

In children at the "growing period,"

we are assured by a recent medical writer, weight is quite the most important indication of general health that we can have. The importance of

keeping a careful and systematic record of weight at this time cannot be exaggerated. Such observations, take

en, say, at intervals of two weeks apart for several years are of great

value to the physician in furnishing in-formation regarding the child's real condition of health. A growing child,

the writer goes on to say, should weigh at five about a pound for every inch of its height, and after this the increase

should be about two pounds per incl

of growth or a little more. When weight exceeds this it is rather a sign

CATARRH, PNEUMONIA, CON-

SUMPTION.

Death's fatal trinity they are of-ten called. Catarrh is the first stage, pneumonia often follows, and con-sumption finally exacts the full pen-alty. This can all be averted by us-ing healing, balsamic Catarrhozone,

an antiseptic that penetrates the re-motest air cells of the lungs. Ca-tarrhozone reaches the entire nucous surface of the throat and breathing

apparatus: it carries health wherever

apparatus; it carries health wherever it goes, brings instant relief and is absolutely certain to cure. Don't delay; get Catarrhozone to-day. It means health, certain cure. Two month's treatment \$1.00, trial size 25c. Catarrhozone is guaranteed.

Momemade Face Powder.

A safe face powder with a little tint in it is made of well sifted rice starch

colored with rose pink powder and scented with a few drops of attar of

roses. It is always well for a woman with a naturally high color to match her cheeks. If she uses pure white

powder the effect will be unnatural and ugly. There are some complex-

ions, for instance, that take on a vivid purplish hue when covered with pow-

der, especially when there is bismuth in the powder. It is decidedly a fine

in the powder. It is decidedly a fine art, that of using powder with discretion and success. Another recipe for a homemade pewder is white starch in the preportion of one pound to two ounces of pewdered orris root, scented with ten drops of attar of lemon and one dram each of bergamot and cloves.

A FAMILY NECESSITY

Is a remedy capable of affording immediate relief to the hundred and one ailments that constantly arise. It may be a cold, perhaps toothache, neuralgia, pain in the back, — usa Nerviline, it's more penetrating, pain subduing and powerful than any other liniment. Nerviline is at least five times extenseer than ordinary reme-

Nature has just one pigment on her pallette with which she produces all the marvellous tints of beauty, and

There are few women who feel they are means enough to satisfy their ants.

If your stomach is weak it should have help. Hood's Sarsaparilla gives strength to the stomach and cures dyspepsia and indigestion.

Every time war looks inevitable, it's a pretty good sign that peace is in sight.

of good health than otherwise.

MONEY TO LOAN

ON LAND MORTGAGES at lowest rate of interest. I also have a few farms for sale. I also sell buggies and carriages. Call and see me and get my prices, and you will save money by doing so. Henry Dagneau, Chatham.

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existed and california, the lands of transhine and tourist sleeping cars we mow run via this great southern ute. The new and elegant trains the Wabash are hauled by the most werful engines ever built. Every tests or the most the

the Wabash are hauled by the most warful engines ever built. Every fort is provided equal to the best cels or the most luxurious homes, thing is wanted to complete one's ppiness. The days and nights pass only too quickly while travelling on the great Wabash line. For information as to rates, routes, etc., address any tielest agent or J. A. Richardson, Dist. Pass. Agent, N. E. Corner King and Yonge Sts., Toronto.

W. E. RISPIN,
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J. C. PEHTCHARD,

pallette with which she produces all the marvellous tints of beauty, and that one pigment is the blood. The shell-like pink beneath the finger nails, the delicate rose of the cheek, the cherry ripeness of the lips, the irridescent brilliance of the eyes are all produced by the blood. Just as the permanence of a beautiful painting will depend upon the purity of the colors with which it is painted, so the permanence of beauty depends on the purity of the blood. Paint, powder and cosmetics won't avail to preserve beauty. Beauty begins in the blood. Dr. Pierce's Go'den Medical Discovery is a true beautiful painting blood with which alone she can paint. The use of this medicine will cleanse the skin, heighten the complexion, brighten the eyes, and give to face and form that radiance of health which is the greatest charm of beauty. Dr. Pierce's Pleasant Pellets are very effective in ridding the system of clogging residuum, which accumulates with constipated habit. C. PRITCHARD.

