

MEDICAL.
DRS. AGAR & AGAR—Physicians and Surgeons, successors to Dr. Tye, King Street West, Chatham, Ont. Dr. J. S. Agar. Dr. Mary Agar.

LODGES.
WELLINGTON Lodge, No. 46, A. F. & A. M., G. R. C., meets on the first Monday of every month, in the Masonic Hall, Fifth St., at 7:30 p. m. Visiting brethren heartily welcomed.
ALEX. GREGORY, Sec'y.
A. E. JEWETT, W. M.

LEGAL.
THOMAS SCULLARD—Barrister and Solicitor, Victoria Block, Chatham, Ont.

SMITH, HERBERT D.—County Crown Attorney, Barrister, Solicitor, etc. Harrison Hall, Chatham.

M. E. O'FLYNN—Barrister, Solicitor, etc. Conveyancer, Notary Public, Office, King Street, opposite Merchants' Bank, Chatham, Ont.

WILSON, PIKE & GUNDY—Barristers, Solicitors of the Supreme Court, Notaries Public, etc. Money to loan on Mortgages at lowest rates. Offices, Fifth Street, Matthew Wilson, K. C., J. M. Pike, W. E. Gundy.

HOUSTON & STONE—Barristers, Solicitors, conveyancers, notaries public, etc. Private funds to loan at lowest current rates. Office, upstairs in Sheldrick Block, opposite H. Malcolmson's store, M. Houston, Fred. Stone.

THE Bank of Montreal
 HAS REMOVED TO THE
 SCANE BLOCK, KING ST. EAST
 DURING BUILDING OPERATIONS
DOUGLAS GLASS, Manager

STANDARD BANK OF CANADA
 HEAD OFFICE, TORONTO.
 Branches and agents at all principal points in Canada, U. S. and Great Britain. Drafts issued and notes discounted. Savings Bank Department deposits (which may be withdrawn without delay) received and interest allowed thereon at the highest current rates.
W. T. SHANNON,
 Manager Chatham Branch.

**WE HAVE ON HAND
 A LARGE SUPPLY OF
 Lime,
 Cement,
 Sewer Pipe,
 Cut Stone,
 & Etc. All of the best quality
 and at the lowest possible
 Prices.**
J. & J. Oldershaw,
 A FEW DOORS WEST OF POST OFFICE.

The Coming Building Material
 Cement Block manufactured by **BRIGHT & FIEDLER**
 Any persons desirous of building will do well to inspect these blocks. The electric road is using them for its new power house. After seeing them you will use no other.
 Plant opp. Public Library
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Commercial Printing.
 When in need of anything in the line of Commercial Stationery, Visiting Cards, etc., leave your order at the
Planet Job Department.

**To Look Clean Is gratifying,
 To be Clean Is satisfying.** You will enjoy both when you place your linen with us, for we do our work by the most modern methods known to our art.
The Parisian Steam Laundry Co., Phone 20

A TALK ON FOOD.

In the Interest of the New Housekeepers of the Season.

The two mistakes into which the new housekeeper is most often led are underfeeding and overfeeding, says Janet M. Hill in the Boston Cooking School Magazine. There are so many things she wishes to have in her new home that the allowance for food is often drawn upon to supply things more highly prized, and the items for food are restricted to whatever is cheap regardless of its composition. Starch is the principal compound in cheap foods. But there are individuals whose digestive organs are not tolerant of starch, and they are just as intolerant of fat if it be presented as a steady diet. In the main, the dietary of such individuals needs to include plainly cooked fresh meat and fish, with green vegetables, while fancy breads, cereals and sweets in the form of pastry, puddings and cakes are to be avoided except on rare occasions.

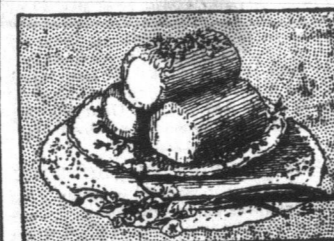
Bulk Needed in Food.
 On the other hand, many a new housekeeper thinks meat, fish and possibly eggs the only articles having any considerable nutritive value and consequently the only articles to be considered in eating to live. The idea that bulk is needed to insure the best digestive action is undreamed of by them, or, if considered at all, they think it is secured by these same nutritious articles rather than by bread with green and starchy vegetables. The normal stomach can digest a little of any kind of food, and health will be better if monotonous in selection be avoided. But these and other matters of like import are easily worked out provided the desire be present to choose food in accordance with the laws of dietetics.

