

Dodd's Kidney Pills
Always Cure F male Weakness.

SCOTT & BOWNE, Belleville, Ont.



DE WOODS.

NORWAY

PINE

SYRUP.

THE MOST PROMPT,
Pleasant and Perfect Cure
**for Coughs, Colds, Asthma,
 Bronchitis, Hoarseness,
 Sore Throat, Croup, Whoop-
 ing Cough, Quinsy, Pain in
 the Chest and all Throat,
 Bronchial and Lung Diseases**

The healing and anti-consumptive virtues of the Norway Pine are combined in this medicine with Wild Cherry and other pectoral Herbs and Balsams to make a true specific for all forms of disease originating from colds.

Price - 25c. and 50c.

[illegible]

WOOD'S PHOSPHORINE.
The Great English Remedy.

 *Six Packages Guaranteed to promptly and permanently cure all forms of Nervous Weakness, Indigestion, Spasms, atonies, Impedency and all effects of Abuse or Excess, including Throat, Stomach, Liver, Kidney, Bladder, and Uterine Disorders of Tobacco, Opium or Stimulants, which soon lead to Insanity, Inactivity, Consumption and an early grave.*

Be fore and After.

He who has procured this medicine for himself or for any other case, is the only Reliable and Honest Medicine Merchant. Ask druggists for Wood's Phosphorine if he offers some worthless medicine in place of this, demand a refund of your money. It is sold in all the principal cities by mail. Price, one package, \$1; six, 6s. One sent gratis, six will cure. Pamphlets free to any address.

The Great English Remedy.
WILCOX, OIL, CANADA.

Sold in Chatham and everywhere in Canada by all responsible druggists.



**When
Bicycling**

always have
some Tutti
Fruitti with
you. It satisfies
thirst and
prevents
fatigue.

Some dealers to obtain a big profit, try to palm off imitations. See that the trade mark name

Tutti Frutti

is on each 2c. package.

Save coupons inside of wrappers for latest books and prizes. 151

WHERE TO BUY SWITCHES

Of unsurpassed excellence, workmanship and finish. Greater value than ever. Buy your switches from us and save both money and trouble. My goods are the best in the market. Hair dressing, cutting, curling, shampooing, manicuring, coloring. Get work by competent hands at bottom prices. W. A. HAINES, 18-Grand River Ave., second door from Buckley Ave., Philadelphia.



Edited by Nay Tenzal

"I am a drummer," she went on, laughing at his wondering face, which introduced her to him. Every year some manufacturer gets out something new "on a spec," and I am the one that brings them before the public. I am the sales agent, so to speak, of the drummer."

"Tell me about it," said I, as mystified as a newspaper woman ever allows herself to be.

"Well," said my drummer friend, "I will give you an example. Suppose a manufacturer has made a new and improved fastener. He wants to get it on the market. He sends his drummers to the dealer. The dealer says, 'We have no call for that.' And the fastener is lost. He must buy it. And the manufacturer must either place his own agent in the store to talk it up, to chase the dealer about, or else to go to the dealer and say, 'I am a drummer. I am a drummer.' Here comes the work of the drummer."

"Just now I am searching for a sign that will tell me when a man is a drummer, a hustler, and yet wishes not to buy things yet. They do not ask the men, and the dealer will not give them any credit. I am a drummer. Here comes the work of the drummer."

At this she whipped out a neat slip of

MISS MINNIE SKIVELLE
For Whiskers & Co.
Burlington

"I received a demand for bustles. When I saw me, I was on my rounds in the K. building. In one hand I had a list of all the offices where women were employed then. As soon as I got inside an office, I would ask the woman in charge and proceeded to show her samples of bustles. There were six little ones in this bag, and, of course, I wear one. I showed her the bustles, and she said, 'I'll give you a bunch, me on the back, crumple me up twice, me around and do pretty much as they please.'"

"Then I shake myself out and show them. I shake my skirt bangs with the bustle to support it. They ask where they can buy such bustles, and I say at the stores of A., B., C. and D., mentioning the names of the stores. I then go to all there and offer them my bustles. Of course they have had orders for them—six inquired for bustles in one day—each inquired \$60 or \$400 from me, according to the size of the bustle."