CANADIAN PACIFIC

WORLD'S FAIR, ST. LOUIS, APRIL SOTH TO DECEMBER 181, 1904

Through Transcontinental Service Leaving Toronte at 1 45 p.m. daily (via North Bay) for

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PIRST CLASS SLEEPERS, DAILY, TORONTO TO PRIST CLASS SKEPPERS, DAILY, TORONTO TO WINNIPEG, COUNSELING with through First Class Neeper for Vanceuver, Un xxelled Dining Car Service, North Bay to Laggan and Kevelstoke to Salmon Arm Fully Requipped Tourist Cass Leave Tourist cas Leave Tourist Car Lourist Cas Leave Tourist Car Lourist Cas Leave Tourist Car Lourist Cas Leave Tourist Car, costs in addition to page ticket from Tork to to the Cas Leave L

WEDDING STATIONERY The lates in Wedding Stationery and Cake Boxes can be had at the PLANET Office.

ARIZONA KICKLETS

A Bunch of Lively Items From the Pen of a Hustling Editor

HEN Jim Carew started for [Copyright, 1903, by C. B. Lewis.] fered to bet him five to one that he would be hung in-side of three months. He ought to have taken the bet, as he lasted ten days

We would again call the attention of the theatrical people to the fact that the owner of the Opera House here (who is ourself) is also mayor (who is ourself) of the town and has the granting or refusal of licenses. The editor of the Kicker (who is ourself) would, of the kicker (who is ourself) would, therefore, suggest a liberal display of fraternal courtesy in the matter of leaving complimentary tickets at the office. We do not seek to dictate. We simply threw out a suggestion which is all clear hay and weighs a hundred and fifty pounds to the bale.

We are much obliged to our friends over at Lone Tree and must commend them for their zeal and enthusiasm in our behalf. They did quite right in hanging a man the other day who claimed to be authorized to take subscriptions for the Kicker. Any time a stranger appears in any community in the west and claims to be authorized to take subscriptions for this paper he can be set down as a fraud and treated dingly. If the boys are put to any extra expense in such cases dig ging a grave in clay soil, buying a rope, etc.—they will please forward the bill

While we were over at Pine Hill the other day Steve Watson wanted us to marry him to a girl named Ransom, who has been living in the family of Major Hastings. We knew we couldn't do it as an editor or a postmaster, but we were not so certain in our capacity as mayor. We finally agreed to take the chances on it if Steve and the girl would, and the result was that the couple were made one. We used the regular form allowed by clergymen, but put in a provise that if Steve ever stopped his subscription to our paper the marriage should be considered null

We respectfully request of those who have a grievance against the editor that they delay calling until his return. Major Henderson came in yesterday to shoot him for an article which appea ed two weeks ago, and, although it was explained to him that we were only temporarily in charge and not person-



MH SHOT TWO BULLETS THROUGH OUR HAY. ally responsible, he shot two bullets nerved us. We don't want any more such callers. We are a purely agricultural editor from Boston and a man of peace. When our salary has been raised to \$30 per week we shall expect to take some chances, but we can't de

A letter from an Ohlo man to the Kicker asks who is mayor of this town. The editor of the Kicker (who is ourself) would gently reply that we are now filling that honored position for the fifth time by a majority of 730, and filling it a great deal better than it was ever filled before. We have no egotism in our composition, but wish to say in the most childlike and bland manner that we consider ourselves a bigger man than the governor of the territory. man than the governor of the territory.

We never buildoze for advertising or subscriptions, but when an advertiser or subscripter attempts to drop out of sight we want to know wherein we have not pleased and satisfied. We shall start out next week to look up ten or twelve delinquent subscribers and may be out of town a couple of days. Two of them have sent in a defi and may have to be enfladed out of an earthwork, while three others are prepared to start for the mountains and will probably have to be run down.

Hank Scott, alleged had man from the Bad Lands, who just escaped the noose the other night, has this to say to the public: "As I stated to the vigilance committee, I struck the wrong town, and instead of trying to play had man any longer I am going to work. I will put in ten hours a day at any sort of labor for \$6 a week, and I trust that I may in time secure the respect and good will of the gentlemen who so kindly refrained from pulling an the other end of the roys. My two gites and my howe halfs are to sale chang, as I have no turner une for

GRANDPA'S TOY.

It's a Funny Old Wagon, but He Thinks It is Just the Thing, When grandpa was a little boy— And that's a faroff day, For now grandpa is very old And never thinks of play—

Grandpa lived in the good old times
When "everything was right"
They had no carpets on the floors,
And they read by candlelight.



GBANDPA'S TOY WAGON.

And his toy horse looks very crude, Its tail is like a broom; The wagon is high and funny And has but little room.

But grandpa thinks it the nicest toy That ever yet was made; He would not for an automobile This queer old wagon trade,

I suppose when you are grandpas
You'll think your toys were great
Way back in the days when you wer
young,
But you'll be out of date.
—Ruth Titus in St. Nicholas.

