

WEALTH.

Right Health More Valuable Than a Gold Mine.

Everyone desires to be wealthy. What is wealth? A hoard of gold or bank stocks? No, not by any means. A Croesus, facing death, would freely give all for health. A healthy, strong man or woman is wealthy. Analyse this and see. To be healthy, all the functions of the body must work well. The bowels must move daily, the kidneys must act regularly and the skin must do its work. Constipation brings headaches, back-aches, sallow or grey complexion, because the kidneys and skin have to do the work of the bowels, which they cannot do, and the body is poisoned. Fruit acts on the bowels, kidneys and skin—it cures constipation, biliousness, liver and kidney disease—purifies the blood—and makes the complexion clear. To get the full benefit of ordinary fruit, you must take a lot of it. A physician in Ottawa has discovered a method of combining the juices of oranges, apples, prunes and figs and forcing into the united juices one more atom of bitter from the orange peels. This makes a stronger and more condensed fruit. This condensed, stronger fruit, with tonics added, is put up into tablets under the name of "Fruit-a-tives" or "Fruit Liver Tablets." For those travelling, "Fruit-a-tives" are invaluable, protecting the system against changes of climate, diet and water. The sale of these tablets all over Canada is simply enormous. Use them and become healthy which means wealth. At druggists, 50c. a box or 6 boxes for \$2.50, or sent by mail on receipt of price by Fruit-a-tives Limited, Ottawa.

MEDICAL.

DRS. AGAR & AGAR—Physicians and Surgeons, successors to Dr. Tye, King Street West, Chatham, Ont. Dr. J. S. Agar, Dr. Mary Agar.

LODGES.

WELLINGTON Lodge, No. 46, A. F. & A. M., G. R. C., meets on the first Monday of every month, in the Masonic Hall, Fifth St., at 7:30 p. m. Visiting brethren heartily welcomed.

ALEX. GREGORY, Sec'y, A. E. JEWETT, W. M.

LEGAL.

THOMAS SCULLARD—Barrister and Solicitor, Victoria Block, Chatham, Ont.

SMITH, HERBERT D.—County Crown Attorney, Barrister, Solicitor, etc. Harrison Hall, Chatham.

M. B. O'FLYNN—Barrister, Solicitor, etc., Conveyancer, Notary Public, Office, King street, opposite Merchants' Bank, Chatham, Ont.

WILSON, PIKE & GUNDY—Barristers, Solicitors of the Supreme Court, Notaries Public, etc. Money to loan on Mortgages at lowest rates. Offices, Fifth street. Matthew Wilson, K. C., J. M. Pike, W. E. Gundy.

HOUSTON & STONE—Barristers, Solicitors, conveyancers, notaries public, etc. Private funds to loan at lowest current rates. Office, upstairs in Sheldon Block, opposite E. Malcolmson's store, M. Houston, Fred Stone.

THE Bank of Montreal HAS REMOVED TO THE Scane Block, King St., East DURING BUILDING OPERATIONS DOUGLAS GLASS, Manager

STANDARD BANK OF CANADA HEAD OFFICE, TORONTO.

Branches and agents at all principal points in Canada, U. S. and Great Britain. Drafts issued and notes discounted. Savings Bank Department deposits (which may be withdrawn without delay) received and interest allowed thereon at the highest current rates.

W. T. SHANNON, Manager Chatham Branch.

House Cleaning Time

Is here and no doubt your home requires Painting and Papering. We have a number of First-Class Workmen in this Department who can attend to your wants. All work guaranteed. Call at the Office or Phone 52, and we will call and submit samples and prices.

Blonde Lumber and Mfg. Co., Ltd. Builders Lumber Dealers, Phone 52, and Contractors

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GEO. K. ATKINSON 346, 5th Street Next to Harrison Hall

A TALK ON FOOD.

In the Interest of the New Housekeepers of the Season.

The two mistakes into which the new housekeeper is most often led are underfeeding and overfeeding, says Janet M. Hill in the Boston Cooking School Magazine. There are so many things she wishes to have in her new home that the allowance for food is often drawn upon to supply things more highly prized, and the items for food are restricted to whatever is cheap regardless of its composition. Starch is the principal compound in cheap foods. But there are individuals whose digestive organs are not tolerant of starch, and they are just as intolerant to fat if it be presented as a steady diet. In the main, the dietary of such individuals needs to include plainly cooked fresh meat and fish, with green vegetables, while fancy breads, cereals and sweets in the form of pastry, puddings and cakes are to be avoided except on rare occasions.

