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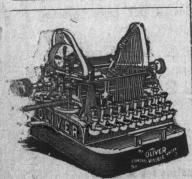
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MRS. F. E. BRITTEN.

President of the Boston Woman's Christian Temperance Union. Mrs. F. E. Britten, president of the Boston Woman's Christian, Temperance union, has a charming personali-ty and seems to be a born leader. She possesses great force of character and generally succeeds with whatever she

Mrs. Britten was born Sept. 2, 1865, at Ann Arbor, Mich. She was educated at Manistee High school and took a classical course at the University of Michigan. She was married April 29, 1886, to Rev. Fred E. Britten, then pastor of the First Baptist church, Fari-bault, Minn. She is the mother of three sons, Clarence D., aged sixteen; Rollo H., fourteen, and Merle D., twelve. Mrs. Britten and all her family are members of the Tremont Temple



MRS. FRED E. BRITTEN.

Baptist church, and she is a licensed preacher in the Baptist denominaion. In addition to being president of the Boston W. C. T. U. she has been general secretary of the Gospel Prohibition Association of Greater Boston from its beginning in 1903 and state superintendent of the department of Christian citizenship.

She has taught in public schools and in the art, Greek and Latin departments of the Central university of Iowa. She has preached in mission work in Nebraska and as pastor of two churches in Michigan. She has been a national lecturer of the Prohibition party and was office manager of that party in Michigan for about four years, 1898-1901.—Boston Globe.

When the Baby Cries. The early cry which is painfully try-

ing to some young mothers, especially to a nervous one, becomes less distressing if she stops to think that the lungs, never having been used, need exercise in order to make them strong. For the first three months the infant is too weak, even with a fair amount of crying, to develop the lungs more than one-third their normal capacity, and that these organs cannot be considered perfect until they are inflated to their utmost is enough to make her tolerant of a fair allowance of crying. A year of simple breathing would not accomplish as much toward developing the lungs as a moderate amount of crying each day for a month. It is the deep inhalation, such as accompanies a good ery, which alone can make the lungs strong. Healthy infants cry normally, and they should be allowed to do so a portion of each day. When the cry is whining or continuous, it is usually caused by overindulgence of some kind or by mistakes such as handling the baby when he is more comfortable left alone. Too much entertaining causes nervousness and cold extremities which make necessary too many wraps or too hot a room; this results in discomfort and weakness and lack of fresh air. Sleeping in a bed with older persons is bad for a baby; it draws upon the vitality. Indigestion is never natural; it is caused by overfeeding or improper feeding.—Marianna Wheeler

in Harper's Bazar.

Pretty Bedspread.

An extremely pretty bedspread is made by taking a new linen sheet and with a dinner plate and small dessert plate or saucer making intersected circles with a hard lead pencil at regular intervals over the spread. When this is done the foundation lines are made for a pretty design of wreaths, on which it is easy to draw flowers or leaves. One wreath of wild roses on another of daistes has a good effect. The smaller circle of green leaves and the larger of any simple flower is a When the flowers have good idea. been sketched stain them the color desired with fast dye. There are several dyes that will stand careful washing—violet ink or red ink, for in-stance. After the designs have been stained outline them with single zephyr worsted, which washes admir-Wash silk is pretty and dainty, but it is not so effective and takes more time. The easiest outline stitch is to sew around the design with sim-ple running stitch and then, going over it again, catch each stitch in over and over fashion. This gives a rope effect

which looks well.

Slice an onion and place it in a douslice an onion and place it in a doctable boiler with a bay leaf, several whole peppers and an ounce of butter. As the butter melts stir in a tablespoonful of flour and half a pint of white stock or chicken broth. Mix well until the mixture is creamy. Season with a life putmer. Beat salt, cayenne and a little nutmeg. Beat boot trees, it many shorts for librated

GOOD NEWS FOR yolk of an egg with a teaspoonful of lemon juice and pour into the sauce.

