NERVOUS PROSTRATION.

Miss W. Childs-Blackburn, Secretary of the Rock Island Literary and Art Society,

Writes a Special Letter to Mrs. Pinkham Telling How She Was Cured.

The relation of woman's nerves and generative organs is very close; con The relation of woman's nerves and generative organs is very close; consequently nine tenths of the nervous prostration, nervous despondency and nervous irritability of women arise from some derangement of the organism which makes her a woman. Herein we prove conclusively that Lydia E. Pinkham's Vegetable Compound will quickly relieve all this trouble.



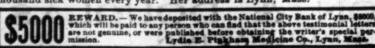
MISS W. CHILDS-BLACKBURN.

"DEAR MRS. PINKHAM: - I take pleasure in acknowledging the effects of Lydia E. Pinkham's Vegetable Compound. In my estimation there is no female remedy to equal it. Weakness not properly attended to, together with the close confinement at my desk brought on nervous prostration, so much so that for a year I doctored continually. I tried different remedies which only succeeded in poisoning my system, and my stomach refused food. A neighbor who had suffered with ovarian troubles and was perfectly cured, called my attention to your Vegetable Compound, and I made up my mind to give it a two months' fair trial. However, before one month had passed I was like a new woman, and after six weeks faithful use of the Compound I was in perfect health. It certainly is of great benefit to women, and I wish every poor suffering woman could have a chance to try it. Yours very truly, Miss W. Childs-Blackburn, 2922 Fifth Ave., Rock Island, Ill."

Nothing will relieve this distressing condition so surely as Lydia E. Pinkham's Vegetable Compound; it soothes, strengthens, heals and tones up the delicate female organism. It is a positive cure for all kinds of female complaints; that bearing down feeling, backache, displacement of the womb, inflammation of the ovaries and is invaluable during the change of life.

How Mrs. Pinkham helped Mrs. Borst. "DEAR MRS. PINKHAM: - When I wrote to you some time ago for advice I really thought my days were numbered. I was so ill that I could not stand on my feet for fifteen minutes at a time. I had female troubles in many of their worst forms; inflammation and ulceration of the womb; leucorrhœa; bearing down pains; headache and backache; nervous prostration. My kidneys were out of order and blood in a bad condition. Everyone, and even my doctor thought I was going into consumption. I followed your advice faithfully for six months with the result that I became a well woman, and it cost me much less than a doctor's bill. I feel that Lydia E. Pinkham's Vegetable Compound saved my life." - Mrs. Samuel Borst, 7 Cozy Ave., Oneonta, N. Y.

The above letter shows how unerring is the advice which Mrs. Pinkham gives to women who write her about their sickness; as the advice is free and always helpful it is not strange that she advises more than one hundred thousand sick women every year. Her address is Lynn, Mass.



Did You Ever

NOTICE that sweet, delicious taste that our baked goods always have? Our Bread, Ples. Oakes, Buns, etc.,

are always fresh and tasty. Once customer you will stay with us. Wm.

Somerville. Confectioner Next Standard Bank Chatham, ******************

Principles are Eternal

"Not what you spend"

What you get for what you -THAT COUNTS-The Best is cheapest in the end.

GIBSON'S . Sudio, 29 King

Gibson's Photos are the Best.

******** Spring Medicine

Radley's Sarsaparilla powerful purifier of the blood. A blood and skin remedy, put up expressly to meet the popular need for a blood purifier. Put up in differet sizes.

Prescriptions a Specialty Camphor, Moth Balls, Moth Camphor, Etc.

Radley's Drug King St., Chatham

Beating the Eitchen.

Mamma was serving the jam pudding. "Johnny, will you take a little pudding?' Johnny-Yes. Will you give m

the ends, please? Mamma-But why do you wish to have the ends, Johnny? Johnny-Why, when I was in the kitchen I heard Mary say to cook, Put a good lot of jam in the ends cook, because, you know, the ends are always left for us."-London Answers.

A PRIN FALBERT LADY SAYS "I have dreat Faith in Diamond Dyes."

