

Headaches

When the Head aches and the Tongue is Coated

It is Biliousness or Constipation. Torpid Liver is at the bottom of the trouble. And it takes Fruit-a-tives to make that lazy liver work. Fresh fruit is fine for these troubles, but one can't eat enough fruit to do much good. The medicinal elements are in too small proportion in the ripe fruits. A clever Ottawa physician discovered a method by which fruit juices could be combined so that their medicinal action would be increased many times. Fruit-a-tives are these fruit juices in tablet form. They sweeten and tone the stomach and liver, cure Constipation and remove all blood impurities. One Fruit-a-tives tablet has the same curative effect on liver and bowels as dozens of oranges, apples, figs and prunes. And this action is as gentle as the fruit juices themselves.

"I have been suffering with Torpid Liver and Constipation, and find that Fruit-a-tives are just what my system requires to relieve these complaints. I hope many more sufferers will try them."

MRS. WM. TRIMPEY, Burnside, Man.

Fruit-a-tives

or Fruit Liver Tablets.

See a box. At all druggists. Manufactured by Fruit-a-tives Limited, Ottawa.

DISTRICT DOINGS

CHATHAM TOWNSHIP.

The following is a report of the standing of the pupils of S. S. No. 6, N. Chatham, for March and April: names in order of merit and attendance—

Class V.—A. M. Catton, B. McNaughton, H. Wilson, A. Peters.

Class IV.—H. Peters, B. Lamb, R. Peters, A. L. Catton, B. Cumming, F. Brookbank, C. Vandusen, L. Cumming.

Class III.—S. A. Solomon, B. Bissell, K. Vincent, F. Bennett, C. McNaughton, O. Vandusen, C. Wilson, M. Wilson, M. Wildgen.

Class II.—A. Richardson, J. Richardson, K. Richardson, N. Richardson.

Part II, Sr.—M. Vandusen, H. Wilson, D. Solomon.

Part II, Jr.—L. Hughson, G. Richardson, E. Axford, M. Rabideau, F. Wildgen.

Part I, Sr.—M. Vandusen, E. Vandusen, W. Peters, C. Vincent, W. Bissell.

Part I, Jr.—V. Hughson, J. Forsyth, R. Vincent, M. Forsyth.

M. E. Rowe, Teacher.

BALDOON.

Wm. Rankin has been on the sick list but he is improving slowly. Thos. B. Roe started for the Northwest on Saturday. He took six fine horses and a variety of other good machinery. The neighbors of this vicinity wish Thomas good success and a safe journey.

Robert Rankin and Fred. Roe were in the city on Saturday night.

Bruce Bishop was a Chatham visitor for a few days last week.

Earl Crawford was the guest of Wm. Jackson on Sunday last.

E. McInnes and R. Steen were the guests of Walter Roe on Sunday.

John Owen had a bad attack of

la grippe a few days ago.

Mrs. Fred. Roe is slowly improving in health.

Cliff Drury, of Charing Cross, is the guest of Mrs. C. Roe.

Seeding is being done in these parts. All that is wanted is a little sunshine.

Mrs. Thos. Roe left for Nepin, Northwest Territory, where she intends joining her husband.

A. Lampman has gone to Colorado, where he intends going into business for himself.

Miss Belle Jackson has returned home after a month's visit with her sister in Detroit.

Mrs. A. McNaughton, of Detroit, is visiting friends here.

The panicle social was a grand success. The Ladies Aid certainly know how to get a good supper.

The program was short but sweet. Miss Vada and Ethel McNaughton, of Widdowsburg, were spending their Easter holidays with friends here.

Mr. W. Binnie, of Valletta, is visiting at Mr. S. J. Rankin's.

Mr. Brown and daughter, of Sombr, are visiting at the parsonage.

DAWN VALLEY.

An old resident of Dawn Valley passed away recently in the person of John VanSickle, who resided on concession 1. Mr. VanSickle was 79 years of age and hale and hearty up to the last, being only ill a few days. He is survived by four brothers, two in Michigan, and also by four sisters, Mrs. James Guest, Dawn Valley; Mrs. H. Boyce, Dresden; and the two Misses VanSickle, Dresden; and also by two sons and two daughters, Mrs. Wm. Thacker, Dresden; and Mrs. G. H. Stevens, Dawn Valley. He was a man highly respected by all who knew him.

