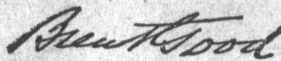


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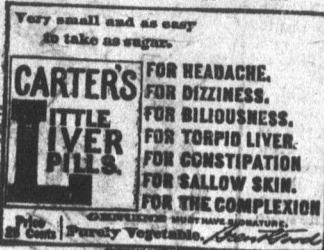
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Cook's Cotton Root Compound.

Ladies' Favorite. Is the only safe, reliable regulator on which woman can depend. "In the hour and time of need." Prepared in 1 and No. 2. No. 1—For ordinary cases is by far the best dollar medicine known. No. 2—For special cases—10 degrees longer—three dollars per box. Ladies—ask your druggist for Cook's Cotton Root Compound. Take no other as all pills, mixtures and lotions are dangerous. No. 1 and No. 2 are sold and recommended by all druggists in the Dominion of Canada. Mailed to any address on receipt of price and four 2-cent postage stamps. **The Cook Company, Windsor, Ont.**

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LUNCH BOX PAPER

Pure parchment paper, suitable for lunch box wrapping, for sale at

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Ten Oats worth will be enough for an ordinary family for weeks.

THIBET AND PEOPLE

LITTLE KNOWN LAND THAT GREAT BRITAIN IS NOW AFTER.

People Are Strong, Well-Developed Race Physically—Habits Not Dictated by a High Moral Ideal—Polyandry and Polygamy Are Both Practised—The Trade of the Country—Not Independent.

The Tibetan people by outward signs appear to be an intensely religious nation. Their practical professions as evidenced by their monasteries are convincing. Their worship is a form of Buddhism. The Lama, a name which is so often heard, is the title adopted by their priests. It is a religion more of the intellect than the heart—a religion of formality more than a religion of service. Buddha is the centre of it. Others saints recognized in Buddhism are also worshipped. There is distinct connection between the Government in sacred and secular things. At the head of all is the Dalai Lama. The ritual of the Tibetan religion is said to be akin to that of the Roman Catholic Church.

Habits of the Tibetans. The rigid exclusion of the foreigner is more probably due to the animosity of the lamas than the hostility of the common people. Free access and intercommunication would necessarily result in a limitation of the influence exerted over the people by the priests. The formality of the religion is best exemplified in the habits of the people. The moral standard is not ideal. Polyandry and polygamy are practised, the former more so than the latter. Among the wealthier sections of the population, however, the custom of having more than one wife finds favor. There is no definite estimation as to what the population really numbers. Some calculations put it at six millions, another at a little over a half of that number. The uncertainty serves to emphasize the haze that surrounds this little known land. If the people have ever heard of the eighth commandment, or if any similar moral teaching is expressed in their creed, all of them are not particularly anxious to obey it. In short, their moral principles are not very strict. There is an Old World flavor about these Tibetans. Their language is the language of the ancient literature. It bears relationship to that of the Chinese. As a race they are physically strong and well-developed. For the craft that has long kept the outside world from satisfying its curiosity you must thank the holders of the reins of Government and not the common people.

The Trade of the Country.

As the slight indications given above will serve to show, Tibet has not a climate specially suited to agriculture. Nothing in the shape of produce is grown for export. Where crops are grown, they are meagre. Of animals there is an abundance of a kind. The yak, the musk deer, sheep and horses roam wild over the plains to the north. The yak is the most useful animal the Tibetans produce. It serves as a beast of burden, and its flesh is used as an article of consumption. It is a species of ox, and is much used in the trading caravans, for the Tibetans do a good deal of internal trade. Gold, copper and other minerals are to be found in small quantities. Woolen cloth is manufactured, and cottons are imported from India. There is not now, however, since the frontiers were closed, the trade there was with our Indian empire. With China, however, the Tibetans still exchange much of their produce. The warning to the European does not apply to China, and for special reasons.

Tibet Not Independent.

The open hostility and spirit of independence that characterize the Tibetan nation do not lead one to suppose that such a people are themselves subservient to another power. Such, however, is the case. Tibet is not independent. It may be practically so indeed; it is not so in name. Before 1720 the country was governed by its own princes. Since then China has held sway. China maintains an army in Tibet. If reports be correct, it is an army scarcely worthy of the name. If it is anything like that which China possesses in her own land at the present time, they indeed it hardly deserves the compliment bestowed upon it, by the name. It is questionable whether China has any real significance in Tibetan affairs whatever. She maintains a representative at Lhasa, and others in the principal towns, each with their own body of troops. But it is to be feared she is a suzerain power in name only. The Dalai Lama is invested with all civil and spiritual authority. Rumor has it also that the Tibetans resent what show of authority the Chinese Emperor, already possesses, and are inclined to kick the traces.—B. W. T., in Toronto Sunday World.