To the wise woman who buys good material, Diamond Dyes are a necesmaterial, Diamond Dyes are a necessity to the economy of the household, and by using these dyes many perplexing problems are solved. It is here that good judgment and management can save much, while the thoughtless and extravagant keep themselves

hopelessly poor.
Mrs. G.S. Pook, Prince Albert, N. W. T. says: "I am very pleased with the success I have had with Diamono Dyes, have used the Black for Wool on many occasions, and always got a lovely fast black that kept its bright and full color as long as the bright and full color as long as the goods held together. I dyed a heliotrope cashmere dress for my little girl; it took a rich cardinal, very even in color, and that stands washing. I have great faith in Diamond

If you delight in home may and rug making, send your address to The Wells and Richardson Co., Limited, 200 Mountain street, Montreal, P. Q., and be supplied free of cost with the new designs of the Diamond Dye Mat and Rug Patterns which are ready for shooking.

Fireproof baildings are provided with fire escapes just the same.

A PLAIN QUESTION-Do you real ly get the only Painkiller—Perry Davis'—when you ask for it? Better be sure than sorry. It has not, in 60 years, failed to stop looseness and pain in the bowels.

THE SICK ROOM.

inggestions for Assisting in Bringing Back The Normal Condition of the Patient. Nothing is so exasperating to an invalid as to have attendants or members of the family whispering about something or other. The sick person is generally in more or less nervous excitement, and, even if it were otherwise, nervous excitement would be produced by the whispering. The mystery of it is irritating. No matter how weak or apparently un-

cases out of ten he is trying to hear what is being said. A loud whisper, "Do you think he is going to live?" or even, "Hush; you mustn't come in here!" is alarming, and lessens the chance of recovery. Whatever must be said should be in an ordinary tone of voice. There should be no mystery about the sick

conscious the patient may be, in nine

Gas logs, or gas stoves, are now, for two reasons, used much in the sick room. Their use involves less noise, and they are always ready to light. Care must be taken, however, that there is no leak in the connections, for hardly anything is more insidious in its effect on a sick person than escaping gas. A vessel of water with a large surface should always be placed near the stove or the hearth where the log is burning, to moisten the atmosphere of the apartment. A boiling kettle on a gas stove, when

the stove is used, is even better. In sudden illness those who attend the sick are too much inclined to fly to stimulants, especially brandy. It is a principle of first aid to the injured that when there is bleeding, even when fainting has ensued, alcohol should never be given, for it causes increased heart action, with a consequent increased loss of blood. This is particularly important to remember in cases of bleeding from the

When a person faints he should be laid flat on his back, and all articles of clothing that appear tight should be loosened. Fresh air should be admitted to the room, smelling salts or hartshorn should be applied to the nostrils, and the face and head bathed with cold water. If neither salts nor hartshorn con be found, a smouldering rag will often revive the patient When the person has regained conof the fainting was not accompanied by bleeding or the result of bleeding, then a small quantity of brandy or other alcoholic stimulant may be safely administered.

Many doctors still encourage the use of the old fashioned mustard plasters or the flaxseed and bread and poultices of our grandmothers' When a mustard plaster or a hot poultice is removed, it is important to dry the parts quickly and cover wth fiannel or cotton wool. This is to prevent cold from exposure.

The sick room should be a large and cheery apartment. The windows must be arranged so that the room can be darkened when necessary. Often the room is as depressing to a patient as the stiffness of a small one. Once a day the patient should be well wrapped up, and the room aired, no matter what the weather may be. Rugs are better than carpets, and a good matting better than either. Bent wood or wicker furniture is preferable to that which is upholstered.

Every day, if possible, there should be a change in the general effect produced by rearranging chairs or by changing the place of pictures or by hanging new ones. But the value of this will be lost unless the changes are made when the patient is unconscious of them. Do not always have the bed dressed exactly the same. Change the white counterpane for one

that has some color. If the health of the sick person permits it, shift the bed occasionally from one side of the room to another or change the head for the foot. All these things break the monotony of the sick room and assist as much as medicine in bringing back the normal condition of health and spirits.

