Miss Gertrude Williams, Chaplain of Woman's Christian Association of Detroit, and Two Other Women,

Tell How Lydia E. Pinkham's Vegetable Compound Cures Periodic Suffering.

While no woman is entirely free from periodical suffering, it does not seem to have been the plan of nature that woman should suffer so severely. Lydia E. Pinkham's Vegetable Compound is the most thorough female regulator known to medical science. It relieves the condition which produces so lator known to medical science. It relieves the condi-much discomfort and robs menstruation of its terrors.



MISS GERTRUDE WILLIAMS.

"Dear Mrs. Pinkham:—and dear friend, for such your medicine has proved to me; 'a friend in need is a friend indeed.' For several years I suffered from Menorrhagia, or profuse and painful menstruation, until my vitality was well nigh gone, and as a last resort I took six bottles of Lydia E. Pinkham's Vegetable Compound and was returned to health to the course of th stored to health, to the surprise of my friends, and I now sing its praises. Gratefully yours, Miss Gertrude Williams, 75 Columbia St., West Detroit, Mich."

Two More Sufferers Relieved.

DEAR MRS. PINKHAM: - I had been a sufferer of suppression of the menses from girlhood, always appearing after time and causing great pain compelling me to keep my bed. I tried a number of doctors but without relief. Having read so many testi-monies about the good Lydia E. Pinkham's Vegetable Com-pound had done, I decided to try it. After using only one bottle I felt much better. I continued its use and the health and strength that I have to-day I feel I owe to you."-MRS. CHAS. B. GILL, 1012 Winter St., Phil-

" DEAR MRS. PINKHAM : - I write to let you know how thankful I feel toward you and your remedies, Words cannot express the benefit I have received from Lydia E. Pinkham's Vegetable Compound. had been troubled with my periods being very irregular and painful, also suffered with my back and kidneys, but now I feel like a new woman. I cheerfully re to any one suffering as I was."— Mrs. James Cox, 528 Washington St.,

Women who are troubled with painful or irregular menstruation, women who are troubled with painful or irregular menstruation, backache, bloating (or flatulence), leucorrhœa, falling, inflammation or ulceration of the uterus, ovarian troubles, that "bearing-down" feeling, dizziness, faintness, indigestion, ne. ous prostration or the blues, should take immediate action to ward off the serious consequences, and be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound, and then write to Mrs. Pinkham, Lynn, Mass., for further free advice. Thousands have been cured by so doing.

REWARD. — We have deposited with the National City Bank of Lynn, \$5000 which will be paid to any person who can find that the above testimonial letters are not genuine, or were published before obtaining the writer's special per Lydia E. Pinkham Medicine Co., Lynn, Mass.

..... **Spring Cleaning** And Disinfecting

Carbolic Acid, Cloride of Lime. Caustic Soda. Copperas, Camphor, Ammonia, Borax, Sponges and Chamois

Radley's Drug King St., Chatham ********

Lime, Cement

......

Cut Stone

We keep the best in stock at right prices.

JOHN H. OLDERSHAW Thames Street, Next Police Station

Principles are Eternal

"Not what you spend"

What you get for what you The Best is cheapest in the end. Gibson's Photos are the Best.

GIBSON'S - Sudio, 29 King St Chatham.

FALSE PRETENSE. We're all often forced to rob Peter,

In order to settle with Paul, But some of us merely rob Peter, And Paul never sees us at all.

Tendency of Catarrh is to Spread

Just a slight matter at first, and pecause slight, neglected; but the seed sown brings forth a dangerous har-vest, Consumption, which is the harvest of death. Better spend a few moments each day inhaling Catarrhezone, an aromatic antiseptic that re-lieves at once, clears the nasal passages, and restores lost sense of taste and smell. The immediate effect of Catarrhozone is magical; so prompt and efficient. Cure is certain and permanent if you use Catarrhozone. Price \$1. Small sizes 25c., at Druggists or Polson & Co., Kingston, Ont.

The richest man is not the one who has the most, but the one who can be most thankful for the least.

