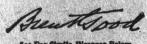
ABSOLUTE SECURITY

Carter's Little Liver Pills.

Must Bear Signature of





GURE SICK HEADACHE.



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Have you any work in the line of

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GIBSON STUDIO. Cor. King and Fifth Sts.

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Radley's Compound Syrup of Sarsaparilla.

A remedy without a rival for the cure of all diseases and troubles arising from bad blood.

Price 50c. Per Bottle, at RADLEY'S

************* RAKING

Give your wife a chance and shell bake bread like that mother used to make.

For rolls and biscuitsthat require to be baked quickly there's nothing like

THE CHATHAM GAS CO Limited. King St. 'Phone 81 *************

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Chatham, Ontario.

FOR SALE

THE PARTY OF THE P touse and lot on Lorne Avenue, me dwelling containing parlor, dinfoom, kitchen, pantry and three rooms, lot 40 feet by 150 feet, destern, and city water on prese, price only \$675.00, if sold at e. For particulars apply to SMITH & SMITH.

Real Estate Agents. HOW TO LIVE LONG.

Still Here Sparingly.

That most men dig their graves with their teeth has seldom been pointed out more forcibly than is done in the Century in an article by Roger S. Tracy, entitled "How to Live Leng." The threescore and ten limit to human life is pronounced a fallacy. Death from old age, occurring at seventy-five or old age, occurring at seventy-five or eighty, is a misnomer. Comparative physiologists, we are told, have set the natural years of man at 100, even sometimes at 120, and the reason why the overwhelming majority fail short of normal life is comprised in one sen-tence—we all eat too much. He, then, tence—we all eat too much. He, then, who would live to be old, retaining sight, hearing and some digestion, not relinquishing the power of healthy enjoyment, has but to follow a simple rule. Eat sparingly. Refrain from clogging the system by an oversupply of food. Never entirely satisfy the appetite, and make it a habit occasionally comits a meal or two ellogather.

to emit a meal or two altogether.

"If I were to assign any one thing as especially conducive to long life from a study of the habits of centenarians, it would be semistarvation," says one authority quoted, and the example is cited of one Luigi Cornaro, who, havcited of one Luigi Cornaro, who, hav-ing lived the pace that kills, amended his ways when death threatened and so reorganized his enfeebled body by a life of temperance and restraint that he lived to be 100, although the doctors had given him up at forty. In middle life, from thirty-five to forty-five, according to Dr. Tracy, there comes a waning of the powers. The effects of overindulgence in eating or drinking are no lenger vigorously thrown off as in youth. If the fact is not recog-nized and the same habits are kept up as heretofore, there is trouble ahead. But if the individual adopts a new regimen of diet, diminishes his meals and regulates his existence as becomes his soberer years a sort of rejuvenation follows, and if at the sec and climacteric, occurring somewhere between sixty and seventy, there is a further pull up in the food supply, regulated by the slackening powers of assimilation, a hale old age is extreme-iy likely to ensue.

HEALTH RULES.

A clean and cheerful house makes

Rise early, retire early and fill your

Frugality and sobriety form the best elixir of longevity.

Cleanliness prevents rust; the best cared for machines last the longest. Water and bread maintain life; pure air and sunshine are indispensable to

Enough sleep repairs waste and strengthens; too much sleep softens and enfeebles.

Cheerfulness makes love of life, and love of life is half of health. On the contrary, sadness and discouragement hasten old age. The mind is refreshed and invigorat-

ed by distractions and amusement, but abuse of them leads to dissipation and

dissipation to vice.

To be sensibly dressed is to give freedom to one's movements and enough warmth to be protected from sudden changes of temperature.

His Self Sacrificing Disposition "There isn't anything my boy William won't do to oblige a friend if he likes him," Mrs. Hockafus was saying.
"We had a leg of lamb the other day for dinner, and Willie ate till I thought he'd burst, but when he went out to play ten minutes afterward a neigh play ten minutes afterward a neigh-bor's boy told him they were going to have roast goose for dinner at their house and asked him to go and eat with him. Willie didn't want to be uncivil, so he went along, and just as sure as I'm sitting here he pretended roast goose than the other boy did!"