Mr. Wm. Currie was united in marriage to Miss Maggie Phair on Wednesday last. Miss Phair was a popular Dawn Valley girl, a worker in the Sunday school, where she will be much missed. Mr. and Mrs. Currie will make their home on the 6th concession, Dawn, where the groom has a farm.

CHURCH - CHIMES

HOURS OF SERVICE.

Holy Trinity—11 and 7.
Christ Church—11 a.m.; 7 p.m.
First Presbyterian—11 and 7.
St. Andrew's—11 and 7.
St. Joseph's R. C.—8.30, 10.30, 7.30.
Victoria Ave. Methodist—11 and 7.
William St. Baptist—11 and 7.
Park St. Methodist—11 and 7.
Seventh Day Adventists—3 and 7.
Latter Day Saints—11 and 7.
Campbell A. M. E.—11 and 7.30.
First Baptist—11 and 7.30.
St. John's A. U. M. P.—11 and 7.
British Methodist—11 and 7.30.
Union A. M. E.—11 and 7.30.

Pastors and others who contribute news items to this department of Saturday's Planet will confer a favor by sending to it that their "copy" reaches this office not later than Friday at 4 p. m. Matter received later than that hour cannot be guaranteed insertion.

International Bible Lesson for Tomorrow.

Jesus Washing the Disciples' Feet. John 13, 1-4.

Golden Text—"By love serve one another."

At this last passover—the prophetic type which Jesus, the antitype, was about to fulfil—He instituted what we call the Lord's supper, directing it to be continued in memory of His death until His return. So in partaking of it we commemorate His death and anticipate His coming in glory.

In partaking of this last supper they would recline on cushions on their left side, their feet extending outward from the table and not under it as with us. Our Lord rose therefore rise from such a position and wash their feet without disturbing them. Jesus' acts in this scene symbolize His whole work.

He rises from supper, as He had risen from His place in glory.

He laid aside His garments, as He had laid aside His robes of divine majesty.

He took a towel and girded Himself, so He took upon Him the form of a servant—slave.

He takes the water and applies it to cleanse, so by His Word and Spirit He cleanses the vilest sinner who will trust Him.

Again, He takes His garment, so at His resurrection.

Then He sat down again and when He had offered one sacrifice for sins for ever, sat down at the right hand of God.

Heb. 10, 12—Note Peter's imagined humility but real pride—V. 6, 8—he blunders at our Lord's action—V. 7, Peter does not ponder on his Master's lesson—V. 9—Peter talks instead of thinks—V. 7, 8, 9—Jesus' promise to him of future understanding, realized long since. Then his prompt and eager repentance—V. 9.

If Jesus, Master and Lord, becomes the mental for those under Him, even for His betrayer, when we are filled with His spirit we shall be ready to perform the lowliest services for others, even our enemies.

The spiritual lesson to us in this feet washing incident is that we may serve our fellow men in prayerful, patient love, humility and discernment in correcting and restoring them to God and purity, from the horrible pit and the miry clay of sin.

Let us be sure that He hath washed us from our sins in His own blood, we try our hand on the sins of others. "Physician, heal thyself!"

CHURCH NOTES.

First Presbyterian.

Rev. A. H. MacGillivray, pastor, will occupy the pulpit on both occasions to-morrow.

Bible Class and Sunday School to-morrow afternoon at 3 o'clock.

Regular weekly prayer meeting on Wednesday evening at 8.

Young People's meeting on Friday evening at 8.

Christ Church.

Rev. R. McCash will conduct the services and preach on both occasions to-morrow.

Sunday School is held every Sunday afternoon at 3 o'clock.

Confirmation class meets every Wednesday night at a quarter to eight.

Church Woman's Auxiliary. Missionary Society meets every Monday afternoon at 3 o'clock.

The members of Christ Church Junior Guild meet every Monday evening in S. S. Hall at 7.30.

St. Andrew's.

The pastor, Rev. Dr. Battisby, will preach both morning and evening to-morrow.

Bible Class and Sunday School to-morrow afternoon at 3 o'clock.