A Eig Quarter's Worth

s always found in a bottle of Polson's Nerviline, the best household lin-iment known. It cures rheumatism, meuralgia, toothache, headache, sickmeuraigia, toothache, headache, sick-stomich, in fact is good for every-thing a liniment ought to be good for. Mothers find it the safest thing to rub on their children for sore throat, cold on their children for sore throat, cold on the chest, sprains and bruises. Nev-er be without Polson's Nerviline. It will cure the pains and aches of the entire family and relieve a vast amount of suffering every year.

Starting out is easy; holding on is hard. It is the latter ability that brings reward in business and in

How To Get Up an Appetite

Distaste for food often follows Grippe, and fevers, and is associated with a general weakness of the syswith a general weakness of the system. To impart a real zest for food, and give power to the stomach to digest and assimilate, no remedy can equal Ferrozone. This is a new and startling discovery. It strikes at the root of disease and by removing the cause, cures quickly and permanently. Ferrozone will quickly enable you to eat and digest anything. Mr. McCall, Druggist, can tell you a great deal more about Ferrozone, how it cures and why it cures. Call to-day and see him. Price 50c.

++++++++++++++++++++++++ BEAMS OF SUNSHINE:

Chatham Branch of the International Motto-Good cheer.
Have you had a kindness shown?
Pass it on.
'Twas not given for you alone—

Pass it on. Let it travel down the years, Let it wipe another's tears, Till in heaven the deed appears—

For the next two weeks every Sun shiner will be working for Sunshine. On May 29th International Day will be observed at headquarters in New York. Delegates from branches all over America will attend this annual meeting. The sessions will be held in Waldorf-Astoria, beginning at 9 o'clock in the morning and lasting until six. The evening will be devoted to a Sunshine Carnival in the Carnegie Lyceum. Several hundred children will take part in the play called "Efficial Visit to Cleribard". "Effie's Visit to Cloudland," professionals having offered their services for the leading roles. Numbers of the branches throughout the country ob-

promised to provide fifty cents in some way, as his or her share to this You will notice I say "his or her share," for the gentleman are beginning to realize that it is a work in which they should interest themselves, and new members from their ranks are reported at every meeting. They have expressed their readiness to be called upon at any time for aid in the cause of Sunshine, and no doubt will not shirk their duty in the mat-ter of International fees. As we can now boast of between twenty and thirty members in all, the amount that will go from Chatham Branch to headquarters should be considerable. It should be a pleasure to know that our mite wi'l be the means of carrying good cheer maybe to several homes

About the first week in June, the Chatham Sunshiners intend giving a Lawn Tennis Tea, which promises to

be a very enjoyable affair. That is also about the time we should begin to think of our Flower Mission. In fact it is hardly too early now. Mrs. Ayres says in Sunday's Free Press that many "shutins" would rather have a spray of apple-blossom than the choicest hothouse flower. I think one ladd. house flower. I think one lady pro-mised a bushel basketful of her roses when they begin to bloom. We will hope that she does not change her

CATCH THE SUNSHINE.

'Catch the sunshine, tho' it flickers Through a dark and dismal cloud hough it falls so faint On a heart with sorrow bowed. Catch it quickly! It is passing Passing rapidly away; It has only come to tell you

There is yet a brighter day. Catch the sunshine, catch it gladly senger in Hope's employ;

and billows, and billows,
Bringing you a cup of joy.
Don't be sighing, don't be weeping,
Life, you know, is but a span;
There's no time to sigh or sorrow— Catch the sunshine while you can.

Catch the sunshine, don't be grieving O'er that darksome billow there Life's a sea of stormy billows, We must meet them everywhere. Pass right through them, do not

Overcome the heaving tide; There's a sparkling gleam of sun Waiting on the other side."

How Cows Lie. A cattleman says that all cows lie

flown on their left side and never on their right unless the left is injured. More than 70,000 pounds of so called

Chicago and New York was really taken from the Mississippi river catfish instead of from sturgeon.

aviare which was sold last year in

Fireproof paper can be made by saturating any paper in a strong solution of alum and then drying it.

Suicide In England. During the last fifty years the suicidal tendency in England has grown into a formidable disease. The growth, too, has been continuous. Suicide has steadily increased 200 per cent. Unhappily, too, the growth has been most rapid in recent years.