Easy Going Butcher.

The Kansas City Journal tells of a Kansas man who went to a rural butcher shop in Kentucky to order a porterhouse steak. "I have just started in on this beef," said the butcher, "and I won't be down to the porterhouse until about 2 o'clock." His method was to lay half a beef on his block and begin at one end and cut along until it was gone, serving his customers with pieces all the way from the hoof to the neck regardless of their preferences. Easy Going Butcher.

No Perfect Health.

Sir Michael Foster in a lecture on "Health and Ill Health" to the members of the Workingmen's club said that health, like happiness, did not exist. They had a goal, or limit, and, while seeming attainable, eluded perfect possession. The body consisted of a number of mechanisms which had the closest and most exact relations. As they approximated to harmony there was health but when discord came, ill health.—London Telegraph.

Walked it off.

"I'm sorry, Mrs. O'Toole, to hear that yer husband suffers from insomny. My husband had the same complaint, but he cured it."

"How did he, now?"

"Sure, he became a night watchman!"

"Are you the waiter who took my order for that chop?"

"Yes, sir."
"Bless me, how you have grown!"

His Intended.
Husband—Does Jack know Miss Peppertree? Wife (calmiy)—I believe not, for he has asked her to marry him.—Town and Country.



"The square peg in the round hole" guratively expresses the use of means insuited to the desired end. A great nany people who have been cured of

inguratively expresses the use of means unsuited to the desired end. A great many people who have been cured of dyspepsia and other diseases of the stomach and its allied organs of digestion and nutrition by the use of Dr. Pierce's Golden Medical Discovery say: "We tried many medicines with only temporary benefit. It was not until we began the use of 'Golden Medical Discovery' that we found a complete and lasting cure."

It is undoubtedly true that Dr. Pierce's Golden Medical Discovery' that we found a complete and lasting cure."

It is undoubtedly true that Dr. Pierce's Golden Medical Discovery holds the record for the perfect and permanent cure of indigestion and other diseases of the stomach and associated organs of digestion and nutrition. It is not a palliative, It cures the cause of disease and builds up the body with solid healthy flesh, not flabby fat.

"It is with pleasure that I tell you what Dr. Pierce's Golden Medical Discovery and Pellets have done for me," writes Mrs. Tim. Palmer, of Peede, Kaufman Co., Texas. "Two years ago I was taken with stomach and bowel trouble. Everything I ate would put me in distress. I lived two weeks on milk and sven that gave me pain. I felt as though I would starve to death. Three doctors attended me—one said I had dyspepsia, two said tagard of the stomach and bowels. The same of the stomach and content of the stomach and other patent medicine; got no better, and are on the other patent medicine; got no better, and are on the other patent medicine, got no better, and grew so week and nervous my heart would futter. I could foot do any kind of work. Now I can do my house work very well; am gaining in fieth and strength, and can eat anything I want."

want."

Accept no substitute for Dr. Pierce's Golden Medical Discovery.

Dr. Pierce's Common Sense Medical Adviser is sent free on receipt of stamps to pay expense of customs and mailing only. Send 31 one-cent stamps for the paper covered book, or 50 stamps for the cloth bound volume. Address Dr. R. V. Pierce, Buffalo, N. V.

Countries as Presents. Cleopatra received Egypt as a present from Julius Cæsar. Lucullus, Sul-la and Pompey each gave away half a dozen kingdoms. Antony gave the little kingdom of Judæa to Herod. One of the excellent stories of the past is that the Emperor Constantine gave Rome and all Italy to Pope Sylvester, who cured him of leprosy. King John, called Lackland, being excommunicated by Pope Innocent III., gave to that pope and his successors the kingdom of Ireland and England. The deed reads, "Not constrained with fear, but with my full consent and the advice of my barons, for the remission of my sins against God and the church, I resign England and Ireland to God, St. Peter,

St. Paul and our lord the Pope Innocent, and to bis successors in the apostolic chair." Julius II. gave the estates of King Louis XII. to the Emperor Maximilian. Sixtus V., Gregory XIV. and Clement VIII. were ready to make a present of France to whomsever. a present of France to whomsoever Philip II. would have chosen for the husband of his daughter Clara Eugenia. Alexander VI. presented the East and West Indies to Spain and Portugal, which was like giving al-