"This is the way I create a demand for bustles. Quer, isn't it?" said she. "and the queerest thing about it is the order comes from the top. I never hear of a case, for instance, of a man have got the floors mixed, and if you hadn't been there I should have found myself, from force of habit, talking up my bustle samples to the men."

"Are there many in your business?" asked.

"Do you mean in the drumming business? No, not as many as you would suppose from the money there is in it. Last year there were only 40 successful women drummers. Twice that number started, but only 40 got to the end of the work. It is hard. You travel at night and talk all day, but you can do it if you know how to spare yourself. I left May 1st for the States, and I have the lands of Maine and Oregon to the lake and the gulf, without stopping a day, except to sell goods, but you see I know what to do and how to spare myself. I could understand how to drop asleep on a train and wake up fresh and ready to talk without waiting for a night's sleep to refresh me."—*Leveville Courier-Journal*.

Metal Beds and Drapery. The present fashion of the metal bedstead, with its ornate and delicate design, is the rival of the bed tester. Aside from the picturesque effect of bed drapery, it is a constantly useful in shielding the head from the rays of the sun which, in the summer months, is too freely to every sleeping room. The headpiece of the old fashioned wooden bedstead was made solid in order to do away with the danger of the soft springs, and the wood still, to strong light. The beds of our times have made it impossible for any one to sit with the back, and head and feet to be done. It is scarcely nearly as possible the conditions of sleep during those early morning hours which most of us devote to sleep.

Thick shades of dark color shut out the light, but also the air, which is especially desirable to admit in the morning. The light of the sun shining through a large window of the sleeper is a common cause of the nervous headache from which so many delicate women suffer. The light of the moon, when it is at its full is known to be injurious.

The old-time canopy which drew the bed on all sides was undoubtedly a stifling arrangement, but

Boudoir Gymnastics.

To be supple is one of the chief ambitions of the woman who makes any pretensions to beauty and grace. She feels that rheumatism is a crime, not merely an unhappy visitation of fate. She regards stiffness as a fault, not a misfortune, and she scorns the thought of easy chairs or walking sticks before the age of 70.

One of the chief aids to attaining this desirable grace and lightness, and the main element required by the method of bondle gymnastics. They are intended to develop and exercise the body in ways in which the ordinary athletic exercises require no apparatus are described here. They should be taken immediately after rising or before going to bed and in loose clothing.

The first one is known as the free arm and leg movement. Pose the body lightly on the toes of the right foot, raising the right arm straight up and the left arm raised from the ground. Now bend the body slightly forward, allowing the leg to swing backward; reverse the action several times, and then go through the same exercise with the other leg and arm. It will be a little difficult at first to keep the balance, but this will be gradually be acquired by continued practice.

In the second movement the arms and hands are raised as any angle, the exercise being to stand upon the toes and to raise the arms and hands as high as possible to the ground repeatedly, in as light and rapid a manner as possible. This strengthens and develops the calves of the legs and gives the arms and hands the proper tone.

In the third, called the "ballet" movement, the right foot is planted firmly on the ground and the left leg raised, with the knees and hips bent, and the arms raised to the knees, while the body remains in the same position. The exercise is repeated six times. The other leg is then exercised in the same manner.

The fourth movement is deemed the strongest and is done by standing on the knees, the left knee bent almost as that it comes to the floor, and the right leg stretched out from the hip and the hands on the hips, ground, all the while the body remains in the same position. The exercise with each leg is repeated six times.

—Chicago Tribune.

For Hat and Thin Women.