Constables and Coal. Married constables of the London police force receive forty pounds of coal

Two ounces of prepared chalk, half an ounce of powdered orris root, quarter of an ounce of carbonate of soda. Dry, mix thoroughly and pass twice

Perfumed Wine. fumed by steeping the leaves of roses or violets in the liquor until it had acquired the odor of the flowers.

zerland that devices are made to control them. The Swiss form earthworks or intreachments which are pointed in such a fashion that avalanches coming In contact with them are split and so driven aside.

WORLDS OF HOPE

TO ALL WHO SUFFER FROM A RUN DOWN SYSTEM.

Mrs. Harriet A. Farr, Fenwick, Ont., Tells How She Obtained a Cure After Suffering for Two Years.

Thousands throughout this country suffer seriously from general debil-ity-the result of impoverished blood ity—the result of impoverished blood and shattered nerves. To all such the story of Mrs. Harriet Farr, widow of the late Rev. Richard Farr, Fenwick, Ont., a lady well known throughout the Niagara district, will point the means of renewed health. Mrs. Farr says: "For a couple of years prior to 1899. I a couple of years prior to 1899 I was a great sufferer from a run down system. My digestion was bad; I had little or no appetite and was in a very poor state; I suffered from heart publishing and seed and seed are stated to the state of the seed in a very poor state; I suffered from heart palpitation and a feeling of continual exhaustion. The doctors' treatment failed to benefit me and I gradually grew worse until I was finally unable to do the least work. I then began using Dr. Williams' Pink Pills, and from the very first I noted an improvement in my condi-tion. The severity of my trouble tion. gradually lessened, and by the time. I had taken eight boxes I was again branches throughout the country observe the same day, giving some little entertainment, the proceeds of which go to headquarters to help defray expenses.

Instead of setting apart one day to raise money for this purpose, each member of the Chatham Branch has promised to provide fifty cents in When your blood is poor

watery; when your nerves are urwatery; when your nerves are ur-strung; when you suffer from head-aches and dizziness; when you are pale, languid and completely run down, Dr. Williams'. Pink Pills will promptly restore you'r health by rc-newing and enriching the blood. newing and enriching the blood. They are a prompt and certain cure for all troubles having their origin in a poor or watery condition of the blood. But only the genuine cure blood. But only the genuine cure and these bear the full name, "Dr. Williams' Pink Pills for Pale Pec-ple. Sold by all dealers in medi-cine or sent post paid at 50 cents a box or six boxes for \$2.50 by addressing, the Dr. Williams' Medicine Co., Brockville, Ont.

Speaking scientifically, white is a ombination of all colors—that is, the pure light of the sun when decomposed by the spectrum analysis shows that it is made up of all the colors. Speaking popularly, white is a color, as a paint, and is not a color, as when we say that a person was "perfectly colorless."

Not Conclusive. He-I suppose you know I'm singing at your church now.

She-No, I didn't. He-But surely your brother Jack told you I had joined the choir there. She-Oh, yes; he did tell me that.

THE KIND OF WORKDONE BY Paine's Celery Compound.

Mrs S. W. Sullivan, of Orillia, Ont., had Rheumatism so Bad She Could not Raise Fer Hands to H r Head, and Could not Walk Owing to Pains and Stiffness of Joints.

After the Use of Two Bottles o Paine's Celery Compound her Agonies and Paine's are Banished, and she Finds Herself as Strong as Eyer Before.

True Merit, prompt and effective results and astonishing cures, have given Paine's Celery Compound a position on the highest round or the ladder of Paine's Celery Compoundd is to-day

the only spring medicine asked for and bought by thoughtful and discerning bought by thoughtful and discerning people. For the treatment of serious diseases, such as rheumatism, neural-gia, nervous disorders and blood trou-bles, Paine's Celery Compound has no

credit of Paine's Celery Compound has advanced to such a high eminence, that amongst the millions who use it, we find the names of millionaires, bankers, professional men, wealthy merchants and women of note All have made it their chosen remedy for the cure of chronic diseases and for the banishment of the little ailments that often make life miserable.

