BAN MAKE MEN SOUND AND STRONG

it Specialist Discovers Some-ng Estirely New for the Cure Mem's Diseases in Their on Homes,

Tou Pay Only if Cured



DR: SE GOLDBERG, Hasewar of 14 Diplomas and Certificate

The desidery the discoverer, will send the method aminety face to all men who send him their name and solvens. He wants to hear from men who flowe structure that they have been unable to get caused personant in the control of the constant of the control of the

A second realizes that it is one thing to make account realizes that it is one thing to make account account of the contract o

for a smething entirely new and well worth



The Great Eaglish Remedy, is an old, well established and reliable preparation. Has been rescribed and the beautiful and reliable preparation. Has been rescribed and the beautiful and reliable preparation. Has been rescribed and the beautiful and rescribed and the beautiful and rescribed and rescr

Mood's Phosphodine, sold in Chat-

********** HIS Voung wife was almost distracted for he would not stay a night at home so she had his LAUNDRYdone by ma and now he ceases any more to

Pansian Steam Laundry Co. TELEPHONE 20

BAKING

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. Ming St. 'Phone Si *************

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Liberal Terms ad privileges to Borrowers. Apply to LEWIS & RICHARDS

Money! Money!

ard's Liniment Cures Distemper

YOUR DAILY MEALS.

A Little Sermon on What to Eat and When to Eat It. If you eat a hearty dinner at the close of each day's work, a dinner made up of food elements which have a chance to build up the body during the night's rest, then you should eat a light breakfast, so that your new energy may go into your morning's work instead of being all used up in digesting your

norning meal.

But if you have not eaten the proper quantity and kind of food for dinner must eat a hearty breakfast, or else feel faint from undernourishment. You should not eat meat for break-fast, for meat should only be eaten at a time when complete rest can be taken. If you feel the need of meat eat eggs instead or nuts.

You should eat a well cooked cereal, but know this: The cereals which can be cooked in three minutes are hardly worth the eating, because they have so little nourishment in them. Oatmeal that has been cooked several hours is very good. Half cooked oatmeal is so poor a food that it is almost a poison. Cornmeal must also be well cooked, too, if it is to do its best work for the human body-and soul.

And if you will eat bread for breakfast eat the German zwieback, crisp rolls or brown toast. Hot bread and cakes clog your system and will make you cross and uncomfortable before

Coffee could be a healthful drink if it were properly made and not boiled until it is bitter with tannin. Clear coffee, one cup of it, may have no ill effects on your nerves. Coffee, with cream, one cup or two cups, will make you bilious.

But, whatever else you eat or drink, eat fruit and a great deal of fruit, for breakfast. If you want a fruit tonic drink the juice of an orange and half a lemon. If you want fruit for a food eat apples or bananas. Or if these do not agree with you eat apple sauce, cooked prunes, cooked canned fruit.

WHY HE DID NOT GET ON.

He had low ideals. He had too many from in the fire. He was never a whole man at any-

thing. He thought a good business should

He did not appreciate the value of appearances. He did not know how to duplicate himself in others.

He let gruff, indifferent clerks drive away his business. He trusted incompetent friends with responsible positions.

He would not change fairly good methods for better ones.

He did things over and over again because he lacked system, He thought he knew all there was to know about his business.

He tried to economize by cutting down his advertising appropriation. He was a good, honest man, but he did not do business in a business way. -Success.

A Horse Which Thought. Instances of great intelligence in horses are almost as numerous as the horses themselves, but there are few related in La Nature by a Parisian.

At Vincennes, in my childhood, he writes, my father had two spirited horses of fine blood. One day while one of them, Prunelle, was passing between two walls with my little sister on her back the child slipped and roll-ed between the horse's feet.

Prunelle stopped instantly and held one hind foot in air. She seemed to fear to lower that foot lest she should step on the child. There was no room for the horse to turn nor for a man to pass in.