Old writers in mentioning birch trees

eldom failed to say solemnly that they were useful to grow branches with which to give boys thrashings. Turner regards the supply of "flexible, pendent branches" for purposes of punishment as the chief merit of the tree. Coles also based his estimate of the birch chiefly on its use in the supply of reds as instruments of punishment, for he writes: "The civil uses whereunto the irch serveth are many, as for the pun-

System Treatment will do for you. Every Reader of this paper may have A Sample Bottle sent Free by Mail.

Derangement of the stomach is responsible for much sickness and suffering. Every organ of the body depends upon the stomach for its nutriment and strength—If the stomach is not working right the blood carries to the liver, neart, nerves and kidney tissue imperfect nutrition—They become weak and unable to perform their work—become clogged, diseased, and throw out their distress symptoms. Now you may get stimulative, temporary relief by the taking of a kidney, liver, nerve or heart specific, but the cause remains—The stomach is at fault, and so long as it keeps loading the blood with impurity—waste, so long will the blood transport and deposit disease breeding elements in the weak places—When you feel sick, help the stomach first. A well stomach means a well body. Anti-Pill, the Great System Treatment, is a new discovery that has a marvelous influence in correcting system ailments. Address, Wilson-Fyle Co., Niagars Falls, Ont., for free sample. Regular size, a month's treatment, 50 cents as Druggists.

The Great Markey Ever-Open Eyes.

The firmer smode the hot of the station between the milligrams which are now their state in willign the milligrams which are now their state in milligrams which are now their state in will at the prices are advancing from week to week to week owing to the enormous demand and the limited supply, and while the above scale is accurate for the time being it is extremely d

Carpets Cleaned By Our New Process.

Arizona's Lake of Int.

In Arizona there is an area in which thirty-five hundred volcances may be counted. The majority are extinct, but hundreds are active, emitting smoke, hot water, mud and mineral substances.

From the sides of the hills, grouped in an immense amphitheatre, come forth beautiful springs of clear, warm water—some so sour, others so sweet, so bitter and so strongly alkaline, that no living being or animal can drink it. These waters course down the hillsides, laying a coat of white, pink, purple, blue or green, made by the mineral salts they contain, upon everything with which they come in contact.

In the midst of these hills is the Lake of Ink. There run into it scores of streams of clear, mineral hot water; other streams that are warm, and two that are cold.

The lake, one-fourth of a mile it length, and one-eighth of a mile it length, and one-eighth of a mile it width, lies like a gem, set in these hills of these ancient volcances. The ink-like water which fills the lake comes up to within three or four inches of the level of its shores.

The temperature near the edge is about a fundred and ten degrees

inches of the level of its shores.

The temperature near the edge is about a hundred and ten degrees. Fahrenheit, gradually growing warmer as you get down in it, and, as you approach the centre of the lake, on the surface it is a hundred and fifty-six degrees, and at a depth of two hundred and fifty feet it is two hundred and sixteen degrees.

Near the shore, on the east, south and west sides, the water is only four to six feet in depth for twenty feet or more into the lake, where the shelf breaks of perpendicularly, and there he bottom has ever been found.

To the touch the water feels smooth.

the shelf breaks ck perpendicularly, and there no bottom has ever been found.

To the touch the water feels smooth and oily. The ashes and oil which cover the lake when its waters are quiet are from one-half an inch to an inch thick. The water of the lake is jet black, though it does not color the skin of those who bathe in it.

Under a magnifying glass the coloring matter seems to be a minute black substance, held in suspension by the water, which adhers to white cloth immersed in the lake. To the taste, the water is warm, sait, and bitter. To the bather, the sensation, on entering the water, is exhilarating to a wonderful degree.

Millions of bubbles, formed by escaping gases, keep the surface of the lake agitated at all times, till it rolls, boils and foams, as if ready to break over its banks and escape; and again, only in myriads of sparkling globules, glittering in the sunlight. Whenever the volcances rage with anger, the lake follows, and the sight of its maddened waters is well worth seeing.