Add a tablespoonful of butter cut in THE OLD FOLKS small pieces, and when these are all incorporated serve. This is the ideal Hollandaise. An easier way to make the sauce is to put the yolk of an egg,

a tablespoonful of butter and a tea-spoonful of lemon juice in the double boiler or in a small saucepan set in a

pan of hot water. Stir until the butter melts, when add half a tablespoonful

more of butter. Season with salt, cay-enne pepper and a little nutmeg. Stir

constantly, and as the saute thickens add a third installment of butter, about half a tablespoonful. A little broth added when the first butter melts is an addition, as the sauce is liable to be

too thick.-New York Evening Post.

Clear Broths.

Clear broths are merely aids to di-gestion, little whips and spurs to slug-

gish powers. Invaluable in their prop-er place, it is only when beef tea, mut-

ton broth, chicken and clam broth are mistaken for real food that they be-

come dangerous and a source of posi-tive disaster. Clear animal broth or

beef tea means starvation for the sick.

The albumen of meats is hardened by hot water and either remains in the

meat itself or in the form of scum is

skimmed off the top of the infusion

The water takes up the flavoring principle and a small portion of other ma-

terial, but is devoid of the nutriment

commonly supposed to be dissolved by

Rack For a Narrow Hall. For a small, narrow hall a young matron has designed a coat and hat rack

that is perfect in its way. It is simply an enlarged roller towel rack made of

heavy wood and long enough to hold several coats snugly. The carpenter has fixed it firmly to the wall, opposite

the door and about five feet from the

floor, and it is filled with a sufficient number of brass hooks. This arrange-

ment takes up little space and leaves

room for pictures and a little mission table, with a middle shelf for those

who would rather put their hats down

than hang them up-and women's hats

Children's Night Clothes,

Many mothers and nurses who are

areful to supply the growing children

with garments of sufficient size for day

wear are careless as to the fit of the

night clothes. This is a serious error. Considering the attitudes which chil-

dren assume during sleep, it should be clear to all that anything which

cramps the chest and limbs is detri-

mental to free breathing and growth.

A tight collar band is especially barm-

ful and, in fact, dangerous. It should be remembered also that there is

greater warmth from loose than from

Kitchen Bowls.

Why adhere to the common yellow or, worse, brown bowl, when doing

your own housework, when for the

same price you can get pretty German

or Chinese ware, having the additional merit of being so well glazed they are

impervious to grease, yet strong enough to stand the "beating" of various mix-

tures? Why not have attractive ware

for the common, everyday service, and not starve your love of the aesthetic by

using ugly utensils, especially when pretty ones cost no more?

"A broom for every place and every

broom in its place" is a good motto to instill in the housemaid. By taking

care not to use the broom intended for the kitchen floor on the Persian rug or

Wilton carpet the natural life and beauty of the floor coverings will be

preserved. Put a screw hook in the top of each broom handle, and have a

peg to hang it on, above which is writ-

Keep a String Bag.

Keep a string bag. It will be found

most useful in the kitchen. It should

be hung up in some special place, and

all pieces of string that come tied

around parcels should be put in it.

String is constantly required, and it is

far better to know exactly where to

find a piece than to be obliged to hunt

about and waste time in searching for

Refrigerator Racks.

If wooden racks are used to hold the ice in your refrigerator, have at least

three, so that each in turn may be thor-

oughly well dried in the sun before be

ing again employed. Even in a tiny apartment this is possible by watching

the course of the sun. The odors from

sodden wood quickly affect the food, especially milk and butter and un-

cealed from view by a drop curtain.
This method permits one to get direct

ly at the article wanted instead of hav-

Galvanized fron tubs can be cleaned

for a time; then wash in hot, strong

Save all old zinc, and when chim-

neys are filled with soot put a quantity on the fire. It will carry all soot out

of stovepipes and clean the chimneys. Alcohol rubbed into a carpet will ef-

fectually remove a varnish stain. This should be done after the carpet has

The economical and well groomed girl will cultivate the acquaintance of

ford at or thin savet to their host the

een taken up and shaken.

by scrubbing with hot vinegar and so-da, allowing the mixture to remain on

ing to take out'the entire contents.

soapsuds and wipe dry.

it be replaced after using.

this necessity.

tight clothing.

will not hang, except on the floor.

it.—Harper's Bazar.

nstantly, and as the sauce thickens

Mr. Angus McMillan Tells Them Dodd's Dyspeps a Tablets Will Cure Their Stomach Troubles.