Hard Winter in London.

A reporter of the Salvation Army's Social Gazette, London, predicts an extremely hard winter for the unemployed in that city. The reporter appeared in reply to a number of "help wanted" advertisements and found crowds of applicants. For two places as carpenters at \$8.87 a week 110 men applied; for a clerk's situation at \$6.25 appeared eighty-seven men. Fifty-one waited in the rain for a liftman's berth and sixty for a stoker's at a salary of \$6.25, with long hours, while 150 men of all ages between twenty and fifty, some dressed in frock coats and silk hats, applied for a post as a warehouse porter at \$5.10 a week.

Poor Man's Hotel.

The latest of the L. C. C. "poor man's hotels" was opened at Deptford, a few days ago. The house is to be known as Carrington House, and appropriately it was opened by Countess Carrington. £80,000 has been expended on the building, which will give accommodation for 802 lodgers and 12 porters.

FOR WOMEN

Much That Every Woman Desires to Know

About Sanative Antiseptic Cleansing

And about the Care of the Skin, Scalp, Hair and Hands.

Too much stress cannot be placed on the great value of Cuticura Soap, Ointment and Resolvent in the antiseptic cleansing of the mucous surfaces and of the blood and circulating fluids, thus affording pure, sweet and economical local and constitutional treatment for weakening ulcerations, inflammations, itchings, irritations, relaxations, displacements, pains and irregularities peculiar to females. Hence the Cuticura remedies have a wonderful influence in restoring health, strength and beauty to weary women, who have been prematurely aged and inviolated by these distressing ailments, as well as such sympathetic afflictions as anemia, chlorosis, hysteria, nervousness and debility.

Women from the very first have fully appreciated the purity and sweetness, the power to afford immediate relief, the certainty of speedy and permanent cure, the absolute safety and great economy which have made the Cuticura remedies the standard skin cures and humor remedies of the civilized world. Millions of women use Cuticura Soap, assisted by Cuticura Ointment, for preserving, purifying and beautifying the skin, for cleansing the scalp of crusts, scales and dandruff, and the stopping of falling hair, for softening, whitening and soothing red, rough and sore hands, for annoying irritations, and ulcerative weaknesses, and for many sanative, antiseptic purposes which readily suggest themselves, as well as for all the purposes of the toilet, bath and nursery.

Cuticura Resolvent, liquid and in the form of Chocolate Coated Pills, Cuticura Ointment and Cuticura Soap are sold throughout the world. Depot London, 27, Chancery Lane, E. C. 4, England. Sole Importers, J. C. Carter & Co., Ltd., 10, Colburn Ave., Potter Drug & Chemical Corp., Sole Importers, New York, U. S. A.

Why an Alias?

One afternoon, when the Duke of Edinburgh and Sir Arthur Sullivan, having finished a duet, were sitting down to a homely "dish of tea" provided by Mrs. Sullivan, the composer's mother, it suddenly occurred to her to start the subject of family names and titles, which puzzled the good lady considerably.

"Sir," she said, "your family name is Guelph."

"My dear mother," began Arthur.

"But it is, isn't it?" she persisted.

"Certainly," replied the duke, much amused. "What's the matter with it, Mrs. Sullivan?"

"Oh, nothing," returned the excellent old lady musingly. "Only I can't understand why you don't call yourself by your proper name."

Arthur wanted to explain to her, but the duke would not allow him to.

"There's nothing to be ashamed of in the name of Guelph, Mrs. Sullivan," he said gravely.

"That's exactly what I say," persisted Arthur's mother; "nothing whatever as far as I know, and that being so, why you should not call yourself by it I can't understand."—F. C. Burdett's "Records and Reminiscences."

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MME. TUSSAUD'S.

London's Wax Show One Hundred Years Old—Romance of Founder—Once in Danger of the Guillotine.

The centenary of the foundation of Mme. Tussaud's Waxwork Exhibition in London was celebrated by a dinner at Baker street, on Dec. 17. Like many other of London's "show" places, Tussaud's is even more famous throughout the country than it is in the metropolis. Just as visits to St. Paul's, the Abbey, and the Tower are inseparably associated with our country cousin's sojourn in London, so is a visit to Tussaud's regarded as equally indispensable.

