NEHVUUS ENCHUT.

Don't Overdraw Your Account in the Bank of Nature.

You have a deposit of nervous energy placed to your account in the bank of your body. It may be large, in which happy case you are a millionaire in strength and accomplishing power, or it may be so microscopic as to need careful husbanding and little expenditure to keep it from dwindling out al

But many millionaires become paupers, and some "dime savings" swell into millions. It depends upon the way the capital is managed. You may think you have so much that there is no need to be economical. You get up in the morning and feel the blood bounding through your veins like mour tain cataracts, and you think you can turn the mill wheels of the world. You work day and night or you play

day and night, which is sometimes more exhausting, and go at the limit of more exhausting, and go at the limit of your speed all the time. You are overdrawing your bank account of energy, and that needlessly, for you probably have enough to last a long and useful lifetime. It pays to sit down and sharpen your tools, and it adds cent per cent to your body bank denosit

en your tools, and it adds cent per cent to your body bank deposit.

Another with not half your brains or bustle will get ahead of you in the end, for he makes every act, every thought, go straight to the mark. He wastes no effort. Everything he does means something. It helps toward some given end. You spend a great deal of ammunition on your quarry because you are overanxious. He keeps cool,

takes steady aim and wings his bird.
You get wrinkles and frost tipped temples and become a bankrupt in vitality when you should be in your prime. You have overdrawn the best and most valuable bank account the Lord ever placed on the books of lifethe ability "to love and to work and to play and to look up at the stars."

A MONTE CARLO LEGEND.

The Story the Croupiers Tell of the Wandering Jew.

All gamblers are superstitious, and some of their pet superstitions are now so old as to have acquired the respectability of venerable traditions. The crouplers of Monte Carlo have an interesting set of traditional superstitions of their own, most of which are entirely unknown to the many thousands of visitors who toy with the "tiger" in that gilded court of chance.

The most striking of these is the story of the Wandering Jew, which the croupters believe as fervently as they do that the bank will down any "system" that ever was invented. There is one day, and one day only, in the year on which the rooms of the casino at Monte Carlo are closed—that is on Good Friday. When the rooms are opened on the following day, they say, the first person to enter the "Grand Nouvelle Salle de Jeur" is an old man of venerable appearance. He wastes no time; but, walking straight to one of the tables, he places with the trem bling fingers of extreme old age a piece of money upon a certain number. The wheel is turned, the croupier's nasal cry falls upon the ear, announcing that the number selected by the old man has won. With a bitterly savage exclamation the aged man seizes his winnings, throws them about him and hurries from the room to disappear, no one knows where.

He is the Wandering Jew, and until he can lose a bet at Monte Carlo he must continue his wanderings. Get on the "blind side" of any of the old croupiers of Monte Carlo, and they will tell you this legend. Have they seen him?
Of course they have and are fully persuaded that the aged and mysterious stranger is none other than the man condemned to perpetual earthly wanderings nearly 2,000 years ago.

An Obstacle to Piety.

An Obstacle to Piety.

A story told by a western congressman is about two brothers, Ed and Jim, who dealt in wool at their home in Iowa. Jim went to a revival meeting (unthinkingly, the congressman says) and "got religion." In his first burst of enthusiasm he told his brother of how much better he felt since his conversion and urged Ed to come into the fold. The latter pondered gravely for a time and then said: "Ain't any doubt but what religion's a good thing, and I'm glad you've got it, Jim, but I guess you better let me alone just now," he continued reflectively. "You see, Jim, one of us has got to weigh the

Chase That Frown

Learn to laugh. A good laugh is better than medicine. Learn how to tell a story. A well told story is as welcome as a subbeam in a sickroom. Learn to keep your own troubles to yourself. The world is too busy to care for your

ills and sorrows.

Learn to stop croaking. If you cannot see any good in the world, keep the had to yourself. Learn to hide your pains and aches under pleasant smiles. No one cares to hear whether you have the earache, headache or rheumatism.

Thoughtful Nature.
"How wondrous is nature!" sighed

the dreamy eyed person.
"You bet!" answered "You bet!" answered the practical man. "Why, you know how little love is lost between the Hibernians and the Africans, and just look how nature has arranged things so as to prevent the

Irish potato from coming in contact with the blackberry." Merely a Suggestion. "Man proposes and woman disposes," remarked the young man who gets quo-

dations twisted. replied the beautiful blond on the other end of the sofa, "I'm disposed to do my part if some man will do his. Three minutes later she had him

ABSULUTE

Genuine

Carter's Little Liver Pills.

Must Bear Signature of

Freut Sood

See Pac-Simile Wrapper Below

CARTER'S FOR HEADACHE.

Very small and as easy

FOR GILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION Price GEN UNITED NOT HAVE SIGNATURE 25 CONTS PUTELLY VEGETABLE.

CURE SICK HEADAGHE.