Bulk Needed in Food.

On the other hand, many a new housekeeper thinks meat, fish and possibly eggs the only articles having any considerable nutritive value and consequently the only articles to be considered in eating to live. The idea that bulk is needed to insure the best digestive action is undreamed of by them, or, if considered at all, they think it is secured by these same nutritious articles rather than by bread with green and starchy vegetables. The normal stomach can digest a little of any kind of food, and health will be better if monotony in selection be avoided. But these and other matters of like import are easily worked out provided the desire be present to choose food in accordance with the laws of dietetics.

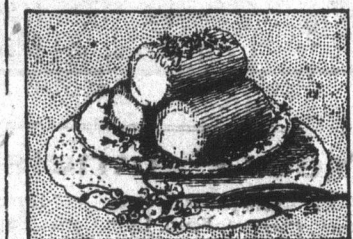
Left Overs.

In families of two it is often advisable even during the summer to prepare enough of certain articles of food for two or more meals at one and the same time, but in general the best results are obtained both as regards digestibility and digestibility if just enough of each article be prepared for the meal, and no more. Why bake three potatoes when only two are eaten? Why buy and cook six chops when four are just enough? Plan to have everything so perfect that every morsel will be eaten and nothing thrown away. If vegetables be left over and are to be used in salads, wait until the heat has left them, then cover securely and plan for an early reappearance on the table. Serve cold meat, cut in thin slices.

DESSERT FOR HOT DAY.

Ice Cream Rolls With Maple and Cream Sauce.

The ice cream rolls illustrated are made, according to Table Talk, by scalding one quart of thin cream in a double boiler, adding one pound of granulated sugar and stirring until dissolved. When taken from the fire a second quart of cream is added, and



ICE CREAM ROLL.

the mixture is set away until cold. This cooking of half of the cream insures a finer texture and more thorough mixture of the sugar than if made without it. If more than one freezer is available, the mixture, after being flavored with vanilla, can be divided into thirds, two of the quantities being colored yellow and pink. Each portion is then frozen and packed in a round mold or a pound baking powder can and packed in ice and salt until very solid. For serving pile them on a lace paper doily and pour over a part of the sauce, using the remainder to add to each saucer as served. To make the sauce, boil together two cups of heavy maple syrup and one-half of a cupful of thin cream or rich milk until a little, when tested in cold water, can be rolled to a soft ball between thumb and fingers. Take from the fire, add one-half of a cupful of chopped almonds or English walnuts and send at once to the table. The hot sauce will candy as it is poured over the ice cream.

For a Wholesome Skin.

Hard pimples that show no sign of breaking often appear on the skin. These come from an unwholesome state of the system and from lack of proper attention to the skin. Too many people think that a cold tub is all that is needed to keep the skin in order, but a warm bath should frequently be taken, especially when living in a town. A Turkish bath is excellent to open the pores of the skin and so rid the face of these hard pimples. The constant use of a well soaped loofah on the body is also advised. Strong spirit and water in equal parts may also be used to bathe the skin with. As to diet, all stimulants, rich hot foods, coffee and pastry must be given up. Salads of water cress, dandelion or lettuce should be eaten often and green vegetables and fruit taken with every meal. Sleep in a room with plenty of fresh air in it and keep early and regular hours, concludes a skin specialist.

French Potatoes.

For French potatoes cut one quart of cold potatoes in thin slices, chop one onion and fry in two tablespoonsful of pork drippings till brown. Add the potatoes and heat thoroughly. Pepper and salt to taste.

ABSOLUTE SECURITY.

Genuine
Carter's Little Liver Pills.

Must Bear Signature of

W. D. Wood

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.
CARTER'S LITTLE LIVER PILLS.
FOR HEADACHE, FOR DIZZINESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW SKIN, FOR THE COMPLEXION.
PURELY VEGETABLE.
CURE SICK HEADACHE.

Anthrax Victim Out of Danger.
Collingwood, Aug. 23.—By prompt measures on the part of the local Board of Health and the Department of Agriculture at Ottawa, the outbreak of anthrax in the Township of Nottawa was given under control. Dr. McFadden, V. S., who became inoculated with the disease while conducting a post-mortem on one of the dead cows, and whose life has been despaired of for several days, is now thought to be out of danger.

