

## Many Women Suffer Untold Agony From Kidney Trouble.

Very often they think it is from so-called "female disease." There is less female trouble than they think. Women suffer from backache, sleeplessness, nervousness, irritability, and a dragging-down feeling in the loins. So do men, and they do not have "female trouble." Why, then, blame all your trouble to female disease? With healthy kidneys, few women will ever have "female disorders." The kidneys are so closely connected with all the internal organs, that when the kidneys go wrong, everything goes wrong. Much distress would be saved if women would only take

### DOAN'S KIDNEY PILLS

at stated intervals. Miss Nellie Clark, Lambeth, Ont., tells of her cure in the following words:—"I suffered for about two years with kidney trouble. I ached all over, especially in the small of my back; not being able to sleep well, no appetite, menstruation irregular, nervous irritability, and back-dust deposit in urine, were some of my symptoms. I took Doan's Kidney Pills. The pain in my back gradually left me, my appetite returned, I sleep well, and am effectually cured. I can highly recommend Doan's Kidney Pills to all sufferers from kidney trouble."

Price 80 cents per box, or 3 for \$1.25. All dealers, or DOAN KIDNEY PILLS CO., TORONTO, ONT.

## BUY YOUR COAL NOW

We handle Coal and Wood, Wholesale and Retail. All orders receive prompt attention Tel. 253. Cor. William and G.T.R.

SERLING & KOVINSKY

## CANADIAN PACIFIC

Chicago and Return

\$8.75 from Chatham, good going Nov. 27, 28 and 29; returning leaving Chicago Dec. 5th.

### QUELPH AND RETURN

\$4.10 from Chatham, going 3rd to 9th inclusive; returning until Dec. 12th.

### ST. LOUIS AND RETURN

\$10.20 from Chatham; tickets on sale daily until Dec. 1st.

Full particulars from Canadian Pacific Agents, or A. H. NOTMAN, Assistant General Passenger Agent, Toronto, or W. H. HARPER, City Ticket Agent

## GRAND TRUNK RAILWAY SYSTEM

### Winter Fair, Guelph

December 5th to 9th, 1894; Single First Class Fare for round trip; good going December 3rd to December 9th; valid returning until December 12th inclusive.

### International Live Stock Exposition, Chicago, Illinois

From CHATHAM, \$8.75 for the round trip, good going November 27th, 28th and 29th, 1904, valid returning on or before December 5th, 1904.

For tickets and all information apply to W. E. RISPIN, City Ticket Agent, 115 King St., Chatham, or Depot Ticket Agent.

### A PERFECT SERVICE TO THE GREAT WORLD'S FAIR, ST. LOUIS, over the WABASH

Tickets on sale daily from Chatham at \$10.20. This month will be your last chance to see this wonderful exposition. On Dec. 1 its gates will be closed for ever. But the great Wabash trains will continue to roll into and out of St. Louis for all time. The shortest, best and quickest route, and the only line that can land passengers right at main entrance to World's Fair Grounds. Passengers leaving Chatham on evening train arrive at St. Louis next morning. New palace sleepers and chair cars all the way. For rates, time-tables and other information, address J. A. Richardson, Dist. Pass. Agent, N.E. corner King and Yonge streets, Toronto, and St. Thomas.

W. E. RISPIN, C. P. A., Chatham J. C. PRITCHARD, Depot Agent.

### CHATHAM FARMERS' HOUSE

Opposite the market. 25 well ventilated rooms. Weekly or table boarders. Special rates. \$1 per day

J. W. MILES, Proprietor.

Minard's Liniment Cures Dandruff.

### TRAINING OF GIRLS.

Women Are Declining to View Marriage as Their Sole Vocation. Dr. G. Stanley Hall, a revolutionist in matters of education, believes that some of the things in the school curriculum should be eliminated. The training of girls should be governed, he thinks, by their presumed destiny of wifehood and motherhood. Referring to the subject, the following is stated in Good Housekeeping:

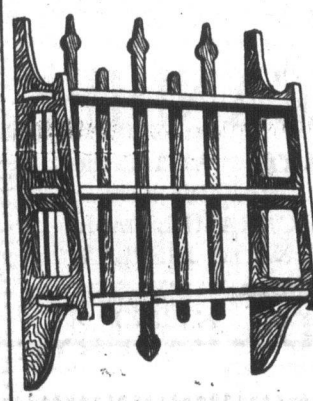
"Dr. George E. Howard in his matrimonial institutions claims that it is not marriage or maternity which educated women are shunning, but they are declining to view marriage as their sole vocation. Let us not worry about the destiny of college women. It is simply wrong wedlock which they are avoiding. They have, suggests Muirhead, a careful regard for the 'kind' of marriage. They are determined to have only 'the genuine article.' They look on marriage not only for the old fashioned 'union of hearts,' but for the union of heart and head in some serious interest which will survive the mere attractions of sex and form a solid bond of union even in the absence of others which, like the birth of children, depend on fortune. So 'far from being hostile' to the family, they are only preparing the way for a purer and more beneficent form of family life."