THE HOUSEWIFE'S PART. Oh, men, and oh, brothers; and all of

you others, I beg of you pause and listen a bit, And I'll tell without altering any The tale of the housewife's

Mixing and fixing, Brewing and stewng, Lifting and sifting, Stoning and boning. Toasting and roasting, Kneading and seeding, Straining and draining, Poking : nd soaking, Choosing and using, Reasonin; and seasoning

Paring and sharing— This is the housewife's part. Filling and spilling, Pounding and sounding, Creaming and steaming, Skimming and trimming. Mopping and chopping, Corning and pouring. Shelling and selling.

Grinding and minding, Firing and tiring, Carving and serving—
This is the housewife's part.
Oiling and boiling and broiling.
Buying and trying and frying. Burning and turning and churning Pricing and icing and slicing, Hashing and mashing and splash

Scanning and planning and canning, Greasing and squeezing and freezing

his is the housewife's jart. Aching and baking and making and Beating and heating and seating

men, and oh, brothers, and all of the housewife's

Mr. Robert Rose Eulogizes Dr. Pitcher.

The O iginator of the Well-known "Rose Hair Grower" Speaks in Glowing Terms of the Benefits be Derived from the use of Dr. Pitcher's Backache Kidney Tablets.

They Cured Him of Backache and Kidney Trouble, Which Had Bothered Him for Year .

The many patrons of the "Rose Hair Grower" all over Canada who are using that excellent preparation for the hair and scalp will no doubt be pleased to learn that the originator and compounder of that splendid hair tonic is now in the best of health, having been cured of the severe backache and kid-

"Having been a sufferer from backache and kidney trouble for years, and having been advised to try Dr. Pitcher's Backache Kidney Tablets, I did so. The result in my case has been most satisfactory, as I am entirely cured and can highly recommend this remedy to all sufferers from pain in the back or kidney trouble in any form. I have heard many persons speak highly of these tablets, and I know in every case where I recommended them they produced a prompt and permanent cure."

Kidney Tablets are altogether differ-ent from the common kidney pills with which the drug stores are filled. Every ablet goes to the right spot, and you can feel every dose doing you They remove every bit of pain from

(Signed)

the sore, aching back, because they get at the origin of the ache in the There has no medicne ever before been compounded like these Tablets for backache, kidney, and urinary

roubles of both sexes. Do not fritter away your health and money and prolong your misery ex-

Beethoven's Wit.

The composer Beethoven was pos

sessed of a grim satiric wit which

caustic humor of Carlyle. It is re-lated of him that one day his broth-

piece of property he owned, called on him, but found him out, so he left a

he had it returned to him, written on the back :- " H. von Beethoven,

Heard at a Church Concert.

She-Why, I thought he had an ex-

ceptionally poor voice !
He—Oh, it isn't his voice I envy,

You will readily acknowledge the

fact that defects and derangements of

digestion are amongst the most com

mon of human ailments. These di-

egstive derangements not only com-

plicate, almost every form of disease but they constitute by themselves ser-

ious torments to a vast number of

If you are unfortunately numbered

amongst those who are users of com-mon oatmeal and other starchy and

indigestible grain foods, producing stomach irritations, eruptions, water-

brash, Heartburn, heated blood and skin eruptions, why continue

to use such grain foods when the use

of Malt Breakfast Food perfectly

maintains digestive vigor and robust

Malt Breakfast Food has proved a

revelation to the dyspeptic; it has banished his troubles and given him a

natural and healthy appetite. Malt Breakfast Food is predigested, readily

assimilated, delicious, appetizing and strengthening. Its use in the home for one week, will gladden your heart,

and you will never have a desire to

give it up. See your Grocer.

Messrs. C. C. Richards & Co.

Gentlemen-After suffering for sev

en years with inflammatory rheuma-tism, so bad that I was eleven months

confined to my room, and for two years could not dress myself without help. Your agent gave me a bottle

help. Your agent gave me a bottle of MINARD'S LINIMENT in May, '97, and asked me to try it, which I did, and was so well pleased with the results I procured more. Five bottles completely cured me and I have had no return of the pain for eighteen

The above facts are well known to

everybody in this village and neigh-borhood.