Paine's Celery Compound in the opin-ion of the leading druggists and physi-cians has displaced nearly all the com-mon advertised medicines of the day. This great work has been accomplish only by merit and genuine cure only by merit and genuine cures. Rheumatism, neuralgia and nervous disorders take flight in springtime when Paine's Celery Compound is used a time. Why delay the work of health building when such a life giver is within your reach? Test its efficacy this very day. Mrs. Sullivan writes

as follows:"I was so badly afflicted with rheumatism that I could not raise my hands to my head, and often could not walk owing to pains and stiffness of joints. At night I rarely slept owing to nervousness and feelings of exhaustion. I commenced to use Paine's Celery Compound, and soon found myself relieved, and after use of the first bottle my pains and nervous feelings were banished. In order to make the cure complete, I used the second bottle of Paine's Celery Compound, and now I am as strong as ever before. I sleep well, appetite is always good, and my digestive vigor all that I could wish for."

······Q·········· District Dashes

Dresden has a population of and an assessment of \$714,650.

Sherman Handy, an old Howard boy, is mentioned as a candidate for the Lieut-Governorship of Michigan.

Miss Irene Langford, Kent Bridge

tends getting up a grand celebration for the 1st of August, calculated to eclipse everything of former years. Harvey McKay, of Dresden and Miss Ida Hutchison were united in mar-riage at the home of the bride, con. 4, Harwich, on Wednesday, May 7, by Rev. Mr. Blatchford, of Thamesville.

Two young sons of Mr. Harris, Marthaville, were recently sent out to kil a chicken for Sunday dinner. One held the chicken's head on the block, while the other wielded the axe. When the Axe decended it missed the chicken's head but completely severed a brother's finger from the hand .- Dresden

Wallaceburg people while enjoying the boom this year will pay a tax rate of 30 mills on the dollar and the town needs money so badly that a discount of five per cent will be allowed on all paid within a given time.

The North Essex license board has done an unusual thing in recalling the liquor license granted to Victor Chau-vin, of St. Joachim, for a liquor license. He has now but three months' permit and his hotel must be repaired or no further license will be granted.

James Ross, of Tilbury was in Chatt ham Monday. He purchased a car of twelve cattle, which were purchased from Mr. McFadden, of the 7th con-cession of Raleigh. Mr. McFadden received a check for over \$1,000.-Tilbury Times.

The outlook for a plentiful crop of peaches in Essex county is very bright. The buds have not been injured by the frosts, and the express companies are already getting ready to handle the expected large crops.

Application has been made to the missioners to grant a license to the Eric House, Wheatley, A petition had been circulated in that vicinity and a sufficient number of names secured. A counter petition was pre-sented to the commissioners asking them not to grant a license.

A man in Essex County took 18 fat eattle to Toronto and sold them, bringing back over \$1,500 in cash. With pork at the high price it is and cattle at \$6.50 live weight it is surprising that our farmers do not go more ex-tensively into stock and leave wheat -Comber Herald.

Mr. John Lee, the Reform candi week and visited many political friends in Blenheim and Harwich. Mr. George Johns, of Bothwell, was also in town, and says he will enter the contest, in the riding as an independent candiate.

—Blenheim News.

H. J Cartier, was in town yesterday H. J Cartier, was in town yesterday and announces a grand race, in about two weeks, between the four gasolene launches owned respectively by Messrs Joyce, Bagnall, Myers and Marchand. The course will be five miles and promises to be one of the most exciting events on the river, as the boats are all fast 'un.—Tilbury Times.

Rev. Rural Dean McCosh preached two eloquent sermons here on Sunday in the English Church, on the first organ anniversary, in which he took occasion to congratulate the ladies for their noble work toward this fund, Mr. McCosh is always popular with Tilburyites, and his addresses were listened to with marked attention by large congregations. Mrs. Hill sang most acceptably two beautiful solos. The collections realized \$35,-Tilbury

The township council, becoming aware of Mr. George M. Baird's intention to resign his office as township clerk, and recognizing the value of his services, have asked him to remain in his present effice, and as an induce-ment have promised him a liberal in-crease of salary. While Mr. Baird is no doubt gratified to see his services appreciated, he feels that close attention to his office work has affected his health and that some change is necession. sary. He will, however, give the mat-ter his consideration.—Blenheim News.