In that uncomfortable position, with lifted foot, however, the horse stood patiently while an attendant crawled between her forefeet and rescued the

Field's Finishing Touch. Eugene Field was once visiting the house of Richard Henry Stoddard in New York. During the evening a certain well known physician dropped in. He was a serious man and a bit pompous. The talk turned on diet. "Doctor." said Stoddard, "I've heard that you eat two eggs at breakfast every morning the year round." "No," said the doctor emphatically. "No. On the contrary." "On the contrary!" cried Stod-dard. "What's the contrary of eating two eggs?" "Laying two eggs," came in.deep, solemn tones from Field.

"Do you mean to say you didn't give hat horse thief a trial by jury?"

"We didn't dare," answered Broncho Bob. "If anything as unusual as a trial took place the whole town 'ud turn out to see it, and some one would be sure to sneak in and steal some more horses."—Exchange.

Guite Pure.

Housekeeper—You claim to sell pure

Milkman: (absentmindedly) — Yes'm, bsolutely. All the water we use is filtered and germ proof.

Excluded.

Ascum—Well, well! I congratulate you, old man; and how is the baby pe Popley — By my sylfe's people deems.—Exchange.

Mercenary,
"He's a mercenary wretch."
"What makes you think so?"
"He married Miss Goldie Ror, and I was trying to get her myself."—Chicago



When the Lamp of Life Burns low

the strain on all the delicate organs of the body is very great. The the strain on all the delicate of the body is very great. The stomach and bowels are weaker—the liver more aluggish. Constipation paves the way for dreaded kidney and liver diseases.

Nature's own aperiest, is extracted from the pure juices of fresh fruit. It is not a purgative but a gently effectual and insistent laxative. It relieves the system of all impurities and acts upon the most sensitive organism without discomfort. Alsbey's cleanses and purifies the blood, regulates the bowels and brings sound refreshing sleep. It cures constipation by removing the cause, and brings the entire system back to healthful vigor. Directions on the bottle. At all druggists 25c. and 6oc.

Samuel Smiles in Mis 90th Year. Dr. Samuel Smiles is now in his ainety-second year, says The London Chronicle. Like so many authors of Chronicle, Like's many authors of different varieties of talent, from Cowley to Conan Doyle, Dr. Smiles practiced medicine before he practiced his pen, and he was nearly forty-dive, and complaining of being an old man, when his first book made a stir. But more than forty-five years have followed during which he have followed during which he have followed, during which he has have followed during which he has enjoyed to the full the success of his life of Stephenson and of the work which followed it, "Self Help," of which a quarter of a million copies must now have been sold in England alone. Though Dr. Smiles name appears on the title-page of a longish list of works, one book of his will be posthurously sublished. This be posthumously published. This is a volume of his memoirs, which cov-er a long-tract of time-all the reign of Queen Victoria. Dr. Smiles knew er a long-tract of time-all the reign of Queen Victoria. Dr. Smiles knew Livingstone, whom he found an excellent story-teller; knew Gladstone and Bright; and had a correspondence with Cobden, which might be read with almost patriotic interest at the present moment. Queen Margherita of Italy won the homage of Dr. Smiles when he visited Italy about twenty years ago, and found himself a star of the first magnitude. In "self-helping" itself into unity Italy had in its mind many a modern and ancient instance of self-reliance cited by this great collector of anecdotes glorifying temporal suecess.

Nervous Disorders and Despondency

Mind and Body Become Diseased and Helpless when the Nervous System B comes Exhausted.

The future of the sufferer from ner-

one.

Locomoter ataxia, paralysis and insanity are staring him in the face, for these are the usual results of neglected nervous diseases.

Because there is not usually much pain associated with derangements of nerves, people fail to realize their dancer.

langer.
They forget that sleeplessness irri-

They forget that sleeplessness irritability, loss of memory, lack of energy and vitality, spells of weakness and dizzness, tired feelings, discouragement and despondency are symptoms more to be dreaded than great pain, because the mind as well as the body is threatened.

There is no more satisfactory means of forming new blood and creating new nerve force than by the use of Dr. Chase's Nerve Food.

This great food cure acting through the medium of the blood and nerves instils new vigor and vitality into every part and organ of the body. It forms new nerve cells and new muscular tissue, and while it invigorates the mind, it adds new, firm, flesh to the body. You can prove this by we ghing yourself while using it.

this by weighing yourself while using

With new vigor comes new hope and confidence, and weakness and dis-asse give place to strength and en-

and con decree, and weathers and energy.