Of pecul'ar interest to the aged is the story of Mr. Angus McM.llan, of Largan P. O., Greagarry Co., Ont. Mr. McM.llan is now over 82 years of age and looks hearty enough to reach the 100 mark. He attributes a large part of his splendid health to Dodd's Dyspepsia Tablets. He says: "I suffered from Dyspepsia for more than 20 years but never met with anything to cure me till I commenced taking Dodd's Dyspepsia Tablets. After using them for two days all the pain and restlessness left me. "I am in one sense a new man and have great reason to be thankful for all the good Dodd's Dyspepsia Tablets have done me."

Stomach troubles are one of the burdens the old folks have to bear. It is good news for them that there is a speedy and effectual cure for them in Dodd's Dyspepsia Tablets.

Has any painter ever fixed on canvas visions, distinct and haunting, of lands he had never seen? I know not. The nearest thing of the kind was a wonderful erection of brown paper and ap-parently ingeniously arranged shelv-

How He Made the Alps.

ings, built up in rocklike fashiou, covered with little green toy box trees and dotted here and there with bits of mir ror glass and cardboard houses, which once puzzled me considerably in the parlor of a cottage. "Do tell me what that is?" at last rose to my lips. "That," answered my hostess very slowly—"that is a work of my late 'usband—a representation of the Halps as close as 'e could imagine it, for 'e never was abroad." I often think of that man "who never was abroad" and of

his representation of the Alps; of the nours of poetic vision, of actual creation perhaps from sheer strength of onging, which resulted in that quaint work of art. As close as he could imagine them!-Macmillan's Magazine Anathemas of the Middle Ages. The Rhenish and Westphalian Society of Popular Studies published in its urnal an interesting paper upon the subject of ecclesiastical anathemas launched in the middle ages against animals. These maledictions did not relate to mischiefs already done, but

were in the nature of a protection against evils to be apprehended and were solely directed against creatures sidered mischievous. Thus in 1121 St. Bernard cursed the mosquitoes, as some unsaintly Americans have done in more recent times and probably with just as little effect. Even post reformation Protestants sometimes had recourse to comminatory meas vres, as witness the pastor of Dresden who in 1559 cursed the sparrows for distracting his congregation.

Chinese Business

A Chinaman can be trusted in a busiess transaction where a Japanese cannot. The foreign residents of the orient have the greatest regard for the word of a Mengolian. If a Chinaman undertakes a contract, he will earry out the terms of that contract though it impoverishes him. There is no trick ne will not play to win his case where his word is not involved, but once let him give that word and you can bank on it that he will die rather than be-tray it. The Japanese are crafty business men. So long as they see profits in sight they will hold to a contract but if there is a chance of losing, Mr. Jap, in the majority of cases, will find some means to get under cover before ten the name of the room or hall for the crash comes. which it is to be used, and insist that

Where Wives Are Cheap. In Tartary no father will surrender his daughter unless he gets a goodly quantity of butter in return, and in ertain parts of India no girl can marry until her father has been pacified by a resent of rice and a few rupees.

Twenty oxen is the regular price for wife among the Mishimis, but a poor man has more than once succeeded in obtaining a bride on payment of one At Unyoro any desirable but impecunious suitor may purchase his wife on credit, but will not be allowed to

enjoy her company until he has paid the utmost farthing. Red a Favorite Flag Color. Red seems to be the most popular of national colors, if flags may be used as criterions. Of the twenty-five leading national flags nineteen have red in them. The same cannot be said of any other color. The chief flags that are marked with red are those of the Unit ed States, England, France, Germany A great improvement upon the win-dow seat, as commonly constructed, is to have it built with shelves to be con-

Austria, Italy, Spain, Denmark, Belgium, Sweden, Switzerland, Turkey, Mexico, Chile, Portugal and Venezuela.

