Dr. R. V. Pierce, Buffalo, N. Y.

Stopping an Artery.

The prompt application of the tour-
niquet or even of the finger to stop the
bleeding of an artery before the doc-
tor comes will often save life. A wound
anywhere below the middle of the upper
arm or below the middle of the thigh
may be easily stopped by a tour-
niquet. The simplest improvised form
of this implement, which may be al-
ways found ready to hand, is a linen
handkerchief and a strong stick. The
best place to apply the tourniquet for
a wound of the arm is above the el-
bow, where the pulsations of an ar-
tery may be felt by any one.

The handkerchief should be tied
around the arm rather loosely; the
stick is thrust in and turned to tighten
it until the blood ceases to flow. Of
course this is only a temporary relief
till the coming of the doctor, who, in
case of serious bleeding, must be sum-
moned as soon as possible. When you
have nothing at hand in a case of sud-
den accident even the pressure of the
forefinger and the thumb over the
wound may arrest the flow of blood
for the time.

The People Next Door.

The reason why the people next door
are invariably regarded as most worthy
of our javelins is plain to me. They
have a piano. I do not know of an-
other race that is quite so unpleasant as the
people next door. They are not like
any ordinary people who live else-
where. They obtain their music on the
hire system, as it were, and it is gen-
erally of the type we most detest. Are
we worldly minded? They chasten us
obtrusively with hymns—or Mendels-
sohn, who is for some obscure reason
regarded as a moral force in the sub-
urbs. Are we of the elect? They hurl
at us with defiant persistence the latest
blood curdler from the "halls." The
thing that passes with them for a pi-
ano is used open to no work of
three, and the wall dividing our re-
spective houses, be it dense in mind, is a
deafening convulsion of sound—Out-
rage.

IT'S THE HOPE- LESSNESS OF IT

That Makes Dyspepsia a so Terrible—
But The Best Hopes Are Realized
If You Use Dodd's Dyspepsia Tab-
lets.

The hopelessness of it all is par-
tially responsible for the terrible de-
spendency that is one of the worst
features of Dyspepsia.

The same tortures day after day,
always getting a little worse, do
ctors unable to afford relief—Is it
any wonder that the future looks
black to the victims of this terrible
disease?

But there is relief, hope, comfort,
health for all in Dodd's Dyspepsia
Tablets. Those who have used them
are shouting their praises. Listen
to what Henry A. Coles, of St. Mary's
River, Guyaboro Co., N. S., says:

"I had stomach trouble for about
five years," says Mr. Coles. "It got
so bad at last I was taken to my
bed and the doctor called in. But
he did me no good and I was suffer-
ing very bad, not knowing what to
do."

"Then my wife said, 'Let us try
Dodd's Dyspepsia Tablets.' And we
gave them a trial, with the result
that after taking seven boxes I was
completely cured, and have not felt
any of the trouble since."

If everybody followed the golden
rule the lawyer's occupation would be
gone.

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for

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I have now on hand the largest
stock in the city, both the Eng-
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patterns. These are the nicest
and most up-to-date patterns
made.

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TO OUR CUSTOMERS.

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a WONDERFUL MACHINE, heated by
steam, work only passing through the
rollers once; the result—WORK IS
EASIER, WILL NOT BREAK, and will
last much longer than when ironed by
the old method, heated by gas, which
has to pass through the rollers eight
times.

P.S.—We have also added a newly
invented machine to iron the edges of
Collars and Cuffs.

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the best Antibilious Pills
in use.

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Dyspepsia and all Stomach
Troubles.

—AT—

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talent for this line
of work but you
have been handicapped
from perfecting
yourself in the art.

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