Yours gratefully, A. DAIRT. St. Timothee, Que., May 16th, 1899.

He who rules must humor full as

WELCOME as Sunshine after storm is the relief when an obstinate, pitiless cough has been driven away by Allen's Lung Balsam. No opium in it. The good effect lasts. Take a bottle home with you this day.

When a man is spolling for a fight he is naturally too fresh.

One Fact is Better that Ten Hear

much as he commands.

Davis' Pain-Killer.

ever miserable.

brain proprietor.

ang the solo.

healthy people.

Remember Dr. Pitcher's Backache perimenting with all sorts of remedies which in many instances are prepared by persons ignorant of the science of medicine or not skilled in the treatment of kidney and urinary diseases, and whose pills and potions frequently aggravate your trouble instead of

and very gladly gave Dr. Pitcher the following statement of his case:-

alleviating it.
Dr. Pitcher's Backache Kidney Tablets are small in size, chocolate coated easy to take ,and every dose helps the cure. One tablet a dose, fifty tablets in a bottle, Price, 50c a bottle, or three bottles for \$1,25; at all drug-gists, or sent by mail. The Dr. Zina

IN "TYPHOID'S" TRAIL

resembled nothing so much as the Came violent Rheumatism and more violent Neuralgia—Doc-tors couldn't stem the disease tide—I bottles of South American Rheumatic Cure "gave battle" and won gloriously. er, who was very proud of a little

card inscribed :--" Johann von Bee-thoven, land proprietor." Next day Mr. W. W. Brownell, of Avonmore, Ont., says that a few years ago he had typhoid fever. After recovering was attacked most violently by Rheumatism and Neuralgia, he suffered so he thought he would die. Many a night thought he could not live till morning. Doctors tried to relieve him but could not. After taking three bottles of South American Rheumatic Cure every vestige of south American Rheumatic Cure every vestige of the could not be treated to relieve him and the ways as well as every He-How I envy the man who just pain left him and he was as well as ever. Sold by J. W. McLaren, Chatham.

Evil comes by ells, goes away by

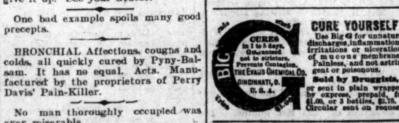
Come, Let us Reason Together For twenty-four years Vapo-Cresolene has been extensively used for all forms of throat and

Paper Hanging and Decorating Under the supervision

of F. L. Phelps We are making this line one of our specialties. We employ the best workmen and use the best material that money

The Blonde Lumber & Manufacturing Co., Limited.

Lumber Dealers and Builders



GRAND TRUNK BATLYAY "Royal Muskoka"

Muskoka Lakes District CANADA Elogantly Furnished Fine Quisine Beautiful Surroundings 1000 Feet Above Sea Level Most Charming Summer Resort

Region IN AMERICA literature, rates, maps and apply to w. E. RISPIN, C. P. A., W. E. RISPIN, C. P. A., Toronto, Ont.

says. Ask Doctor Burgess, Supt. Hospital for Insane, Montreal, where they have used it for years, for his opinion of "The D. & L." Menthol Plaster. Get the genuine, made by Davis & Lawrence Co., Ltd. No. 1 and No. 2 are sold in Cham by C. H. Gunn & Qo. Centr Drug Store. Minard's Liniment Cures Burns, etc.