Although the centenary of Tussaud's was celebrated in the last month of 1903, the exhibition was, in reality, started by Mme. Tussaud in 1802. It may seem strange, in view of this fact, to say that many who are no longer in their first youth must have a recollection of the neat little figure of Mme. Tussaud herself, seated near the vestibule of her palace of celebrities in wax; but such is the case, and it is explained by the circumstance that Mme. Tussaud died at the great age of ninety in 1850.

She had a singular and varied life. She was a contemporary of, and lived among, the historic men and women of the French Revolution, and framed their portraits in wax from direct observation.

One day she would model the horrible features of the assassinated Marat, for whom she had no love; and on another day she would imitate the countenance of his beautiful assassin, Charlotte Corday, for whom she had unbounded admiration. Now it was a Princess Lamballe, next Robespierre himself who was the object of her artistic attention.

Mme. Tussaud was for a time the inmate of a prison, and was in danger of the guillotine. She escaped from France and went through a period of adversity, which she faced with a stout heart. Once she was shipwrecked on a voyage to Ireland, and lost the whole of her stock; but she survived that calamity, and after a time was able to set up her models in London.

They had their first home at the Lyceum, Strand. In 1855 the collection was settled in Baker street, and the present great building was erected to contain it in 1884.

From the moment when Mme. Tussaud settled in London fortune smiled upon the plucky and ingenious little lady. She had nearly fifty years of constant prosperity, and she left to her numerous descendants the finest waxwork show in the world and a considerable fortune.

The present director and artist-modeler is Mr. John Theodore Tussaud, great grandson of the founder of the exhibition. Through four generations the popularity of Tussaud's has steadily increased.

Neither time, trouble, nor money is spared to obtain anything that may prove an attraction to the exhibition. Remarkable stories are told of the sleuth-like hunts of the Tussaud directorate for articles rendered famous by their association with notable crimes, criminals, famous personages, and the astonishing prices that have been paid for them.

Not a notable crime of the century has occurred that is not recorded by an exhibit in the Chamber of Horrors, and no world celebrity has escaped commemoration in wax for a hundred years.

The present exhibition numbers 1,000 figures, and its contents are valued at nearly half a million sterling. Over 250,000 people pass through the turnstiles in a year.

There is a regular army of dress-makers constantly employed on the premises, and the greatest attention is given to completeness and accuracy of costume. The most expensive dress ever made for use there is perhaps that for the model of the Empress Eugenie, which cost £650.

The exhibition is now the property of a small limited company, but Mr. J. T. Tussaud has absolute control of the artistic arrangements.—London Express.

Stanley as a Fighter.

A thoroughly good man was Henry M. Stanley, whom I first met in the Ashanti expedition. No noise, no danger ruffled his nerve, and he looked as cool and self-possessed as if he had been at "target practice." Time after time as I turned in his direction I saw him go down to a kneeling position to steady his rifle as he plied the most daring of the enemy with a never-failing aim. It is nearly thirty years ago, and I can still see before me the close-shut lips and determined expression of his manly face, which, when he looked in my direction, told plainly I had near me an Englishman in plain clothes whom no danger could appal. Had I felt inclined to run away, the cool, firm, unflinching manliness of that face would have given me fresh courage. I had been previously somewhat prejudiced by others against him, but all such feelings were slain and buried at Asofoful.—Lord Wellesley's Recollections.

Unique Relics of Shakespeare.

A small but unique collection of Shakespearean relics was sold at Sotheby's in London recently. A silver seal-topped spoon of the period of James I., with a full-length figure of Shakespeare engraved on the back, with the date of his death, 1616, beneath, fetched £75. A casket made of the wood of a mulberry tree planted by Shakespeare, and fitted as an inkstand, brought £120. A picture described as "An unknown portrait of Shakespeare," which was pronounced to be a picture of the poet taken on his deathbed, sold for £131. Though this was evidently the work of an amateur, authorities say that in looking at it "we are gazing at the features of the immortal bard as he must have appeared when he was approaching death." Among other articles sold was a fourth folio copy of an issue unknown in this country, though there are two copies in America. It fetched £215.

DR. WOOD'S NORWAY PINE SYRUP

Cures Coughs, Colds, Bronchitis, Pain in the Chest, Whooping Cough, Quinsey, all Throat and Lung Troubles.

It is pleasant to take and is soothing and healing to the lungs. There is nothing to equal it for stopping that tickling sensation in the throat, and the persistent cough that keeps you awake at night.

Price 25c. at all Dealers. QUICKEST AND MOST EFFECTIVE.

I have used Dr. Wood's Norway Pine Syrup in my family for the last six years, and have found it the quickest and most effective medicine for all kinds of coughs and colds I have ever used. By using half a bottle of the Syrup he was completely cured. I cannot praise it enough.

