

## PERE MARQUETTE R.R.

EFFECTIVE DEC. 5, 1904

Leave Chatham	Express	Express
St. Thomas and West	4:45 a.m.	5:30 p.m.
St. Thomas	8:35 a.m.	6:30 p.m.

Arrive at Chatham:  
 From St. Thomas 9:55 a.m.  
 From St. Thomas 7:55 a.m.  
 From St. Thomas 6:30 p.m.  
 From St. Thomas 4:45 p.m.  
 From St. Thomas 3:30 p.m.  
 From St. Thomas 2:15 p.m.  
 From St. Thomas 1:00 p.m.  
 From St. Thomas 11:00 a.m.  
 From St. Thomas 10:00 a.m.  
 From St. Thomas 9:00 a.m.  
 From St. Thomas 8:00 a.m.  
 From St. Thomas 7:00 a.m.  
 From St. Thomas 6:00 a.m.  
 From St. Thomas 5:00 a.m.  
 From St. Thomas 4:00 a.m.  
 From St. Thomas 3:00 a.m.  
 From St. Thomas 2:00 a.m.  
 From St. Thomas 1:00 a.m.  
 From St. Thomas 12:00 a.m.

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## A MINISTER TO VANITY.

Toward the Mirror.

It is not always for the mere gratification of personal vanity that we should attentively study our mirrors. Socrates advised all young people to look often in their looking glass to ascertain if they were good looking; that if they were so they might strive to make their mental attainments correspond, and if they were not then they might endeavor by the superior accomplishments of their minds to make up for their personal shortcomings.

This is excellent advice for vanity possessed moderns, but it is improbable that the high mental attitude of Socrates is appreciated by them. How the elaborate toilet of today could be accomplished without the aid of the mirror it is impossible to imagine. It is popularly supposed that the mirror is the woman's pet possession, but man is by no means averse to contemplating his manly charms as reflected therein. A woman frankly confesses her interest in the alluring combination of glass and quicksilver, but the man, while viewing his score, proves his superior vanity by his concealed and secretive study of it. He jeers at his wife's cheval glass, but was anything more entirely provocative of human vanity ever invented than the many sided shaving glass—London Chronicle.

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## Coddling the Stomach.

THE SO-CALLED "SCIENTIFIC FEEDING."

In this 20th century of advancement, people are too apt to listen to new theories and put into practice new-fangled notions of feeding. Not only do adults follow so-called "scientific systems," but they cram down the mouths of their children such scientific soft foods that require no exercise of the digestive organs, that the children are apt to become fragile and their stomachs too weak to take in strength-giving food and be able to assimilate it. This is a household condition that no man, woman or child should permit. The muscles of the stomach require exercise just as any other muscles of the body; neglect them with too much ease and inaction and you raise a dyspeptic. Use a tonic made of medicinal herbs which will stimulate the stomach into greater activity—a remedy which will do this is one which has stood the test of public approval for nearly forty years, containing no alcohol or narcotic. We refer to Dr. Pierce's Golden Medical Discovery.

Sick people are invited to consult Dr. R. V. Pierce by letter, free. All correspondence is held in strict confidence and is answered confidentially. Dr. Pierce's Pleasant Pellets regulate the bowels. They are the best after-dinner pill—perfectly harmless—entirely vegetable—act without griping.

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