Left Overs.
 In families of two it is often advisable even during the summer to prepare enough of certain articles of food for two or more meals at one and the same time, but in general the best results are obtained both as regards palatability and digestibility if just enough of each article be prepared for the meal, and no more. Why bake three potatoes when only two are eaten? Why buy and cook six chops when four are just enough? Plan to have everything so perfect that every morsel will be eaten and nothing thrown away. If vegetables be left over and not to be used in salads, wait until the heat has left them, then cover securely and plan for an early reappearance on the table. Serve cold meat, cut in thin slices.

DESSERT FOR HOT DAY.

Ice Cream Rolls With Maple and Cream Sauce.

The ice cream rolls illustrated are made, according to Table Talk, by scalding one quart of thin cream in a double boiler, adding one pound of granulated sugar and stirring until dissolved. When taken from the fire a second quart of cream is added, and



ICE CREAM ROLLS.

the mixture is set away until cold. This cooking of half of the cream insures a finer texture and more thorough mixture of the sugar than if made without it. If more than one freezer is available, the mixture, after being flavored with vanilla, can be divided into thirds, two of the quantities being colored yellow and pink. Each portion is then frozen and packed in a round mold or a pound baking powder can and packed in ice and salt until very solid. For serving pile them on a lace paper dolly and pour over a part of the sauce, using the remainder to add to each saucer as served. To make the sauce, boil together two cups of heavy maple sirup and one-half of a cupful of thin cream or rich milk until a little, when tested in cold water, can be rolled to a soft ball between thumb and fingers. Take from the fire, add one-half of a cupful of chopped almonds or English walnuts and send at once to the table. The hot sauce will candy as it is poured over the ice cream.

For a Wholesome Skin.
 Hard pimples that show no sign of breaking often appear on the skin. These come from an unwholesome state of the system and from lack of proper attention to the skin. Too many people think that a cold tub is all that is needed to keep the skin in order, but a warm bath should frequently be taken, especially when living in a town. A Turkish bath is excellent to open the pores of the skin and so rid the face of these hard pimples. The constant use of a well soaped loofah on the body is also advised. Strong spirit and water in equal parts may also be used to bathe the skin with. As to diet, all stimulants, rich hot foods, coffee and pastry must be given up. Salads of water cress, dandelion or lettuce should be eaten often and green vegetables and fruit taken with every meal. Sleep in a room with plenty of fresh air in it and keep early and regular hours, concludes a skin specialist.

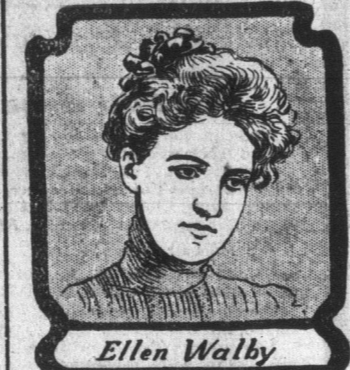
French Potatoes.
 For French potatoes cut one quart of cold potatoes in thin slices, chop one onion and fry in two tablespoonsful of pork drippings till brown. Add the potatoes and heat thoroughly. Pepper and salt to taste.

PAINFUL PERIODS

CANADIAN WOMEN FIND RELIEF

The Case of Ellen Walby Is One of Thousands of Cures Made by Lydia E. Pinkham's Vegetable Compound.

How many women realize that menstruation is the balance wheel of a woman's life, and while no woman is entirely free from periodical suffering, it is not the plan of nature that women should suffer so severely?