The bagworm is a little smarter than his cousin the caterpillar. Both make very snug little silken houses for themselves, but the bagworm lives in his and moves it around from place to place. When he becomes tired of livpiace. When he becomes three of itying in one neighborhood he simply
crawls halfway out of his silken sack
and, holding on to it with his back
feet, walks away on his front ones, pulling his house along after him. Of course the house must be very strong to stand being dragged about like this. so he weaves in little twigs which make it very firm.

After awhile the bagworm fastens its little house to the limb of a tree, crawls inside and changes itself into a pupa. Not satisfied with this, the male worm crawls out again and becomes a The poor female meanwhile stays in her house, lays some eggs and

An old time Arizona woodchopper says the blue jays have planted thousands of the trees now growing all over Arizona. He says these birds have over Arizona. He says these thus have a habit of burying small seeds in the ground with their beaks and that they frequent pine trees and bury large numbers of the small pine nuts in the ground, many of which sprout and

He was walking through the pines with an eastern man a short time ago when one of these birds flew from a tree to the ground, stuck his bill into the earth and quickly flew sway. When told what had happened, the eastern man was skeptical, but the two went to the spot and with a knife blade dug out a sound pine nut from a depth of sbout an inch and a half. Thus it will be seen that nature bas her own plan for forest perpetuation.

went today to a live fish store. They had the fish in glass cages just to make them think nothing was the matter. Most of the fish swam around and did not mind when they slammed the glass sides, but one fish, daddy, stood right up on the tip of his tail! And there were tears streaming down his poor little cheeks, and I know he was praylittle cheeks, and a sing to be let out of there!"

Large holes in the ground, such as are used to catch animals in, and the name sometimes given to a small town

A boy's first name and something most boys are fond of—Williamsport.

The head man of a gang of workmen and 2,200 pounds—Boston.

A sharp, sudden blow and something

to make a boat go—Bangor.

The opposite of old and something that every sailor likes to come to—

Newport.

A place from which water may be obtained and a plot of ground—Spring-field.

A nice little game for little folks is



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Made from the most delicate leaves of the tea plant-cured by strictly scientific processes.

The taste is always the same-rich and almost thick-the bouquet odorous and aromatic-a tea for the most exclusive function at a moderate price.

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The illustrator is not supposed to have the poet's license, but he gives himself the scope he desires, and if his conception of a figure or a scene differs from that of the writer it is

simply a trifle worse for the writer.
When Holman Hunt illustrated
Tennyson's poem, "The Lady of
Shalott," Tennyson was somewhat
taken aback by his first sight of the

"My dear Hunt," said he, "I never said that young woman's hair was blewing all over the shop!" "No," said the artist, whose mind

MANY SUDDEN DEATHS

Are traced to a heart that was neglected. If your heart is weak or beats too rapidly you need Ferrozone to strengthen the heart's musclest regulate its action and stop smothregulate its action and stop smothy ering spasms. Ferrozone always cures weak heart and restores this organ to a strong healthy state. The best heart medicine in the world is Ferro-zone, which beats any substitute. Widely used by doctors and sold at 50c. per box by all druggists.

Durin gleap year a great many girls are afflicted with palpitation of

Monkey Brand Soap cleans kitchen uter sils, steel, iron and tinware, knives and forks, and all kinds of cutlery.

A woman seldom expresses any strprise when a man makes a fool of himself.

Women occasionally show how re-ally indifferent they can be to praise. TENDENCY OF THE TIMES.

The tendency of medical science i The tendency of medical science is toward preventive measures. The best thought of the world is being given to the subject. It is easier and better to prevent than to cure. It has been fully demonstrated that pneumonia, one of the most dangerous diseases that medical men have to contend with, can be prevented by the use of Chamberlain's Cough Remedy. Pneumonia always results from a cold or from an attack of influenza

There was a little girl taken recently to visit the aquarium in New York. She was much interested in the strange fishes and in deep thought took in the entertainment in her own way.

That evening she gave her father a vivid and original account of it.

"Daddy," she said, opening her eyes very wide and talking excitedly, "we went today to a live fish store. They years, and can be relied upon with implicit confidence. Pneumonia often results from a slight cold when no danger is apprehended until it is suddenly discovered that there is fever and difficulty in breathing and pains in the chest, then it is announced that the patient has announced that the patient has pneumonia. Be on the safe side and take Chamberlain's Cough Remedy as soon as the cold is contracted. It always cures. For sale by all druggists.

The ways of a woman sometime savor of inordinate conceit.

HIS OWN FREE WILL.

Dear Sirs, — I cannot speak too strongly of the excellence of MIN-ARD'S LINIMENT. It is THE rem-edy in my household for burns, sprains, etc., and we would not be

It is truly a wonderful medicine.

JOHN A. MACDONALD. Publisher Arnprior Chronicle

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8. F. GARDINER,

Chatham, November 30, 1903.

Suitable Holiday Presents.

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