The Medicine Bottle A trained nurse vouched for this simple way of dropping medicine without a dropper: Tip the bottle up till the cork has been moistened. Reverse it again and let the fluid go down. Take the cork out, and in so doing run the cork along the rim of the bottle. Drop from the side you have moistened with the cork. In taking or administering medicine always pour from the side op-posite the label. This will keep the label looking clean and fresh. The glass can be washed off from time to time, but a drop will spoil your label

beyond remedy.-Good Housekeeping. Mirrors and Picture Glass. The best way to clean mirrors or any glass, such as that in picture frames, is to wash them lightly with a sponge and clean water, then with another sponge rub them over with spirits of wine. After this dab them lightly with some whiting tied up in a muslin bag and finish with an old silk handker chief. This sounds troublesome, but in reality is very quickly done and does not entail half the labor in polishing that chamois leather and water do, besides keeping the glass bright for a much longer time.

Would You Enjoy Perfect Digestive Vigor?

It You are a Dyspeptic Try

Malt **Breakfast Food**

The weak and capricious stomach of the dyspeptic calls for a form of nourishment that can be retained, quickly assimilated, and that will afford strength to the body. Malt Breakfast Food fully meets the needs of the dyspeptic by furnishing elements of nutrition that agree with weak stomachs. Malt Breakfast Food gruel is a refreshing and delicious dish for all suffering dyspeptics. The use of this appetizing gruel for a few days will tone and strengthen the stomach and digestive organs, after which the patient may commence with the regular Malt Breakfast Food porridge, which will maintain a natural and healthy appetite. Thousands of physicians gladly recommend Malt Breakfast Food. All Grocers. All Grocers.

A Phenomenal Artist

"He is the only true n enon I ever saw or heard. "Why do you say that?"

"Because he acknowledges that he tours the country for cash first and art second and that this isn't his farewell

An Extreme Case Bjones-And you say Biffers is ab-

Brown-Absentminded! Why, man,

absentminded that when he to have a headache his corn

OUR OLD FRIENDS Ever True and Unfailing Are The DIAMOND DYES

Old friends who are ever ready and able to help us in our time of need are indeed true friends.

Diamond Dyes are the old home friends of our Canadian people, and have proved blessings in thousands of homes. When the heart craved for a new dress, skirt, blouse, jacket, opera shawl, fresh, bright ribbons or feathers at times when economy had to be observed, the Diamond Dyes quickly transformed old and faded garments and materials into new creations, thus saving a large amount of money in the home. If you would have the best results in your dyeing work, always use the Diamond Dyes. Send your address to The Wells & Richardson Co., Limited, 200 Mountain St., Montreal, P. Q., and you will be supplied with new Dye Book, 45 dyes samples and artistic designs of the Diamond Dye Mat and Rug Patterns. Old friends who are ever ready and

The Tranquil Mind. Who does not love a tranquil heart, a sweet tempered, balanced life? It does not matter whether it rains or shines of what misfortunes come to those pos-

of what misfortunes come to those pos-sessing these blessings, for they are al-ways sweet, serene and calm.

That exquisite poise of character which we call screnity is the last lesson of culture; it is the flowering of life, the fruitage of the soul.

It is as precious as wisdom, more

to be desired than gold-yea, than even ine gold. How contemptible mere money wealth looks in comparison with a serene life—a life which dwells in the ocean of truth, beneath the eves beyond the reach of tempests. the eternal calm!

How many people we know who sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who destroy their poise of character by bad blood! In fact it is a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self control. How few people we meet in life who are well balanced, who have that exquisite poise which is characteristic of the finished character!

Taking a Chance.

He looked happy enough as he walked up to the postoffice box, set a huge bundle on the floor and began taking pretty square envelopes therefrom, dropping them by twos and threes into the box.

"Big lot of letters," remarked the policeman. "Nice day too."
"Letters!" said the happy man. "My dear fellow, these are not letters. They are wedding invitations."

A stern look came over the face of the hitherto friendly policeman.
"My friend," he said, "I am sorry to disturb you, but I must do my duty. Come with me."

"Arrested?" "On what charge, sir? This is an

The man went along.

outrage."
"Not at all. You are advertising a lottery through the post.'

The Bubble Reputation. The Governor-Colonel, don't you know Judge Blank? Shake hands with

The Colonel—Ah, you are Judge Blank of Blankville?

The Judge-Yes; Blankville is my The Colonel-Of course I know you

by reputation then.
The Governor—Colonel, don't you know it always makes me feel mighty uncomfortable when a man says that about me-that he knows me by repu-

tation?
The Colonel—How is that, governor? Why should it make you feel uncom-

The Governor-Because, by jingo, 1 always wonder which reputation he

A Simple System.
Teacher—In what year was the battle of Waterloo fought?

Pupil—I don't know.
Teacher—It's simple enough if you only would learn how to cultivate artificial memory. Remember the twelve apostles. Add half that number to them. That's eighteen. Multiply that by 100. That's 1,800. Take the twelve apostles again. Add a quarter of their number to them. That's fifteen, Add what you've got. That's 1,815. That's the date. Quite simple, you see, to remember dates if you will only adopt my system.