Thousands of Canadian women, however, have found relief from all monthly suffering by taking Lydia E. Pinkham's Vegetable Compound, as it is the most thorough female regulator known to medical science. It cures the condition which causes so much discomfort and robs menstruation of its normal character. Ellen Walby, of Wellington Hotel, Ottawa, Ont., writes:

"Dear Mrs. Pinkham:—
 "Your Vegetable Compound was recommended to me to take for my intense suffering which I endured every month and with which I had been a sufferer for many years getting no relief from the many prescriptions which were prescribed, until, finally becoming discouraged with doctors and their medicines I determined to try Lydia E. Pinkham's Vegetable Compound, and I am glad that I did for within a short time I began to mend and in an incredible short space of time the flow was regular, natural and without pain. This seems too good to be true and I am indeed a grateful and happy woman."
 Women who are troubled with painful or irregular menstruation, should take prompt action to ward off serious consequences, and be restored to perfect health by using Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, Lynn, Mass., for further free advice. Thousands have been cured by so doing.

Preferred An Englishman.
 Kingston, Aug. 31.—E. W. Patchett, B. A., Cambridge, England, has been appointed assistant professor of modern languages in Queen's University, at \$1,200. A large number of Queen's graduates petitioned for the appointment of a Canadian.

Lightning Fires Barns.
 Bowmanville, Aug. 31.—During the heavy thunder and lightning storm which passed over this section Tuesday night, the barns of John Luxton, lot 6, concession 3, Darlington, were struck by lightning and with the crop totally destroyed.

Tunnel Decided On.
 New York, Aug. 31.—The Vanderbilts have practically determined to tunnel Niagara River for the purpose of securing quicker transit of traffic to and from the west through Canada.

Runs Into a Hulk and Sank.
 Sandwich, Aug. 31.—The steam barge Lily, bound for Chatham, coal-laden, ran on the wreck of the old Prince Alfred here yesterday and sank. She will be raised.

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.

Y. M. May Pay When You are Cured.
 A Detroit Specialist who has 14 diplomas and certificates from medical colleges and 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, such as eczema, psoriasis, and other skin 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 Dr. S. Goldberg, 208 Woodward Ave., Room 111, Detroit, Michigan. Medicines for Canadian patients sent from Windsor, Ont., consequently there is no duty to be paid.

CUPID'S CIPHER

By Grace Gordon

Copyright, 1905, by R. B. McClure

"And this is a real cipher?" asked Jessie Ludlam.
 "You could run an entire conspiracy on that very machine," declared Frank Keeler, eying the typewriter.
 "How does it work?" she demanded, all excitement.
 "It's very easy," he explained, "if you know how. You see, I hit the 'a' and it prints 'q.' If I hit the 'q' it prints 'a.'"
 "Yes, I see that," she cried, "but how do I use it?"
 "Suppose," he explained, "you get a letter from me that reads 'Vokk ngx ug zg zit zitqst,' you take it to your machine and write it off. Now, what do you have?"

Jessie clicked the keys for a moment and lifted the carriage with a cry. "It says 'Will you go to the theater with me?'" she laughed. "The keys print wrong."
 "Exactly," he agreed, "and I have the same sort of a machine, so that when I write a letter it comes out in cipher, but when I copy your letters they come out in English."
 "It's going to be such fun," laughed Jessie. "I shall have to write you every day."
 Frank smiled. Jessie must be singularly lacking in shrewdness if she supposed that he had had the typewriter machines changed for any other reason than that he knew that it would induce her to write every day.

In some odd fashion Jessie had become absorbed in the study of ciphers and codes. She made a hobby of the fad, and Frank was quick to see the advantage it gave him.
 He was not altogether welcome at the Ludlam house. His father and Jessie's had been old business enemies, and since he could not call frequently, a letter was the next best thing. A typewriter in which she only had to write the words as they came to her to have



FRANK HAD THE SECRET OUT OF THE TYPEWRITER.

them turned out in cipher was an attraction not to be lightly regarded, and Keeler had reason to congratulate himself upon his shrewdness when every day five and six page letters came to him, an odd jumble of characters which needed only copying upon his duplicate machine to be reflected into English.

There were no loving messages, just a girl's chat, for Frank had not yet made his hoped for strike in Wall street and had not spoken. But even the commonplace recital of the incidents of her daily life pleased him, and if his letters gradually assumed a warmer tone he could not be blamed.
 The novelty of the correspondence kept it alive even when Frank began to grow interested in the railroad market. Several small roads were about to be merged into one larger company. Each in its separate existence did not amount to much. As a trunk line the combination would be important.