The Lament of the Adult.

modern play. It is probably the nicest kind of a story, and the nicest kind of a play, and if we were only fourteen instead of forty, or fifteen instead of fifty, we should thoroughly enjoy them both. Nothing is better calculated to make us regret our lost youth than fic ney trouble which formerly afflicted him, by the use of the new kidney spe-cific, "Dr. Pitcher's Backache Kidney Tablets." Mr. Rose is naturally de-lighted to be rid of his aches and pains day. With what glorious emotions we should have dilated in childhood over Mr. Crockett's desperate brigands, or Miss Johnston's dauntless heroes. How we should have steeped ourselves-figuratively speaking—in gore, and re-velled in romance. Sicilian outlaws, poble Indians, cruel half-breeds, courtly villains and heroines of wild, unearthly beauty-time was when these things made our pulses jump. But now seventeen murders excite us less than one, and duels are no longer the thrilling episodes they were in the happy past. It is hard to grow old, and it is made harder by the fact that nobody, made harder by the fact that hosoly, save one's family doctor, has anything to offer to age. We should still like, even at forty or fifty, to be amusel, but nobody caters to our amusement. When a veteran actor like Mr. Drewwho ought to sympathize with adultsto mind the school plays of happy incertainly have been written by Miss Edgeworth, we feel that we are indeed friendless in the evening of our lives. It is cold comfort to be told that the drama is intended for the debutante, and the novel for her younger brothers and sisters. It is even less agreeable to hear it hinted that if we do not like these pure and wholesome performances, it is because we want something

evil. Does nothing, then, interest the adult save sin? Are bankers and brewers, anxious mothers and hard-working spinsters indifferent to all but vice? Must we either frolic like lambs—being lambs no longer-or devote ourselves seriously to the meretricious? Life has issues, not wholly unimportant, yet dis connected with love-making of any kind. Men-middle-aged men-desire many things besides their neighbors wives. Women-middle-aged womenare sometimes strangely indifferent to their neighbors' husbands. We may be sure in "The Old Homestead" or "Ber Hur." We may be wind the state of and plays for us?—Agnes Repplier in

Turning Smoke Into Gold.

UEEN ELIZABETH of England was not a thoroughgoing spins-ter, for she had so little preju-dice against the practice of smoking that she permitted Sir Walter Raleigh his pipe in the royal presence. She was sufficiently a woman, however, to twit and it was on one of these occasions-Herbe" shrewdly surmises—that the knight replied:

"I can assure Your Majesty that have so well experienced the nature of it that I can tell even the weight of the smoke in any quantity I consume." "I doubt it much, Sir Waiter," replied Elizabeth, holding it was impos weigh smoke, and mayhap scenting a joke, "and I will wager you twenty gold angels that you do not solve my doubt."

Gallantly accepting the wager, Raleigh filled his pipe with a weighed quantity of tobacco, smoked it out, and then, weighing the resultant ashes, an nounced the weight he had smoked away.

Your Majesty cannot deny that the difference has disappeared in smoke."
"Truly, I cannot," answered the Queen. Ordering the wager to be paid, she turned to the courtiers around her and said: "Many alchemists have I heard of who turned gold into smoke but Raleigh is the first who has turned smoke into gold."

Musical M.D.'s of the Future.

PATIENT having been cured of A PATIENT having been strains of a violin, a contemporary thinks of a violin, a contemporary thinks it not at all unlikely that it may entherapeutic value heretofore undreamed of. Music may in time become a most important branch of medical science, and the doctor of the future may, after diagnosing his case, take a violin or a cornet from his bag, as the case may demand, and render the wedding march from "Lohengrin," or Schubert's "Seraccording to the progress the malady has made. Different tunes rendered on different instruments, in various tempos, may become necessary at critical moments, and this will naturally develop a new science—that of writing musical prescriptions. Musical boxes and orchestrions may yet be used in hospital-wards, and the shops in which sheet music and musical instru-ments are now dispensed are likely to be the drug stores of the future. Patent music is a possible successor of patent medicine, and we may yet take a five-minute dose of "Lanigan's Ball" adagio, or a seven-minute-and-a-haif dose of Mendelssohn's "Songs Without Words" andante, for our neuritis or necrosis. Medical music and medical actence will be one, and the scalpel will be supplanted by the mandolin, and the

Little Mothers in Japan.