Making Sure. This hunting story comes from Scot-land: When the beaters came out of the covert, one of the guns said to the keeper, "Have you got all your beaters

out? "Aye," said the man, astonished. "Are you sure? Have you counted

"Counted them?" said the keeper "Aye, they're all right."
"Then," said the shooter, with a sigh
of some relief, "I have shot a roe."

The Spitting Snake.

A snake found in Africa is called the spitting snake by the Boers. It is between two and three feet long and is especially bold and active, readily attacking every one who approaches it. In confinement it is very savage, opening its mouth and erecting its fangs, from which the poison may be often observed to drop and even sometimes to be forcibly ejected; whence the name given it by the Boers.

Sources of Alcohol.

Some terribly potent liquors, it is said, can be distilled from the innocent looking banana and also from the milk of the cocoanut. The Japanese make a beverage from plums and from the flowers of the motherwort and the peach. The Chinese produce several qualities of spirit from rice and peas, all of them intoxicating, besides which they can make an alcoholic drink from

Same Old Thing. Tom-Did you call on that pretty telephone girl?

Dick—Yes, but I guess there was another fellow there ahead of me, or maybe it was only force of habit, m-How do you mean?

Dick-My card came back with the message: "Busy. Please call again."

Reassuring George, She had been shopping, and he was naturally disturbed.

"I hope you didn't spend much money while you were downtown today,"

he remarked. "Not a cent except car fare, George," she answered conssuringly. "I had ev-erything charact."—Chicago Post.

Porridge-a la Chimney

Your chimney is heated (dried) by the same principle as the common "direct heat process dries oats.

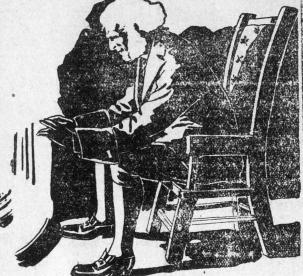
The smoke and soot have their innings on the oats equally with the heat,

theory is that the oats are taken out just after the hull loosens and before the smoke gets at the kernel.

But like many other theories, the practice is different - results in smoke-and-soot flavored porridge.

Tillson's Pan-Dried process heats pure air without contact with smoke, filters it and applies it scientifically to

There is no other Pan-Dried oats but Tillson's.



Ready to Cook-Served Hot.

Packages Only. All Grocers.

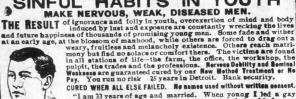
Made in Canada Fifty Years.

son's O

A Food, not a Fad. Pan-Dried.

Ten Cents.

K&K K&K K&K K&K K&A K&K SINFUL HABITS IN YOUTH



CURED WHEN ALL ELSE FAILED. He names used without written eensent.

"I am 33 years of age and married. When young I fed a gay
life. Early indiscretions and later excesses made trouble for me.
I became weak and nervous. My kines when a effected and I
feared Bright's Disease. Mearing the mean affected and I
feared Bright's Disease. The later of the mean affected and I
for the mean and the later of the mean and the later of the later

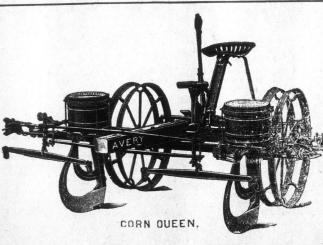
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Drs. Kennedy & Kergan, 148 Shelby Street, Detroit, Mich. K&K K&K K&K K&K K&K K&K

ARE YOU GOING

There were more AVERY CORN PLANTERS sold in this section last year by Quinn & Patterson, Chatham, than any other make, and you might make a mistake if you bought any other.

Read the following testimonial, which speaks for the excellence of this machine.



Dover Township, Sept. 15, 1902.

MESSRS. OUINN & PATTERSON MESSRS. QUINN & PATTERSON, Gentlemen,—Replying to your enquiries about how I have been suited with the AVERY CORN PLANTER I bought from you last Spring, I must say that it is all I could desire it to be. I cannot suggess any improvement on it, and I can recommend it to any one who may want a first-class and up-to-date Planter.

Yours Truly,
FRANK RANKIN.

THE ANNOYANCE

Caused by using rusty and leaky kitchen utensils is all done away with by using the

Fine Enamelled Ware we carry. It stands the test of constant use most satisfactorily. A large assortment of

Graniteware kept in stock. Every housekeeper should use it.

JOHNA.MORTON Hardware Merchant,

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 dis-

comfort. Stoves of all sizes for

Sale on Easy Terms. THE CHATHAM GAS CO

Limited. 'Phone 81 King St.

Lime, Cement AND Cut Stone.

We keep the best in stock at right

prices.

JOHN H. OLDERSHAW. Thames Street, Opposite Police Station ...

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Now that winter is wearing away your supply of pickles, etc. running short, but don't worry, for we can supply your needs.

CATSUP CHOW-CHOW HORSE-RADISH FRENCH MUSTARD MAPLE SYRUP, CANNED FRUITS

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