"That college women are not weaker physically than others, that they are not less prolific as mothers, is the positive assertion of Miss Thomas, the president of Bryn Mawr college, a woman of broad outlook, who has given the subject thorough investigation. To college bred mothers Miss Thomas traces intellectual and social progress of great value to society and the nation. Their influence upon their sons will be past reckoning."

### HANGING BOOK RACK.

An Ornament Especially Adapted to a Bedroom or Den.

An idea for an odd book rack to hang against the wall is suggested in the illustration below. Its dimensions may be governed by the space it is desired to fill, but if a plain wall is available for its hanging place it might be well to make it three feet long, with sides three feet three inches high.



### HANDSOME HANGING BOOK RACK.

The shelves can be ten inches apart, and openings are made in the sides between the shelves as shown, while at the back five upright ornamental strips are placed to strengthen the construction. The ends of the shelves are cut in the form of a tenon and slipped through mortises in the sides of the rack, where they are held in place by means of wooden pins.

This book rack is distinctly ornamental and will be found especially acceptable in a bedroom or den where there is no room for the more bulky shelves which rest on the floor or where a few books are desired rather than a large library.—Woman's Home Companion.

### Household Tasks.

"Whatever is worth doing at all is worth doing well" is one of the sayings that will bear investigation. Household tasks may now and then be slighted. Exactness as these demands are, they may sometimes be set aside. It is the wise housekeeper who knows when this can be done. Better a little dust on the furniture or a little comfortable disorder in the sitting room than go to bed with throbbing nerves or sacrifice the cozy chat with the children. There are some things for which absolute exactness and spick-and-span does not compensate. In sewing there are times when a good long stitch answers just as well as many fine ones. That work is well done which is done according to the requirements of the occasion.

In these days of increasing demand upon brain, nerve and heart the woman who knows how to practice the noble art of slighting with wisdom, judgment and conscientiousness has mastered a valuable knowledge.—What to Eat.

### Toasted Flour.

Common white flour after being treated in a certain manner will often be retained on a stomach that appears unable to retain any other food. Not only will it be kept down, but it will aid in the retention of other foods. The flour should be spread on a dish in a thin layer and be kept in a fairly hot oven until of a light brown color throughout. This should be removed and a fresh supply baked. It is far better to spread in a thin layer, so in an ordinary oven only a small quantity can be prepared at one time. The flour should now be finely powdered, for the baking will have caused some cohesion. It may be stirred into milk and be sweetened with sugar, or it may be used instead of flour as the basis of a pudding.

## MAKES MEN SOUND AND STRONG

Detroit Specialist Making Men's Diseases a Specialty for Years. Will Accept Your Case, Giving Individual Treatment. You may Use it in the Privacy of Your Own Home.

### You May Pay When You are Cured.

A Detroit Specialist who has 14 diplomas and certificates from medical colleges and state boards of medical examiners, and who has a vast experience in doctoring diseases of men, is positive he can cure a great many so-called incurable cases.



DR. S. GOLDBERG.

The possessor of 14 diplomas and certificates, who wants no money that he does not earn. In order to convince patients that he has the ability to do as he says, Dr. Goldberg will accept your case for treatment, and you need not pay one penny until a complete cure has been made; he wants to hear from patients who have been unable to get cured, as he guarantees a positive cure for all chronic, nervous, blood and skin diseases, which he accepts for treatment. He not only cures the condition itself, but likewise all the complications, such as rheumatism, bladder or kidney troubles, blood poison, physical and nervous debility, lack of vitality, stomach trouble, etc. The doctor realizes that it is one thing to make claims and another thing to back them up; so he has made it a rule not to ask for money unless he cures you, and when you are cured, he feels sure that you will willingly pay him a small fee. It seems, therefore, that it is to the best interests of everyone who suffers to write the doctor confidentially and lay your case before him, which will receive careful attention, and a correct diagnosis of your case will be made free of charge; if you have lost faith write him, as you have everything to gain and nothing to lose; you must remember not one penny need be paid until you are cured. All medicines for patients are prepared in his own laboratory to meet the requirements of each individual case. He will send a booklet on the subject, which contains the 14 diplomas and certificates, entirely free. Address him simply 617 Detroit, Michigan. Medicines for Canadian patients sent from Windsor, Ont., consequently there is no duty to be paid.