A table of relative heights and weights given by Mrs. E. E. Cresson, of Boston. "What to Eat" is worth repeating. The weight of ordinary clothing is included in the table. The women who reaches the minimum or maximum weight for her height should be especially careful. After her diet, not only that her figure may be what it should be, but for the sake of her general health. The table is:

Height.	kgms.	Mini- mum.	Maxi- mum.
5 feet.	115	98	132
5 feet 1 inch.	120	102	136
5 feet 2 inches.	125	106	140
5 feet 3 inches.	130	111	145
5 feet 4 inches.	135	115	150
5 feet 5 inches.	140	119	155
5 feet 6 inches.	145	123	160
5 feet 7 inches.	145	123	160
5 feet 8 inches.	150	128	165
5 feet 9 inches.	155	131	170
5 feet 10 inches.	160	136	175
5 feet 11 inches.	165	140	180
6 feet.	170	145	185

The article in which the table is given contains a restricted dietary, which is dedicated to Mrs. Slim. In advising Mrs. Slim to have the may gain flesh, Mr. Hudders says that she should eat or drink what agrees with her, eat slowly, chew her food thoroughly, eat plenty of nourishing and easily digested food, and eat often. The last is emphasized. Plenty of sleep, plenty of cheerfulness and regular exercise are recommended. No water or cold drinks are to be taken between meals. A cup of hot water after meals is said to aid digestion. Highly seasoned foods, pickles, pickled, salted and spicy foods are to be avoided. But few sweets are to be eaten, and none if the stomach is easily managed.

Woman's Opportunity.

Starting from the premise that "there are as great many women whose capacity and desires seem much beyond their opportunities," Mr. George L. Meritt, in his new book, "The Chief End of Man," presents these golden thoughts to gladden words: Wherever your life touches another life, there you have opportunity. Goodness is the only power that can lift these lives in the mutual touch of man and life. To mix with men and women in the ordinary forms of social intercourse is the surest way to give your life rise into the true spirit. To give close, sympathetic attention to every man being we touch; to try to get a sense of how he feels, what he is, where he is, and what he needs; to be able to set our own- thus disposition and he would deliver any one of us from isolation or emptiness.

that the mother of a family minister
happiness and confidence to them all,
that is a woman who, having so fine
of her own, finds her life in giving
and comfort to all whom she reaches
makes a home atmosphere wherever
goes. Though she have not the joy

Two Good Things

"77" for Grip and Colds

"10" for Dyspepsia.

Sold by druggists, or sent on receipt of the
Dr. Wm. Rogers, 100 N. 3rd St., Cin. Ohio.
John St., New York.

The Children.

Children are the salvation of the race. They purify, they elevate, they stir, they instruct, they console, they reconcile, they glorify. When they are born, the angels play, inspiring us with hope, rousing us to wholesome sacrifice. If, in life's faults, which they inherit, they show us the weakness of ourselves, and if, in their penitence, they also stimulate our finer qualities, They cheat us of weary care, and they give us the power to turn our backs up at their innocence. Their questions cease us thinking and to better purpose than the syllogisms of philosophy. Their lessons are more tender. Their loveliness surprises us into pure joy. A child is a sunbeam on a winter sea, a flower in a desert, a perfume in a room, the perfume of a great city, a fragrant odor in a sickroom. If any one thinks this extravagant, let him but go to the orphanage and see how true for me and for tens of thousands who have far more right to it. These finger-prints of a blight are the only things that are writing about them here. My child's friend need not have my joy if he does not believe in it or care for it. I will not force it on him. But he shall not make mine mine.—Exchange.

Starch Polish. Landreuses, housekeepers and men who are particular about the looks of their linen, have been much less worried because they could not find a good starch and finish their collars and cuffs. A scientist has put his wits at work to prepare a compound that will give the desired effect. The formula for this article, on which it is employed. The results of this research are herewith given: "Heat together 90 parts of spermaceti, 50 parts of castor oil, 10 parts of glycerine and 750 parts of rain or distilled water, with constant stirring until complete solution is achieved. Add 100 lb. of fine starch to the article, which is thoroughly stoppered. Directions: Take an ounce of good starch and add just enough water to make a thick paste. Fully rubbing with a spoon until lumps are broken down. To a pint of boiling water add 8 tablespoons of this liquid. Boil for 10 minutes. Strain through a cloth not less than half an hour. The proportions are intended for collars, cuffs and fine shirt bosoms. For other articles less of the liquid is required."—New York Ledger.

Damp Towels.