St. Nicholas Editor Dies.
New York, Aug. 22.—Mrs. Mary Mapes Dodge, editor of St. Nicholas Magazine, author of several stories for children, and poet, died in her summer cottage in Ontario Park, Tannersville, N. Y., yesterday. She had been editor of St. Nicholas since its foundation in 1873.

In elevating Secretary Taft to the supreme bench President Roosevelt will at least be assured the gratitude of numerous presidential aspirants.

MILLIONS FOR A NEW STOMACH.

One of the greatest American millionaires once said to his physician, "A million dollars, Doctor, for a new stomach," and then the sick man groaned and turned away. One of a man's greatest pleasures is that born of a keen appetite, vigorous digestion and a good dinner, and this belongs to many a good fellow who is living on small means and is miserably unhappy. In this condition man is prey to the germs of influenza, consumption, malaria and all the ills that he is heir to. Consumption can be treated by natural methods which are as close to nature as possible.

Dr. R. V. Pierce, chief consulting physician of the Invalids' Hotel and Surgical Institute, at Buffalo, N. Y., years ago understood this disease, and after a long period of experiment discovered certain roots and herbs which were nature's remedies, and succeeded in putting them up in a form that would be easily procured and ready to use. This he called Dr. Pierce's Golden Medical Discovery. It gives no false stimulation because it contains no alcohol and no narcotics. It helps digestion and the assimilation of such elements in the food as are required for the blood. Instead of a cod liver oil, against which the already sensitive stomach will declare open rebellion, this tonic has a pacifying action upon the sensitive stomach and gives to the blood the elements it requires. It maintains the patient's nutrition by enabling him to eat, retain, digest and assimilate nutritious food. It overcomes gastric irritability and symptoms of indigestion, and in this way fever, night-sweats, headaches, etc., are done away with. It fortifies the body against the germs of consumption, malaria, and it builds up the tissues and puts on healthy flesh.

When the druggist says he has something that is just as good as Dr. Pierce's Golden Medical Discovery, he says so because he hopes to make a better profit, but his own mixtures have not stood the test of long experience nor had the success that Dr. Pierce's medicines have had.

Galt Sure Grip Shingles



Every building roofed with these shingles has a sure and effective shield against the monsters of Wind, Water, Storm and Fire. In scientific construction, general utility and all-around excellence they easily lead all other metal shingles. Made of the best steel only, they will last the lifetime of any ordinary building. The Chatham Kids will gladly give you any further information about them.

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Send for this book free by sending us a bird kept in a cage and a Bird Book yellow wrapper. Bird Book in red yellow paper, if of any price or quantity. If desired, have your name and address on card and cash or stamps for postage.

BIRD BREAD (Avoid imitations) cures birds' bills and makes them strong. Free 25c in a B. C. Galt Bird Book packet, the standard bird book, sent everywhere. Report help in bird troubles free for reply stamp. Address exactly: **COTTAM BIRD SEED, 19 St. Louis, Ont.**

SUMMER FANCIES.

Fashions and Fads in Gowns, Millinery and Shoes.

Rainbow effects are a distinctive feature in thin gowns meant for summer evening wear. To secure this pretty touch cover the taffeta foundation of the gown with two or three overdresses of sheer material in different colors. White or pastel tinted gowns intended for dancing show the rainbow coloring only at the foot. The taffeta drop skirt is finished with a flounce made of three layers of tulle or chiffon, each ruched at the foot with a different color. The colors used are lemon, pink, pale apple green, light blue and violet.

A riot of color that distinguishes this season's millinery calls for skillful arrangement to successfully balance upon a single hat lilac, jack roses, American beauties, wistaria and their respective foliage, with its many tones of green. When successful, the result is beautiful and bears at the same time the unmistakable but often elusive stamp of smartness. Equally



SMART WALKING PUMP.
[Fine white canvas with a ribbon bow.] smart and less liable to disastrous combination is the blending of different color tones of the same flower. Sweet peas, roses, geraniums and poppies serve this purpose best.

Too much praise cannot be given to the shirring cord ribbons for trimming. They are in great vogue and come in several widths in gauzes and silk. Equally convenient are narrow ribbon finishes which are used to widen a galeon and to finish an edge, as well as sewed in several regular rows or in following the lines of a suitable design. The study that manufacturers have made to avoid tedious methods of carrying out trimming fashions deserve the gratitude of all amateur and professional dressmakers.