### STARTS IN LIFE.

Some of the men of education have had to start as rag sorters. A surprising number have begun with dish-washing. Among them I have known a musician and two seminarists who have become waiters; a bricklayer who now owns a hotel and is worth \$100,000; a civil engineer who threw aside the dish rag for a porter's job and, after seven years' hard work and saving, has just become a partner in a prosperous expressing and shipping business.

A typical case is that of a young doctor who came to America to make his fortune with a hundred spare dollars in his pocket. He tramped about New York for weeks to find work to suit him. He was starving before a friendly Comasco cook got him a chance to wash dishes. He lost his self-respect, he said, and seemed to fall lower and lower until he resolved to learn English and a trade. He is now a skilled ladies' tailor and earns \$35 a week during the busy season.

### Ancient Tailors' Laws.

An old labor law in England in force in 1788 contained the following six clauses: Any tailor who joined a union was to be sent to jail for two months. Tailors must work from 6 o'clock in the morning until 8 at night. Wages were not to be higher than 48 cents a day. Each tailor was to be allowed 3 cents for breakfast. Any tailor who refused to work was to be imprisoned for not more than two months. If any employer paid higher wages he was to be fined \$25, and the workmen who took the increase were to be sent to jail for two months.

## Contracted Bad Cold. Doctor Said, Serious!

Wanted To Send Him Three Hundred Miles To The Winnipeg Hospital.

Bottle and a Half of Dr. Wood's Norway Pine Syrup Cured.

Read what Mrs. A. G. Wheeler, Waseca, Minn., has to say about it:—"Please let me thank you for the great good that both my husband and my children have received from Dr. Wood's Norway Pine Syrup. One night when my husband came home from work he had contracted a very bad cold. He became so bad that he had to go to bed and send for the doctor. When the doctor came he pronounced it a very serious case, and wanted me to send him to the Winnipeg Hospital. This I would not do, as it is about 300 miles to Winnipeg. I decided to try Dr. Wood's Norway Pine Syrup and got four bottles of it. He only took one and a half bottles before he was all right again and only lost a few days' work. I always keep it in the house for the children. Even the baby, seven months old, takes it and seems to like it, and as for myself I do not know what I would do without it. I think that every good housekeeper should keep a bottle on hand, for I know it will save many a doctor bill."

Price 25 cents. Put up in a yellow wrapper and three pine trees the trade mark. Refuse substitutes.

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

### WHERE LIMBURGER IS MADE

Famous and Odorous Cheese as It is Manufactured at Baden, Ont.—The Atmosphere is "Cheesy."

The good old County of Waterloo, the most prosperous manufacturing and agricultural county in Ontario, is the home of an industry that flourishes alone within its borders, namely, the manufacture of limburger cheese.

The towns of the county each has possessions that are contributing to their prosperity and advancement, as well as advertising their respective fame abroad. Berlin has its sugar refinery and varied industries, Waterloo Seagram's string of racers, Galt has its great iron works, Preston its mineral springs, furniture factories and foundries; Hespeler its woolen mills, and last, but not least, Baden, its limburger cheese factory.

It was for the purpose of ascertaining how this famous and odorous cheese is made that a Toronto World reporter drove over to the picturesque little village of Baden one afternoon recently. The reporter looked vain for a tall smoke stack that might possibly indicate the existence of the works, and finally stopped a native with the salutation, "Can you tell me, sir, where the limburger cheese factory is located?"

The man, while he did not "have a mustache like the Kaiser," gave evidence of his Teutonic extraction by replying: "Vy you shust go down dot lane wher dot house is vot vas burnt down vonce."

### Atmosphere Is Cheesy.

Following the directions so explicitly given, the reporter made his way past the ruins of a recent fire, and even before he struck the lane was assured he was on the right track by a passing breeze which certainly gave evidences of the close proximity of a cheese factory, rather than of a field of new mow hay.

At each succeeding step the atmosphere became more "cheesy," and on turning the corner of the building and beholding the factory, the reporter involuntarily uttered, "Great oaks from little acorns grow; great smells from little factories blow."

The Baden factory, if factory it could be called, was found to be a small frame addition, probably 12x30 feet in size, attached to the rear of the residence of the owner of the industry—Lewis Lieber. Mr. Lieber was both affable and busy. The proprietor, with his wife and daughter, were hard at work wrapping up the cheese preparatory to shipping. Mr. Lieber willingly consented to talk about his product, which, though maintaining a profound silence nevertheless possessed so strong an individuality that its presence was unmistakable and pronounced.

### Three Limburger Factories.

"There are only three limburger cheese factories in the Dominion," said Mr. Lieber, "and they are all in Waterloo County, being located at Heidelberg, Erbsville and Baden. I learned the business from old man Kabel (now deceased), who made the first limburger cheese in Canada."