When the chambermaid is going through her round of morning duties, be sure to check the understands about the towel rack. It is usual to remove the used towels every morning and replace them with fresh, damp or huckaback.

But if it should happen that this cannot always be done in case of the bathroom used by a large family, at least see to it that no towel is ever folded up damp and returned to the rack. If the towel must be used a second time, it should be taken to the laundry, hung out to dry in the sunbath and fresh air, or on rainy days in front of a hot air register.

Never content yourself with simply folding the towel over and putting it back on the rack.

French Bread.

Miss Burke says that one of the secrets of the genuine French bread, which seems to be the ambition of many home-bakers to duplicate in their kitchens is in the fact that the dough is worked with out too much dry flour. It is not kneaded very much and what little kneading is done is accomplished with less flour than the average bread maker would consider possible. This scant kneading accounts, too, for the quick drying. French bread, if French butter, is for this reason only, is not so kneaded, the finer grain it will be and the longer it will keep. A other caution in the attempt to make French bread is that it must not rise too long.

Training Children.

The untaught look on your child's face will fade when instead of trying to make him do things he does not want to do, you are happy. Of course it is really some thing of an effort, more satisfactory, to things for yourself, if you are a mother, to make your child do things he does not want to do, to them for you—to be the trouble of any kind, go on an errand, read aloud, write a letter, etc. Instead of such a sacrifice is a legitimate form of self as a friend.—Sunday at Home.

Ice Poultices.

In many cases of inflammation an poultice is a very useful application. It may be made in this way: Spread a layer of seed meal three-quarters of an inch thick on a piece of cloth or paper, and sprinkle it with a tumbler full of ice about the size of a marble. Sprinkle meal over the ice and cover all with the cloth, turning the edges over. In this way the poultice is made. It is quite comfortable, the poultice will be comfortable.

The Tablecloth.

When the tablecloth is removed, a meal, it should not only be very carefully folded in the creases into which it is ironed, but it should be laid away under some heavy weight. A small marble if procurable, is excellently adapted for this purpose. If the well smoothed cloth is laid beneath it three times daily, it keeps its freshness remarkably and

For preventing wrinkles try a almond oil rubbed on with the finger f the outer corners of the eyes toward nose. Never rub the eyes when waking the morning, but sponge them with f cold water if you wish to prevent wrink appearing in the corners.

Mrs. Sara D. Jenkins, editor of Popular Educator, has taught in Cawdon, Ohio, Cincinnati and New York and studied and traveled abroad to fit her for her present vocation.

A small dish of fine charcoal kept in a shelf of a dark closet or in the refrigerator and renewed every week will all odors and help to keep things fresh and sweet.

The premier of New Zealand, Mr. Don, says that women suffrage there is some to stay. It was well, and 90 per cent of the women vote.

The expenses of your home will
large or small as you are a bad
good housekeeper.

FOR WEAK PEOPLE.

Milburn's Heart and Nerve Pills
weak people (having heart or
troubles, such as palpitation, (b
bring, spasms, dizziness, shortn
breath, smothering feeling, pain
breast, etc., are an invaluable
cure, as hundreds of certified
bear witness. For anemia, de
after effects of Grippe, and lost
time they are a specific.

The Roman mother who wended the border of her child in the raveno birds of prey a perfect type motherhood all times among all people. To protect her offspring from harm is overwhelming instinct of motherhood. Modern mothers are coming to understand the best protection they give their

preying
dents of life is to transmit to their
abundance of natural health and hardi-
But a mother cannot confer health
strength upon her offspring unless she
it is the mother's duty to be strong.

Prospective mothers should know
Dr. Pierce's Favorite Prescription is a
entirely natural, and therefore safe,
and strength to the special organs
cerned in motherhood.

Taken during the most expectant tim
mes the coming of a baby entirely safe
vicious pains. It insures cheerful,
and recuperative energy to the mother
concentrated vigor and strength.

It is the only perfect and positive spe
for all weaknesses and diseases of the fe
male sex.