Mrs. N. B. Ebere, Fourth street, Chatham, Ont., and whose husband is employed with the Wm. Gray & Sons Co., carriage manufacturers, states: "My nervous system was all out of order. I did not rest or sleep well and suffered a great deal with nervous headache. Since using Dr. Chase's Nerve Food my nerves have been strengthened, the headaches have disappeared, I am refreshed by sleep, something that was quite impossible before I used this treatment. I can with all confidence recommend Dr. Chase's Nerve Food as a splendid restorative."

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for \$2.50, at all dealers or Edmanson. Bates & Co., Toronto, To protect you against imitations, the porttrait and signature of Dr. A. W. Chase, the famous receipt book author on every box.

WHERE JOURNEYS END By

CRITTENDEN MARRIOTT

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As the train came to a ston Howard onroe glanced out of the window of the Pullman. "Twenty-four hours more," he murmured. "Well, it can't be helped. By George, that's a pretty girl! Nice old lady with her too. Hope they'll come ir here."

Next moment his hopes were realized, as the two women entered the car, guided by an obsequious porter, who deposited a dress suit case and an umbrella in the section opposite. "De here about ten minutes, ma'am," he said in answer to a question from the elder; "got to cut in some sleepers and a diner."

"Thank you. Better sit down, Aunt

But the elder woman shook her head "I do wish you had some one to go with you, Dorothy!" she exclaimed in tones Howard could not help overhearing. "I can't bear to have you go alone. Your uncle never would have let you if he hadn't been sick in bed. You're sure you don't mind?" "I don't mind the least bit in the

world, auntie. We bachelor girls have to learn to do for ourselves."
"Bachelor girls, indeed!" The elder lady sniffed, while Howard felt an unaccountable thrill of pleasure pass

through him. "Old maids we used to call them. A girl's a girl, no matter what she says, and I don't like to see one traveling alone. It wasn't consid ered proper in my young days."

"I know," returned the girl softly. "But traveling has changed so since then, even down in this dear little out of the way corner of the south. Why, what could harm me?"

"Oh, nothing, I suppose, but I don't like it. You wouldn't even take lunch with you," she added irrelevantly, her hospitable southern heart aggrieved. "It seems so inhospitable send any one away without something . to eat."

"You're awfully good, Aunt Bessie; but, indeed, it wasn't worth while. I'll get dinner and breakfast in the dining car and be in New York for lunch." A sudden clanging made the elder woman start. "Gracious!" she exclaimed. "I'll be carried off! Goodby, Dorothy. Write as soon as you get to

New York. I'll be anxious till I hear."
The two hurried to the platform, where the girl stood smiling and way ing until the train was well under way. So well under way was it, indeed, that as she turned to enter the car a sud-den lurch threw her violently to one side and made her grasp the rail to steady herself. As she did so her purse, hung to her belt by a chain, flew open and sent most of its contents at large through the yet unclosed doors of the vestibule.

Unaware of this, however, Miss Vernon walked to her seat, glancing around her just in time to see Howard watching her. Both were thinking of the good lady's anxious hospitality, and before they could recover themselves they had smiled squarely into one another's eyes.

With quickly stiffened lips Dorothy with quickly stiffened hips Dorothy sank into her seat. As she did so her purse swung forward into her lap, ex-posing its emptiness to her startled gaze. With a gasp of dismay she seized and examined it. Her ticket was safe in an inner compartment, but ev-

ery cent of her money was gone.

It did not take her long to decide on the moment of her loss nor the hope-lessness of repairing it. Miss Vernon was a very independent young woman who on more than one occasion in the four years that had elapsed since she had begun to earn her own bread had seen her funds depleted nearly to the vanishing point, yet never before had vanishing point, yet never before had she found herself entirely penniless. There was nothing to be done, however. To telegraph to Aunt Bessie for money would be to frighten that lady almost to death, and there was no one else on whom she felt at liberty to call. She must simply resolve to make the best of her journey, all twenty-four hours of it, without money.