Although the Empire of Japan is said to be a "paradise of children," where they are allowed to do very much as they please, and where they seldom, if ever, cry, their life is not all play. The little boys and girls have their work to ever, cry, their life is not all play. The little boys and girls have their work to do, but in many skilful ways they turn work into play. Take, for instance, the little girls who have baby sisters or brothers to care for. They tuck the youngsters into their queer garments and go on with their games of ball. If the baby grows tired and begins to fret the "little mother" jonces it up and down over her shoulder with a peculiar humping motion of her back, without stopping the game. All the time she sings some pretty song.

Paine's Celery

I N one of Dickens's novels—those novels which we are tearfully assured nowadays are not in the least funny—an ungrateful brickmaker rejects the little volume which has been brought him, because "it's a book fit for a babby, and I'm not a babby. If you was to leave me a doil, I shouldn't nuss it."

Something of this unchastened spirit stirs within our middle-aged hearts when we read a modern story, or see a modern play. It is probably the nicest

it Purifies the Blood and Removes Every Trace of Poisonous

he Great Medicine has Cured More Rheumatic Sufferers Than Al! Other Combined Remedies.

Sufferers from the varied forms beumatism-articular, muscular, flammatory, lumbago, and gout, should bear in mind that there is a morbid principle in the blood when rheumatism is present. This morbid principal is uric acid, which circulates principal is uric acid, which circulates with the b'ood and acts upon the joints and muscles, causing the pains and agonies of rheumatism. Paine's Celery Compound is the only scientific remedy for the permanent banishment of every form of rheumatism. If your joints are painful; if the knees, elements of the compound bows, wrists, or ankles are swellen, a bottles of Paine's Celery Compound will soon remove all your troubles and pains. If you have inflammatory or sciatic rheumatism accompanied with fever, acute darting pains in the sciatic nerve from the hip down the leg. paine's Celery Compound taken at once will soon drive out the disease, and

make you strong and active.

Mr. G. J. McDonald, Cornwall, Ont., writes of his happy cure, as follows-"After giving your Paine's Celery Compound a thorough testing, I sm-pleased to say a few words in its fa-For three years I suffered terribly from rheumatism. It seemed to me that I was forced to endurre all agonies and pains that a mortal could possibly experience from the dreadful

"While suffering I tried many of the advertised medicines, also doctors' prescriptions but never found a cure until a supply of Paine's Celery Contpound. It worked like a charm-it seemed to strike at the very root of my trouble, I am now cured; all pains are banished, and in every respect I am a new man.
"I shall always consider it a pleas-

ure and duty to strongly recommend Paine's Celery Compound to all who are afflicted with trheumatism,

If you want apple trees to bear, this

A BUILDER — ARE YOU LOSING-Weight?—"The D. & L." Emulsion will always help and build you up. Restores proper digestion and brings back health. Manufactured by the Davis & Lawrence Co., Ltd.

A grass crop is fatal to a peach or-

or twenty-four years vapo-Cr been extensively used for all forms of throat and wonchial troubles All Druggists.

AKE ERIE RAILWA & DEIRO RIVER E. & D. R. R. TIME CARD NO. 1 Effective Mar. 12, 1902

4.15 P.

7.30 a m for London is a through trains connect at Blenheim for East and

Cheap Excursion to California

The Wabash Railway Company will sell round trip tickets to Los Angeles and San Francisco, Cal., at less than the one way first class fare. Tickets on sale April 19th to 27th good to return any time before June 25th, 1902. Choice of routes going and returning. All tickets should read via Detroit and over Wabash, the short and true-route from Canada to California.

This will be the grandest opportun-ity ever given the people of this coun-try to visit this land of sunshine and flowers at a low rate.

Full particulars from any Bailroad

J. A. RICHARDSON, Dis't. Pass. Agent. N. E. Cor. King & Yonge Sts., Toronto. and St. Thomas. W. E. RISPIN.

City Pass. Agent

CANADIAN PACIFIC \$58.70 OHATHAM

Los Angeles, Fan Francisco, Gal dian Pacific.

For Federation of Women's Club at Losingeles, Cal., May 1st to 8th, 1902. Tickets and going April 19th to 26th, good for eturn until June 25th, 1902.

Colonist Special Trains to the Canadian North-West