Character In the Eyes. Steady eyes are always a sign of sincerity and honor, except when the head is slightly tilted back and the eyes look brough half closed lids. Then the pos sessor des not trust, nor is he to be trusted. Shifting eyes betray a treacherous nature, one thoroughly dishonor able, deceitful, restless and disconten ed. Clear eyes are a sign of good constitution. Frequently persons in ill health have comparatively clear eyes, but even in these cases they have el-

ther great recuperative powers or they have wasted health originally good. Small eyes are indicative of an alert mind, of cleverness, wit and spontanel ty. Large eyes show a quieter nature one slow to rouse, but more intense when fully wrought upon. Long eyes belong to more poetic temperaments dreamy natures, more contented, les aspiring. Round eyes show ambition They are sometimes found with unmis takable signs of an artistic nature which is an indication of a rare combination of a sense of business and love for art. Deep set eyes show thoughtfulness and logic. Eyes that seem to stand out from the face show.

SLAVERY DAYS

Authentic reports state Positively That Elavery Still Exists in Canada

and Punished Terrribly-The Tortures of the Inquisition Outdone. The days of slavery are not yet

men and women as cattle is abolished, but there are still many thousands who are bound in an awful bondage, and who daily suffer punishment greater than ever the average slave

old King Dyspepsia totter on his throne, and have snatched many a rictim from his ruthless clutches.

Dodd's Dyspepsia Tablets by their
imely aid have saved many a life

from despair and death.

Into the very heart of this hitherto unconquerable old monarch's realm have Dodd's Dyspepsia Tablets strode as a comquering hero to whom many wan and weary faces have been turn-

lets for emancipation in vain.

Right on the palace gate of the tyrannical monster has been posted the proclamation—

All Dyspeptics May Be Free—Dodd's Dyspepsia Tablets Have Defeated Dys-

Many have been liberated, and if you are still in the bondage of Dysepsia it is only because you will not hand and take the freedom from all its distress and pain which is within your reach. Dodd's Dyspepsia Tablets are sold

When Finished. Busy persons, forced to defend themselves from interminable talkers who have little to say, can appreciate a hint to which Henry IV. of France once re sorted. A parliamentary deputy called upon him and made a long speech.

time, then he decided that his visitor would do well to condense his remarks. He took him by the hand and led him to where they could see the gallery of

When it is finished, it will be a good thing, will it not?" "Yes," replied the man of many

"Well monsieur, that is just the way with your discourse," was the king's

BABY'S BIRTHFIGHT

Health and Bappiness-Fow Mothe Oan Keep Th ir Little Ones Well

ones. It is a mother's duty to see that her baby enjoys it Mother's greatest aid in guarding children's health is Baby's Own Tablets—a medicine which can be given with perfect safety to the youngest baby. Among the many mothers who have proved the value of this medicine is Mrs. J. W. Booth, Bar River, Ont. She says: - "My baby suffered greatly from sore mouth and bad stomach. Several doctors pre-scribed for her, but nothing seemed to beenfit her in the least till I began giving ber Baby's Own Tablets, and then in a short time my little one was fully restored to health. I would not be without the Tablets in the house and would advise all mothers to use them when their children are ailing." thousands of homes in Canada and al-ways with beneficial results. They contain absolutely no opiate or other harmful drug; are mild, but sure in their action and pleasant to take. The very best medicine for all troubles of the stomach and bowels, curing colic, mail post paid by writing direct to The Dr. Williams' Iedicine Co., Brockville, Ont., or Shenectady, N. Y.

To help others for the sake of betwe inevitably forget ourselves.

A lazy liver may only be a tired liv-er, or a starved liver. A stick is all right for the back of a lazy man. But

One of the most unwholeso sions that can gaster itself upor craving for praise.

Minard's Liniment Cures LaGrippe.

Thousands are Bound Hand and Foot OING EAST True the buying and selling of black

bad to endure.

Dyspepsia is the task master to whom these poor unfortunates are bound, and a cruel master he is.

Lashed to desperation by his awful punishment, many have sought liberty in death proferring suicide to

punishment, many have sought heerly
in death, preferring suicide to
further torture.

But a Great Deliverer has appeared, and is striking off the shackles
from all who would be free.

Dodd's Dyspepsia Tablets have made

ed for deliverance.