Mrs. F. E. Forger, of Carus, Keyapah
Neb., writes: "I write to you again concern
ing my dear Mrs. M. M. I have now
two bottles of Favorite Prescription," I
think I have never been so well in my
life. I was confined the 13th of February. Wa
s but a short time and has a pound douch
and a nicely recovered. My complexion looks clear, and she says she never f
so well.

UNACCOUNTABLE FRIGHT.

"Laura, dear, I want you to meet my cousin. I think you will like him."

"What's his name?"

"Huggin."

"Oh, Irene, I'm afraid!"

The man with a weight on his mind can't hope to win in the race. A man with a weight on his health can't expect to command in the arena of life. If his brain is heavy, and his blood sluggish, because of indigestion, he is doing nothing well. Constipation is the cause of nine-tenths of all sickness. Symptoms: no appetite, bad taste in the mouth, dizziness, nervousness, and a general feeling of being easily and constantly bothered by the use of Dr. Pierce's Pleasant Pellets. They are the best medicine for constipation, and yet they are more certain than many medicines which are so strong that the patient needs a doctor. The great advantage of the "Pleasant Pellets" is that they cure permanently.

Send for a free copy of our complete book of mailing only, and get his name and address. The People's Common Sense Cures. Address: World's Dispensary Medical Association, Room 603 Main Street, Buffalo, N. Y.

NEW PROPERTY.
Professor—Is there any new prop-
erty in water after it falls below a tem-
perature of 32 degrees?
Pupil—Oh, yes, the property of
Ice Trust.

Wearily wives, mothers and daugh-
ters—nurses, waitresses, and hel-
per girls of all classes should try
Ayer's Sarsaparilla. It is the kind to
need to give pure blood, firm ner-
vous system, and refreshing sleep.
There is no tonic equal to Ayer's
Sarsaparilla.

THE FIRST REAL TEST.

The honeymoon, begun last June, was now its first real proving. Great love is that which can stand through cleaning house or moving.

How many people are ashamed to go into company on account of foul-smelling breath, caused by catarrh or cold in head? If they would study their own interests, they would soon have sweet breath in their neighbors. There is one cure for catarrh and this is Dr. Chase's Catarrh Cure. Buy one now, for the blower and you get relief immediately. Price, including blot-

A benevolent gentleman in Passaic gave a franc to a street beggar, held a tube in her arms. He checked the youngster under the chin, in amazement, cried: "Why your car is only a pasteboard figure!" "Yes, monsieur," she replied; "night being cold I thought it best to leave the real baby at home."

15 years suffered. Cured of
itching Piles.
William Butler, Possawam, Ont.
suffered many months. Cured of
truding Piles by one box.
Fabano Bastard, Gower Point,
Suffered for 30 years. Cured of
ing Piles by three boxes.
Nelson Simmons, Myersburg,
cured of Itching Piles.
Dr. Chase's Ointment will posit-
ely cure all forms of Piles. (Write an-
other ad.)

SAFETY RISKED.
"Are you superstitious?"
"I don't mind thistles" strawbe
in a piece of shortcake."

The great popularity of Ayer's C
Pectoral as a cough-cure is a cas
plain. It is soothing, healing, a
able to the taste, does not inte
with digestion, and is the most e
neal of all similar preparations

The way to procure insults is to
mit. to them—a man meets with
more respect than he expects.—He
The best portion of a good
life, is his little, nameless, unre-
warded acts of kindness and of
worth.

St. Martin, Que., May 16, 1904.
 O. C. Richards & Co.:
 Gentlemen:—Last November my
 stuck a nail in his knee, causing
 inflammation so severe that I was
 vised to take him to Montreal and
 the limb amputated to save his
 life. A neighbor advised us to try

ARD'S LINIMENT, which we dis-
within three days my child was
right, and I feel so grateful
men's you this testimonial, that a
perience may be of benefit to o-

LOUIS GAGNE

Minard's Liniment Cures Diphtheria

"77" for Grip and Colds

"10" for Dyspepsia.

Sold by druggists, or sent on receipt of 25c., 50c. or \$1. Humphreys' Med. Co., Cor. William and John Sts., New York.