Regarding the process of manufacturing, Mr. Lieber says that he uses in the neighborhood of 3,000 pounds of milk daily, which his teams collect from farmers residing within a radius of four miles from the factory. The farmers receive a price agreed upon per hundred pounds for their milk, which is weighed on their scales. The milk on its arrival is poured into a vat and heated to about 85 degrees, at which temperature it is maintained for an hour. A small amount of rennet is poured into the vat, which thickens the milk. Then the mass is cut with a utensil of the draw knife variety, so as to allow the whey to well up, which is extracted, the percentage of whey being 90 per cent. The curd is afterward poured into long moulds and is left on tables between thin board partitions, so that the cakes in settling will not run together. Next day the cheese are put on shelves in a cool cellar, where they are left to mature and gain the strength and flavor for which they are justly noted. It is necessary each week to turn each cake over two or three times, to prevent the cheese in settling from becoming lopsided.

### The Aging Process.

As about 5,000 cakes of cheese are kept constantly on hand in the cellar undergoing the aging process, the task of turning them over becomes no light one. The cheese is milk and at its best when from a month to six weeks old. When two months old it begins to assert itself, and emits a perfume that does not at all resemble the odor of violets or roses. As the cheese ripens and becomes ready for market it is wrapped first in a layer of cheese cloth, then paper and afterwards receives its outer wrapper of tinfoil, which is imported from New York and costs 7 cents per pound laid down.

The whey, which constitutes the refuse of the factory, is sold to the farmers who supply the milk, who team it homeward and feed it to their hogs.

Owing to the perishable nature of the cheese, care must be taken to ship it out promptly, otherwise there would be quite a loss.

Owing to the brisk demand, which is greater than the supply, the manufacturers rest easy on that score. During the month of June past, Mr. Lieber sold \$1,000 worth of cheese, and he estimates that his year's sales will total \$8,000. He has been in the business for eight years, and has established a trade that extends as far as Manitoba and British Columbia. He says that the best cheese is made from September to December, at which time the milk is the richest. Asked as to whether there was any secrets in the process of manufacture, Mr. Lieber replied that what secrets there were were in the methods of curing the cheese.

### Where Women Draw the Line.

A woman doesn't mind being called "sensitive," but she draws the line on "touchy."



Miss Alice M. Smith, of Minneapolis, Minn., tells how woman's monthly sufferings may be quickly and permanently relieved by Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I have never before given my endorsement for any medicine, but Lydia E. Pinkham's Vegetable Compound has added so much to my life and happiness that I feel like making an exception in this case. For two years every month I would have two days of severe pain and could find no relief, but one day when visiting a friend I ran across Lydia E. Pinkham's Vegetable Compound,—she had used it with the best results and advised me to try it. I found that it worked wonders with me; I now experience no pain and only had to use a few bottles to bring about this wonderful change. I use it occasionally now when I am exceptionally tired or worn out."—Miss ALICE M. SMITH, 804 Third Ave., South Minneapolis, Minn., Chairman Executive Committee Minneapolis Study Club.

Beauty and strength in women vanish early in life because of monthly pain or some menstrual irregularity. Many suffer silently, and see their best gifts fade away. Lydia E. Pinkham's Vegetable Compound helps women preserve roundness of form and freshness of face because it makes their entire female organism healthy. It carries women safely through the various natural crises and is the safeguard of woman's health. The truth about this great medicine is told in the letters from women published in this paper constantly.

Mrs. C. Kleinschrodt, Morrison, Ill., says:—

"DEAR MRS. PINKHAM:—I have suffered ever since I was thirteen years of age with my menses. They were irregular and very painful. I doctored a great deal but received no benefit. A friend advised me to try Lydia E. Pinkham's Vegetable Compound, which I did, and after taking a few bottles of it, I found great relief. Menstruation is now regular and without pain. I am enjoying better health than I have for sometime."

How is it possible for us to make it plainer that Lydia E. Pinkham's Vegetable Compound will positively help all sick women? All women are constituted alike, rich and poor, high and low,—all suffer from the same organic troubles. Surely, no one can wish to remain weak and sickly, discouraged with life and without hope for the future, when proof is so unmistakable that Lydia E. Pinkham's Vegetable Compound will cure monthly suffering—all womb and ovarian troubles, and all the ills peculiar to women.

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

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Whole Wheat Flour  
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Gluten Grits

"Beaver" Flour, Manitoba Flour, Crushed Oats, Rolled Barley, Coarse Grains and Millfeeds of all kinds.

Windsor and Rice's Fine and Dairy Salt.

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It makes a coal or wood stove look like 30 cents.

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