Aunt Maria-Don't deny it, Martha. saw you. Your lips and his met as came into the room. Martha—Yes, auntie, but it was all an accident. I started to whisper something into Charley's ear at the same moment that he tried to whisper something into my ar, and that is how it happen Charley felt as bad about it as I did,

sor



THE BUTTERFLY.

Jelly Home Game For the Girls For Rainy Days.

Here's a home game for the girls for rainy days: Move the furniture back space as you can in the center of the loor. Get a tin platter or a large plate of some sort and place it in the center of this bare space,

Now get a piece of tissue paper, and from it tear a strip about three inches the center of this paper, spreading out the ends on both sides of the knot. If ou drop this whisp of paper with the mot in its center it will not fall di-

DRIVING HOME THE BUTTERFLY rectly to the floor, but will zigzag from side to side before it comes to

est on the carpet. We will call this wisp of paper a butterfly." Each girl provides herself with a broad palm leaf fan. One girl stands as far as possible from the cen-ter of the room, tosses the "butterfly" in the air and tries to blow it with waves of her fan to the plate in the center of the room. Her object is to have it float down and land in the plate, but it will probably blow clear across the room, where it will fall to

When the "butterfly" has come to rest, its landing place is marked by a card bearing the name of the player ho blew it there, and the second player tries, and so on till all have had a

If five girls are playing, the girl who cans the "butterfly" nearest to the plate scores five points, the second four, the third three points and the fourth two, and the fifth does not score anything. If three are playing, the first scores three points, etc. If a player should land the butterfly in the late that player scores ten points, and esides has another turn.

When all of the players have had a ry at getting the butterfly in the plate eir scores are written down, and then the first one takes another turn, fol-

lowed by the rest, as before.

The game is fifty points, and it is surprising what a short time it takes to core that number.

Diamonds Are Charcoal. Is it not strange to think that the precious diamond is only a crystal of the purest carbon? That is the reason t is not fusible and cannot be injured by acids or alkalis. The "fire" in a diaand is brought out in the cutting, ough diamonds are cheap, for the tting takes so long and is such a deliate business that it costs a great deal. yet they must be cut to attain eir brilliancy. Diamonds come from ad in all colors-white, orange, yelw. red. brown, pink, blue, green

black and op::lescent.

The pale yellow and brown shades are more common, but the decided hues are extremely rare. Indeed just been found. The most popular colors are pure white, blue white and a deep golden yellow.

Game of Bouquet.

This is a jolly game for a number of children to play. Sit down in a cir-cle around your leader. Let the leader give each one a flower for his nameviolet, daisy, Sweet William, Black Eyed Susan, etc. Then let her tell you a story "made up out of her own head," in which she brings in every one of the flower names.

Whenever a child hears his flower name mentioned he must get up, turn around and sit down.

Whenever the leader uses the word

"bouquet" all the children must jump up and change places, at which time the leader tries to capture a seat. Whoever gets "left" must then become leader

The Candle Trick. Cut out of a large apple two or three round pieces the size and shape of the end of a candle. In the center of one end of each one stick a small round piece of peeled almond; this is the wick. Light it and blow it out when the flame has blackened it. Tell your friends that you once had a friend who was colonel of a Russian regiment, from whom you learned to eat tallow andles (at the same time lighting your apple candles), then blow them out,

pop them into your mouth one after the other and eat them. The Clock A clock can run, but cannot walk;
My shoe has a tongde, but cannot talk;
A comb has feeth, but has no mouth;
A north wind blows the smoke straight
south.

If I were a needle, comb or shoe,
I never should know what to do.
My head is really in a whirl;
I'm glad I am a fittle girl.
—Christian Work.

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