And no poor Dyspeptic Slave has ever turned to Dodd's Dyspepsia Tab-

at 50c. a box wherever medicine is

The king listened patiently for

"What do you think of that building?

words, not guessing what was coming

Health is the birthright of all little Baby's Own Tablets are used in indigestion, constipation, diarrhoea and simple fever. They give relief in teething troubles, dispel worms, pre-mote healthful sleep and cure all the minor ailments of children. Price 25 cents a box at all druggists or sent by

tering our own souls is selfishness, not service. In helping others truly,

it would be a savage as well as a stupid thing to beat a weary man of a pid thing to beat a weary man of a starving man because he lagged in his work. So in treating the lagging liver it is a great mistake to lash it with drastic drugs. In ninety-nine cases out of a hundred a torpid or aluggish liver is but a symptom of an ill-nourished body, whose organs are weary with overwork. Let your liver alone. Start with the stomach and its allied organs of digestion and nutrition. Put them in proper working order, and see how quickly your liver will become active and energetic. Dr. Pierce's Golden Medical Discovery has made many marvellous cures of "liver trouble" by its wonderful control of the organs of digestion and nutrition. It restores the normal activity of the stomach, increases the secretions of the blood-making glands, cleanses the system from poisonous accumulations, and so relieves the liver of the burdens imposed upon it by the defection of other organs. starving man because he lagged in his

CANADIAN PACIFIC. GOING EAST GOING WEST

GOING WEST 9.02 a. m....*Express...... Express. 12.42 p.ms ion . 2.30 p. m 4.23 p.m

Limited 9.10
"Daily Sunday included THE WABA RAIROAD CO. EAST BOUN. No. 1-6.45 a. m. 3—1.07 p. m...... 13—1.25 p. m...... 5— 9.52 p. m..... 9—1.18 a. m.... 4-11.06 p. m 5— 9.52 p. m. . . . 6—1.32 a. m. 9—1.18 a. m. . . . 8—2.49 p. r. The Wabash is the short and true route J. A. RICHARDSON,

W. E. RISPIN, C. P.A. 115 King St.,

. E. & D. R. R. TIME CARD NO.) Effective Mar. 12, 1902

Leamington 7.45 a Kingsville Walkerville 4.15 P

Going North, mixed 2.05 p m 7.30 a m for London is a through train, other ains connect at Blenheim for East and West

VICTORIA DAY

Round Trip Tickets will be Single First.class Fare

Going May 23 and 24, Return-ing until May 26, 1902 Between all stations in Canada, Port Arthur, Sault Ste. Marie, Windsor and East; TO and FROM Sault Ste. Marie Mich., and Detroit, Mich., and TO, but not FROM, Suspension Bridge, N. Y., Niagara Falls, N. Y., Black Rock, N. Y., and Buffalo, N. Y.

E. RISPIN. City Pass. Agent, J. A. RICHARDSON, Dist. Pass Agent,i Toronto and St. Thomas.

GRAND IRUNK SYSTEM Victoria Day MAY 24th, 1902

Return tickets will be issued at Single First-class Fare Between all stations in Canada; all

Stations in Canada to and from Detroit, Mich., Port Huron, Mich, Fort Covington, N. Y., Bombay Jet., N. Y., Helena, N. Y., Massena Springs, N. Y., Rouse's Point, N. Y., Island Pond, Vt., all stations in Canada to but not from Buffalo, N. Y., Black Rock, N. Y., Niagara Falls, N. Y., and Suspension Bridge, N. Y., Good Going May 23rd or 24th Valid returning from destination on or before May 26th, 1902.

Tickets and all information from agents Grand Trunk Railway System. W. E. RISPIN, City Pass. Agent, 115 King street, Chatham.

CANADIAN PACIFIC

CHATHAM Vancouver, Victoria, B. C., Seattle and Tacoma, Wash., and Portland,

Ore., and return.
Tickets good going May 26th to June
7th; good for return within sixty days. \$62.00 CHATHAM Los Angeles, San Francisco, Cal., and

return, going and returning via direct Going via Detroit and direct U. S. Tickets good going May 26th to June 7th, inclusive, good for return within sixty days from date of sale.

For full particulars apply to your nearest Canadian Pacific Agent or to A. H. NOTMAN, and Canadian Pacific.

Ass't Gen. Pass. Agent, Toronto City Pass. Agent. Chatham.