Regular weekly prayer meeting on Wednesday evening at 8.

The Epworth League meets on Friday evening at 8 o'clock.

Holy Trinity.

The pastor, Rev. J. W. Hodgins,

THE TRIUMPHS OF PE-RU-NA INCREASE.

Thousands of Unpublished Testimonials on File.

Thousands of Chronic Affections of Women Cured Every Month.

Disguised Internal Catarrh the Enemy of Women.

Miss Della Stroebe, Rural Route No. 1, Appleton, Wis., writes: "For several years I was in a run-down condition, and I could find no relief from doctors' medicines. 'I could not enjoy my meals and could not sleep at night. I had heavy dark circles about the eyes. 'My friends were much alarmed. I was advised to give Peruna a trial and to my joy I began to improve with the first bottle. After taking six bottles I felt completely cured. I cannot say too much for Peruna as a medicine for women in a run-down condition.'—Della Stroebe.



MISS DELLA STROEBE, Rural Route No. 1, Appleton, Wis.



MRS. E. J. MERALLY, 128 W. 28th St., Indianapolis, Ind.

Mrs. E. J. Merally, 128 W. 28th St., Indianapolis, Ind., member of A. D. Straight Circle of the Ladies of the G. A. R., writes: "I am to-day enjoying perfect health, thanks to Peruna. For nearly four years I suffered with ovarian troubles.

"The doctor insisted on an operation and the only chance to get well, but I have always dreaded an operation and strongly objected.

"My husband felt disheartened as well as I, and when a friendly druggist advised him to bring me a bottle of Peruna he did so, and I started to use it.

"In a short time my health began to increase, and my aches and pains diminished. Within eighteen weeks I was like another being, in splendid health.

"Words fail me when I try to tell you how glad and grateful I am."—E. J. Merally.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

All correspondence held strictly confidential.



MRS. W. F. HOFFMAN, 601 North 5th St., Kansas City, Mo.



MRS. M. BRICKER, 99 11th Street, Milwaukee, Wis.

Pe-ru-na, the Only Internal Systemic Catarrh Remedy Yet Devised.

Prominent Cases in Illustration.

Mrs. W. F. Hoffman, 601 North 5th street, Kansas City, Mo., writes: "For eight months I suffered with bearing down pains, dizziness, and wretched headaches. The doctors called it by different names, but all agreed that I had female trouble, which was really the cause of my illness.

"They prescribed for me, and I took their medicines, but kept getting worse, until a friend told me I would never get well until I took Peruna.

"Within a week after I started to take it I felt much better and I continued taking it for two months with almost marvelous results.

"I am without an ache or pain, feel ten years younger, and feel that I owe my life and happiness to Peruna."—W. F. Hoffman.

Mrs. M. Bricker, 99 11th Street, Milwaukee, Wis., writes: "I have strong faith in the efficacy of Peruna to cure the ills peculiar to women. A short time ago I found my condition very serious.

"I had headaches, pains in the back and frequent dizzy spells, which grew worse every month.

"I tried two remedies before Peruna, and was pretty discouraged when I took the first dose; but my courage soon returned as I could see that I was being benefited, and in less than two months my health was restored."—M. Bricker.

A reward of \$10,000 has been deposited in the Market Exchange Bank, Columbus, Ohio, as a guarantee that the above testimonials are genuine; that we hold in our possession authentic letters certifying to the same. During many years' advertising we have never used, in part or in whole, a single spurious testimonial.

Every one of our testimonials are genuine and in the words of the one whose name is appended.

will conduct the services and preach on both occasions to-morrow.

The Easter music will be repeated to-morrow.

Sunday School and Bible Class to-morrow afternoon at 3 o'clock.

William St. Baptist.

Rev. J. W. Hoyt, the pastor, will preach at both services to-morrow.

It will be Children's Day, and in the morning the pastor will give an address to the children. At the evening service the annual sermon to the I. O. O. F. will be delivered.

Prayer meeting to-morrow morning at 10.

Sunday School and Bible Class to-morrow afternoon at 3.

The ordinance of baptism will be administered at the close of morning service.

Regular weekly prayer meeting on Wednesday evening at 8.