Present Price of Radium

Word has been received from the nakers of Curie's radium that it can makers of Curie's radium that it can be furnished at the present time in several different degrees of purity and therefore in varying intensities. The list given below is for radium and barium chloride, except the lowest activity, which is a compound of radium and carbonate. The minimum quantities sold as well as the current prices for radium are stated, the letter "x" after the figure in the first column indicates "activity":

Activity. Smallest Quantity Sold. Price

40x (carbonate).... 1 gram .. \$1.50 240x (varium chlor-1-10 " 1-10 " 1-10 "

The radium compounds have the appearance of fine white powder and look very like the quinine we so liberally dose ourselves with when occurring the radium selfbirch serveth are many, as for the punishment of children, both at home and at school; for it hath an admirable in fluence upon them to quiet them when they are out of order, and therefore some call it makepeace." In ancient Rome the fasces of the lictors, with which they cleared the way for magistrates, were formed with rods of birch, and their influence was sufficient to insure a rapid dispersion of men assembled where they would impede the passage of the administrators of the law. From that time to within a comparatively recent period the birchen rod was regarded as one of the most important deterrents of juvenile depravity.

To Prove what Anti-Pill, the Great System Treatment will do for may have A Sample Bottle sent.

Derangement of the stomach is responsible for may have A Sample Bottle sent.

Spakes' Ever-Open Fyes.

New Process.

They are cleaned and relaid. Drop us a card or call at office, opposite Piggot's office King St., Chatham.

Chatham Carpet and Mat Works.

One of the most curious facts in regard to snakes is that their eyes are never closed. Sleeping or waking, alive or dead, they are always wide open. This is because they have no eyellds. The eye is protected only by a strong scale, which, is cast off every time the results of every time the results of every time the results.





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THE TWENTIETH CENTURY CLOTHING

This is the best finished and most upto date ready-to-wear Clothing manufactured in Canada.

NERVOUS DEBIL CURED TO STAY CURED

WARNING SIGNALS—Nervousness, bashfulness, poor memory, pimples on the face, aching back, cold feet and hands, no ambition or energy, tired mornings, poor appetite, sympathetic dreams at night, fits of depression, morose and sullen temper, restless and suspicious, specks before the eyes, desire for solitude, inability to fix the attention, etc., YOU HAVE NERVOUS DEBILITY. Don't neglect it. It is only a step to paralysis or complete loss of manhood. No matter the cause—whether indiscreteless in youth excesses in washed or business. ess in youth, excesses in manhood or busines VITALIZED TREATMENT WILL CURE YOU

YOU CAN PAY WHEN CURED.



.....

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and MORE COMING

We are glad to see the Old Boys at home again. We extend and invitation to all to make headquarters at our store, we want to see you. Come in and visit with

Geo. Stephens & Co. ***

RICH RED BLOOD

After the long ardous winter that we have just came through, our blood becomes impoverished. Gunn's Sarsaparilla is what you want to give tone and vigor to your system.

100 Doses for \$1.00. TRY IT:

Central Drug Store, C. H. Gunn & Co.

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W. T. SHANNON, Makager Chatham Branch

BANK OF MONTREAL

ESTABLISHED 1817. Capital (all paid up) 14,000,000

The Chatham Loan and Savings Co:

45th Half-Yearly Dividend.

Notice is hereby given that a dividend at the rate of six per cent. per annum upon the paid up capital stock of this Company has been declared this day for the current half year, anding June 30th, 1904, payable at the Company's Office on and after July 2nd, 1904.

The Transfer Books will be closed from 20th to 30th June inclusive, By order of the Beard, 8, F, GARDINER,

Chatham, May 17, 1904

++++++++++++++++++++++++ F. B. Proctor.

Commission Broker. N. Y. Stocks, Grains, Provisions, Cotton....

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Are in great demand just now and that creates a demand

Wedding Rings...

I have now on hand the largest stock in the city, both the English and the celebrated Tiffany patterns. These are the nicest and most up-to-date patterns

COME AND SEE OUR LINE BEFORE PURCHASING

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