Meanwhile Howard had been watching the girl out of the corner of his eye, admiring her more every moment eyer, admiring her more every moment

eye, admiring her more every moment. He had noted the look of vexation that froze the smile with which she had unintentionally favored him and had promptly averted his eyes, as if in hopes that the girl's wrath might glance off his broad shoulders. Thus, turned away, he had missed seeing her discovery of her open purse and her consequent consternation. When he he had seeing her his consequent consternation. quent consternation. When he had ven-tured to look again, she was staring straight ahead of her with what seemed to him a most inscrutable expres-sion. In reality she was thinking of the luncheon she had refused and ponder-ing the great truth that even a modern dining car is of little avail unless one

As the afternoon wore away Howard began to curse the conventionalities. Here he was within a few feet of this Here he was within a few feet of this peerless girl, as he had already begun to term her, and yet to all practical purposes was miles and miles away. He had always been slow to scrape acquaintance, even with men, and, so far as he could remember, had never in his life done so with a woman. Unless Dorothy—he had heard her aunt call her Dorothy—should give him an opening he told himself sadly that he should never venture to address her.

After awhile a waiter passed through the car announcing dinner. Howard was hungry, but determined to wait until Dorothy should go in. The car might be crowded, and he might be

compelled to sit with her at the same table, where he might hope that the chances of the meal might enable him to address her. But, wait as he might, Dorothy showed no signs of budging, and long after the last call for dinner had been circulated he was forced to go

While dining he wondered over the situation. The girl had eaten nothing since she came on board the train, nearly six hours before. She had no lunch with her, not even a box of candy. She was a solid, healthy girl, not by any means one of those fragile beauties who live on air, and should have had an appetite to correspond. What the dickens could be the matter?

The next morning was the same. Dorothy sat motionless, looking in the eyes of the by this time besotted youth lovelier than ever. As a matter of fact, the lack of her morning coffee had given the girl a headache, while the lack of other food made her savage and miserable.

At last came a crisis. Just as the waiter passed through with his "Last call for breakfast in the dining car!" the train stopped, not at a station, but out in a field. After ten minutes had crept by without sign of movement, Howard, who had been waiting for breakfast as he had waited for dinner, went out to investigate. Soon he came back and went straight up to Dorothy with determination in his eyes. "I beg your pardon," he said, with a compo sure that astonished himself, "but we have been stopped by a wreck across the track and will be delayed at least six hours. They are going to cut off the diner and send it back as soon as breakfast is over. If you want any thing to eat you had better get it now, pefore it is too late."

Six hours longer! The tears came into Dorothy's eyes, and her lids quivered pathetically. How could she bear it? "Thank you," she said as bravely as she could. "Thank you. But I'm not hungry."

Not hungry. Howard stared at her incredulously. To his certain knowledge she had eaten nothing for twenty-four hours. Not hungry! The thing was preposterous. He glanced at her white cheeks, then with sudden suspicion at her pocketbook. "I haven't had breakfast myself vet." he said. "Won't you take pity on me and be my guest?

I can't bear to eat alone." For an instant the girl gazed at him while a mist swam before her eyes. "Thank you so much," she said hum-bly. "I-I lost all my money overboard a few minutes after we started yesterday, and I'm nearly starved to death."

A year later Mr. and Mrs. Howard Monroe in the newest of new clothes, were taking the same trip northward Aunt Bessie had just left them, and they had settled themselves for th twenty-four hour trip before them.

Howard turned to his month old bride reflectively. "Just to think," he said softly, "if I hadn't spoken to you a year ago we shouldn't have been here today. I hesitated a long time before I ventured."

"A long time! I should think so." There was much emphasis in the

Howard appeared startled. "Too he asked. "If I hadn't spoken when I did what would you have done?"
"Done? Well," reflectively, "if you

had delayed much longer I believe I should have asked you myself—and hated you ever afterward!"

"Instead of"— He paused questioningly.

Dorothy looked at him smilingly. "Instead of"—she repeated roguishly-"instead of—suppose you guess!"

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ness. Urinary, Kidney and Bladder Diseases. CONSULTATION FREE. BOOKLETS FREE. List of Questions sent for

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