The B. Y. P. U. meets in the lecture room every Friday evening at 8.

Services will be held to-morrow at the usual hours. Elder R. C. Russell, of Arthur, Ont., will preach both morning and evening.

Sunday school to-morrow afternoon at 2 o'clock.

Prayer service at 3 o'clock to-morrow afternoon.

Regular weekly prayer meeting on Wednesday evening at 8.

Religious Society meets on Sunday evening at 8 o'clock, immediately after evening service.

Salvation Army.

Salvation Army, Union Depot—Knee drill at 7 a. m., meeting for promotion of business at 11 a. m., Christian fellowship meeting at 3 p. m., soul winning service at 7.30 p. m. All services for citizens and soldiers.

Campbell A. M. E.

Rev. T. H. Henderson, the pastor, will conduct special services to-morrow, preaching in the morning on "God on Our Side" and in the evening on "Not a Church Member but a Christian." At the evening service Miss Edith Jackson and Prof. Grant will each render a solo.

Converts' consecration service, led by Mr. Bethune Binga, at 8.30 p. m. to-morrow.

Sunday school will meet to-morrow at 3 p. m.

Union A. M. E.

Services to-morrow as usual at 11 a. m. and 7 p. m.

Sunday School will meet to-morrow at 2.30.

Regular weekly prayer meeting on Wednesday evening at 8.

Class meeting in connection with the A. U. M. P. Church is held every Tuesday evening.

First Baptist.

Rev. T. Jesse Henderson, the pastor, will preach on both occasions to-morrow.

Sabbath School at 12.30.

Prayer meeting every Wednesday

Park St. Methodist.

Rev. G. H. Cobblethick, B. A., pastor, will conduct both services—morning subject, a Scriptural presentation of "Our Heavenly home," by twenty boys and girls.

Meetings for Christian fellowship to-morrow morning at 10 o'clock, in S. S. Hall.

Bible School at 3 p. m. Sunday School in S. S. Hall, Bible Class in the Church, Young Men's Club in the Vestry.

Mid-week service Wednesday evening at 8.

Young Men's Club Tuesday evening at 8, in S. S. Hall.

Epworth League Monday evening at 8, in S. S. Hall.

Reading Circle Friday evening at 8 o'clock in S. S. Hall.

Latter Day Saints.

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Cleveland Bicycles

Save much valuable time. Time is money. Come and see this year's models. They are the very best, always satisfactory.

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YOUR EYES

Are surely worth more to you than the price of a pair of glasses. If you value your eyes have them properly fitted at once. Delay and your eyes may become so bad that no glasses will help them, then you will regret it the rest of your days. This is true every word of it. Do not trust travelling Opticians and peddlars to fit you with glasses. They get your money and you get the experience. This we know because it is told us by people that comes to us for glasses after having bought of the Spectacle peddler. Our Optician is a graduate of the Detroit Optical college and is fully equipped with all the modern conveniences. We will examine your eyes free of charge, at the sign of the Big Clock.

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EASY TO USE, BRIGHTEST AND BEST.

ASK FOR THE "DIAMOND."

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VARICOCELE & STRICTURE

No other disease is so prevalent among men as Varicocele. As it interferes with the nutrition of the sexual organs it produces weakness, loss of semen, through dependency, dribbling, pain in the loins, aching in the back, nervousness, and these results in complete LOSS OF MANHOOD. Thousands of young and middle-aged men are troubled with STRICTURE. If you have reason to believe you are afflicted with it, do not neglect it. It will ruin you. Don't let doctors experiment on you by cutting, stretching or tearing the urethra. Don't let them remove the stricture, leaving it diseased and can never return. We cure Varicocele and Stricture without operation. A new method of treatment may be taken at home privately. Send for our Free Illustrated Book on VARICOCELE and STRICTURE. WE GUARANTEE TO CURE OR NO PAY.

Kidneys & Bladder

All sexual complaints affect these organs, hence the kidneys are a great source of disease. Have you aching or weakness over the small of the back, tendency to urinate frequently, deposit in urine, coldness of hands or feet, drowsy feeling in the morning? Don't neglect your kidneys. Our NEW METHOD TREATMENT is guaranteed to cure any disease of these organs or no pay.

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