Just a whisper had come to him of the merger, but he was alive to the importance of the movement, and he knew that could he only foresee which of the feeder lines were to be taken into the combination and which were to be left outside he would be able, with very little risk, to make his fortune from the market.
 John Ludlam was behind the movement somewhere, and were he so inclined he could put thousands of dollars Frank's way. Instead he had more than once sought to lead Frank wrong, even sending him commissions in the hope that he had inside information and so act upon it himself.

The first time Frank had argued with himself that it was wrong to profit by this information, since it was not his own, but a client's, and afterward he had been glad he had done so, because the market would have gone against him. This had shown him the trap.
 It was for this reason that he was particularly careful when Job Cole came into his office with an order to buy up B. W. and G. stock at a low price.

The natural inference was that Ludlam needed it in his deals, since Cole was his recognized broker, and that Cole had passed the commission on to Frank that the market might not become aware that B. W. and G. was

one of the stocks the combine was seeking to corner.
 Cole was not only Ludlam's confidential man, but he was supposed to be the man Ludlam had picked out for a son-in-law, and as such Frank doubly disliked him.
 Still he was courteous to the agent, and when Cole asked permission to use the typewriter his request was readily granted.

"I did not know you could use a machine," laughed Frank, as Cole sat down before the keyboard.
 "Certainly," smiled Cole. "Nothing like a clean impression, and it's been a great aid to me."
 Frank turned back to his work and did not look up until an exclamation from Cole attracted his attention. Cole had the carriage raised and was regarding his work with disgust.
 "What's the matter with this machine?" he demanded. Frank started. Cole had used the machine with the changed type.
 "That's the one boy broke and tried to fix," he laughed, unwilling to tell the real reason. "Try the next one."
 Cole crumpled the paper and threw it in the wastebasket and moved to the next machine. Scarcely had he left the room when Frank had the other sheet out of the wastebasket. He simply had to copy the letter he found and translate the note into English.

"Dear Mr. Ludlam," he read, "I have Keeler all right. He seems convinced that it is B. W. and G. we want and that will leave the market clear for the P. and S. we really need. That, with the B. and G. we have arranged for with Mason and the F. M. and R. from Richards, will give about all we need. I think we shall have no trouble in getting." The letter stopped abruptly. Cole had found the machine at fault, but it told Frank enough.

It is easy to get money in Wall street if one knows how, and by the next afternoon Frank was carrying several thousand shares.
 Somehow the market grew stronger in those stocks, and within two days his operations showed a clear profit of \$500,000 on the stock he had sold again, to say nothing of that which he retained.

On the third day he sought Ludlam. The manipulator was in no amiable mood, but he was gracious enough to Keeler.

"I suppose you want to clean up that B. W. and G.," he said shortly. "Cole has that matter in charge."
 "No," said Frank evenly; "that goes to Cole. I have rounded up about a thousand shares. I could have bought more; but you see, I had a tip to buy other shares and could not give that commission much attention. I have here shares in stocks you actually want to the extent of \$237,870. I want to sell them to you at the price I paid."
 "Plus commission?" sneered Ludlam.
 "Plus commission," agreed Keeler.
 "Jessie is the commission."

For half a minute there was absolute silence in the office. Ludlam disliked Frank on account of his father, but to let the deal go now would mean the loss of a million. If Frank had been shrewd enough to get the secret of the deal he was not unworthy of his daughter. Ludlam reached for the stocks. "Two hundred and thirty-seven thousand eight hundred and seventy dollars plus commission. Ask Jessie."
 But Frank thought it more in keeping to propose by cipher.

On the Road to Wealth.
 Peter Gibbs had never known wealth, but, on the other hand, he had never felt the prick of poverty. This, some people said, was because he was constitutionally impervious to pricks of any sort.
 "Having a hard time to get along this winter?" asked an interested neighbor who came upon Mr. Gibbs sunning himself on the postoffice steps one cold day.

"Why, no," said Peter cheerfully. "I've got the promise of some wood sawing down to Mrs. Rand's when I get round to it, and my wife she's got the promise of some washing when her rheumatism is better, and my boy's most fifteen, and we expect he'll be teaching district school in two-three years, and Aunt Mary has just written 'at I can wait another year before paying her that six-fifty I've been under obligations for since she was here a few years back. Take it by and large, I'm feeling pretty forehanded.'"