Valenciennes laces, whether all overs or laces by the yard, are among the smartest choices for the whole or a part of our gowns, and so they are for separate waists and insets, applications, bands, etc. The all over laces sometimes have sheer batiste designs in eyelet embroidery entered into the weaving.

All the season's footgear is very attractive. The walking pump illustrated is of fine white canvas with a square ribbon bow.—Yogee.

One Green and One Starchy.

Potatoes may be served with beef, and at the same time either spinach or stewed cabbage or asparagus, cauliflower, corn, squash, stewed cucumbers. Rice may be served with veal, mutton and poultry, and with it peas, lima beans, young string beans, cauliflower, asparagus. The idea is to serve one starchy and one green vegetable at each meal and have those that are in keeping. Turnips with cream may be served with mutton and rice; they may also be served with beef.

Decorations in Colonial Style.
In handsome country houses a dainty scheme of decoration adopts the colonial style with papers in old rose tint and silver, palest robins' egg blue with white, pale yellows and other delicate tones which harmonize with the woodwork and high colonial mantels with shaded tints. The walls are finished with a deep frieze and ceilings tinted.

Fruit Frappes.

Fruit frappes are fruit juices diluted with water, then sweetened and the compound half frozen until it is like wet snow.

A Pretty Negligee.
This charming little breakfast sack is commendably simple of design and easy to make. The material, both back and front, is gathered into a shallow yoke, which is entirely hidden by the



BREAKFAST SACK.

prettily shaped collar. The sleeves are novel, being formed of short puffs, from which hanging sleeves depend, while simple frills of the muslin are used as an edging both to sleeves and collar and form the short jabot which finishes the throat.

THE HOUSEWIVES' DELIGHT
SOUVENIR RANGES

The women rule the kitchen so let them judge. Their verdict is that the **Souvenir Range** beats them all—saves time, trouble & coal bills. Through the use of the Direct Draft Damper the heat is always under perfect control.

The Gurney, Tilden Company

Hamilton Winnipeg Vancouver Montreal

Our personal guarantee as well as that of the makers goes with every stove. We have Souvenir Ranges on view.

Geo. Stephens & Co., Chatham

Willing To Do the Same.

Among the many stories that Andrew Carnegie delights to tell of the canny Scot is one in which Lord Derby and a collier figure.

It appears that while the latter one day was wandering on certain land belonging to Derby, the collier chanced to meet the owner face to face. His lordship enquired if the collier knew on whose estate he was trespassing.

"Well, I've got no land of my own, and I'm like to walk on somebody's," wheeled did that 'git it fro'?" asked the collier.

"I got it from my ancestors," replied the earl good naturedly.

"An' wheer did they git it fro'?" queried the trespasser.

"Why," continued Derby, humoring the collier, "they got it from their ancestors."

"An' wheer did they git it fro'?" "They fought for it."

Whereupon the collier put up his fists, and squaring up to the earl, exclaimed—"Well, I'll fight thee for it."

A Most Remarkable Remedy.

Has Used it for 22 Years.

DIARRHOEA, DYSENTERY, COLIC, STOMACH CRAMPS, CHOLERA MORBUS, CHOLERA INFANTUM, SEA-SICKNESS, and in fact all BOWEL TROUBLES can be quickly cured by the use of **DR. FOWLER'S EXTRACT OF WILD STRAWBERRY**. It is the original Looseness of the Bowels remedy.

Be sure and accept no substitute.

Has been on the market 60 years, so you do not experiment when you buy it.

Mrs. D. Taylor, Cranbrook, Ont., writes: "For the past 22 years I have used Dr. Fowler's Extract of Wild Strawberry as a family remedy for all kinds of summer complaints with the greatest success, in fact, I have found it a most remarkable remedy."

Price 35 Cents.

ALL DEALERS SELL IT.

A spoiled child is not so much to blame; it did not choose its parents.

Talk isn't cheap when money does the talking.

The fact that there are but ten commandments to be broken is quite a handicap on the ability of some men.

Probably the reason that onions are supposed to be good, nerve food is because it takes nerve to eat an onion.

A woman's idea of a thoughtful husband is one who will not make her a widow because he knows that black is so unbecoming to her.

Strangely enough, the man without a mind changes it the oftenest.

Ayer's

Sarsaparilla. Used in all parts of the world for over 60 years. Has the unqualified endorsement of the best physicians. A strong nerve tonic. A blood purifier of great power. Lowell, Mass.

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Now is the best time when the tailors are not over rushed, as they will be later on.

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