Mrs. Wm. J. FLEMING, Arthur, Ont.

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Strictures, no matter where located, are apt to involve the surrounding structures. If neglected or improperly treated, stricture will produce distressing symptoms. Cutting, stretching and tearing are the old barbarous methods of curing this disease. The strictly modern and original method employed by us is free from the horrors of surgery and is absolutely safe and harmless. The abnormal stricture tissue is dissolved and leaves the channel free and clear. All undischarged organs are irrigated or washed out, and the surrounding organs are strengthened and the bliss of manhood returns. Our ABSORPTIVE TREATMENT will positively cure you. YOU CAN PAY WHEN CURED.

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290 WOODWARD AVE., DETROIT, MICH.

FAVORITE AGES OF WOMEN.

They Appear to Range Between Sixteen and Twenty-four Years.

It may seem strange that women have preferences for particular ages. An inspection of the census, however, leaves no room for doubt that certain years are preferred and certain other years disliked by the members of the gentler sex.

Of children fourteen years and under the number of boys is nearly 400,000 greater than the number of girls; at fifteen the boys are still 6,000 ahead of the girls; at sixteen the girls are 6,000 the more numerous, and each year thereafter until the twenty-fourth there is an excess of women over men. The favorite ages within these limits are eighteen and twenty. There are 24,000 more misses of eighteen than there are boys of that age, and the young ladies twenty years old exceed their masculine companions by 54,000. At twenty-four and twenty-five the numbers of the two sexes are nearly equal. Then the women begin to grow less with great rapidity. The most unpopular ages are thirty and forty. At the former age there is a difference of 78,000 between the two sexes; at the latter 83,000.

One peculiar circumstance is that there are more women twenty years old than there are girls of thirteen or fourteen or any age up to twenty. This fact conclusively demonstrates that twenty is a very healthful age. But if the younger ages are unhealthy, where did the increased number who are twenty years old come from? No women are born that old.

Only an unusually elastic theory can account for these peculiarities with becoming gallantry to the lovelier sex.—J. S. Gilham in Ladies' Home Journal.

The speechmaker who is well paid doesn't believe that "silence is golden."

WHEN YOU'RE RUN DOWN

Just build up your system with the great South American Nerve, the health builder, blood maker and nerve food, that is quick and most thorough in its action. Will put every organ in the body in good working order speedily and permanently, through giving them a new nervous energy, and fills the system with health, vigor and rich, red blood.

J. W. Dinwiddie, of Campbellford, Ont., states: "For years I was troubled with nervousness and impaired liver and kidneys. I was treated by several doctors; tried every medicine. Last fall I procured a bottle of SOUTH AMERICAN NERVE. I took but a very few doses, and this nervous depression left my entire system. I feel now as if I never would be without it."

DR. VON STAN'S PINEAPPLE TABLETS

allow the sufferer from indigestion to eat heartily and heavily of anything he likes while curing him, for the Pineapple actually digests the food, letting the stomach rest and get sound while you enjoy life.—Price, 35 cents.

Sold by Messrs. Gunn and McLaren, Druggists, Chatham.

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Success or Harper's Bazar, 1 year, \$1.00.

The Housekeeper, 1 year, 60c.

Our Club Price, \$1.25.

Woman's Home Companion, 1 year, \$1.00.

Cosmopolitan or Success, 1 year, \$1.00.

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Cosmopolitan or Youth, 1 year, \$1.00.

Leslie's or Pearson's, 1 year, \$1.00.

Woman's Home Companion, 1 year, \$1.00.

Our Club Price, \$2.50.

The Art Interchange, 1 year, \$1.00.

Leslie's or Cosmopolitan, 1 year, \$1.00.

Woman's Home Companion or Harper's Bazar, 1 year, \$1.00.

Our Club Price, \$3.00.

Ladies' Home Journal, 1 year, \$1.00.

Saturday Evening Post, 1 year, \$2.00.

Our Club Price, \$2.25.

Review of Reviews, 1 year, \$2.50.

Success (no substitute) 1 year, \$1.00.

Leslie's or Cosmopolitan, 1 year, \$1.00.

Our Club Price, \$3.00.

Woman's Home Companion, 1 year, \$1.00.

Cosmopolitan or Leslie's, 1 year, \$1.00.

Our Club Price, \$1.50.

Cosmopolitan or Leslie's, 1 year, \$1.00.

Housekeeper or McCall's, 1 year, 60c.

Our Club Price, \$1.25.

The Art Interchange, 1 year, \$1.00.

Woman's Home Companion, 1 year, \$1.00.

Our Club Price, \$2.50.

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