"A" and "an" and "H."
 Do you use "a" or "an" before the aspirate? The London Chronicle, in discussing the matter, says that the Oxford "Rules for Compositors," a book of real authority, gives "an habitual," "an historical," whereas one says "a habit," "a history." It is a question of phonetic laziness, adds the Chronicle.

The "n" of the article is a mere step over the stile, and the stile is the aspirate at the beginning and the accent on the second syllable. A hotel is the crucial instance. With the accent on the first syllable, that is right. But give the stress to the second syllable and you must say "an hotel." It is a mere question of stress, accent, that later syllable. "A history" may be correct, but when there comes the novel it must be "an historical novel," for you could not say the other thing without sneezing.

Different Now.
 Biggs—Your friend Empeck speaks four or five languages, doesn't he? Diggs—He did before his marriage, but he seldom gets a chance to speak any now.—Detroit Tribune.

Suggestion Rejected.
 Economical Wife—Henry, we must cut down our expenses this month. Can you think of anything we can do without? Henry—Well, there's your mother, for instance.

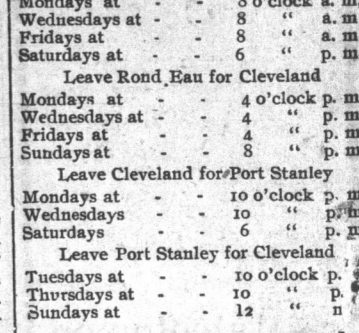
Hamilton-Montreal Line

TORONTO-MONTREAL LINE
 Steamers leave Hamilton 12 noon, Toronto 7:30 P. M. Tuesdays, Thursdays and Saturdays, Bay of Quinte, Montreal, intermediate ports.
LOW RATES ON ABOVE LINE
 Steamers leave Toronto 3 P. M. daily for Rochester, 1000 Island points, Rapids, Montreal, Quebec, Murray Bay, Tadoussac and Saguenay Rivers and intermediate ports.
 For tickets apply to W. H. HARPER, agent for R. & O. N. Co., or write H. POSTER CHAPPEL, Western Passenger Agent, Toronto.

THE Cleveland-Rond Eau
Port Stanley Navigation Co's.
 Steamer **City of Grand Rapids**, until further notice will be operated as follows:
 Leave Cleveland for Rond Eau.
 Mondays at 8 o'clock a. m.
 Wednesdays at 8 " " a. m.
 Fridays at 8 " " a. m.
 Saturdays at 6 " " p. m.
 Leave Rond Eau for Cleveland.
 Mondays at 4 o'clock p. m.
 Wednesdays at 4 " " p. m.
 Fridays at 4 " " p. m.
 Sundays at 8 " " p. m.
 Leave Cleveland for Port Stanley.
 Mondays at 10 o'clock p. m.
 Wednesdays at 10 " " p. m.
 Saturdays at 6 " " p. m.
 Leave Port Stanley for Cleveland.
 Tuesdays at 10 o'clock p. m.
 Thursdays at 10 " " p. m.
 Sundays at 12 " " p. m.

Chatham, Windsor and Detroit

TIME TABLE
CHANGE OF TIME
THE STEAMER CITY OF CHATHAM
 Will make her regular round trip Chatham to Detroit every MONDAY, WEDNESDAY, leaving Rankin Street at 8 a. m. Detroit time or 9 a. m. Chatham time, returning will leave Chatham 3 p. m., Detroit time or 4 p. m. Chatham time, arriving in Detroit about 8 p. m.
 FARES—Round Trip 60c, Single Trip 30c.
 AGENTS—Stranger & Co., Chatham, W. H. Wherry, Windsor, John S. Spence, Detroit. JOHN FORKE, Captain, WILLIAM CORNISH, Partner.



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 We keep the best in stock right at prices.
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 All diseases successfully treated by Osteopathy, Chiropractic and Psycho-Therapy. Particular attention given to nervous and mental troubles with both men and women. Consultation free.
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 will sell class fare 4th, good 5th, better 6th, Buffalo or Erie will make way color Washington Col. route to Full pay or J. A. Agent, M. Streets: J. C. P.

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