

Constipation

Baked sweet apples, with some people, bring prompt relief for Constipation. With others coarse all-wheat bread will have the same effect. Nature undoubtedly has a vegetable remedy to relieve every ailment known to man, if physician can but find Nature's way to health. And this is strikingly true with regard to Constipation.

The bark of a certain tree in California—Cascara Sagrada—offers a most excellent aid to this end. But, combined with Egyptian Senna, Slippery Elm Bark, Solid Extract of Prunes, etc., this same Cascara bark is given its greatest possible power to correct constipation. A toothsome Candy Tablet, called Lax-ets, is now made at the Dr. Shoop Laboratories, from this ingenious and most effective prescription. Its effect on Constipation, Biliousness, Sour Stomach, Bad Breath, Sallow Complexion, etc., is indeed prompt and satisfying.

No gripping, no unpleasant after effects are experienced, and Lax-ets are put up in beautiful lithographed metal boxes at 5 cents and 25 cents per box.

For something new, nice, economical and effective, try a box of

Lax-ets

C. H. GUNN & CO.

A New Pain Deadener.

Within recent months a new drug, called stovaine, has come into use here and abroad, and is likely to be more used in the future. Stovaine does not produce unconsciousness, though it produces insensibility to pain. A patient under its influence, who is not of a nervous disposition, can watch a surgeon removing his appendix. He can, and sometimes does, chat with the surgeon.

Stovaine is used in London—at the University College Hospital, for instance. But it is said to be in greater use in Paris and Germany.

It is injected into the gumbar region of the spinal canal, and acts on the roots of the nerves entering the spinal cord. The injection produces a certain amount of shock, as well as occasional sickness and headache.

The Adelaide Advertiser prints an interview with a surgeon who, not long ago, operated on a boy, who followed the whole operation with a series of pertinent and intelligent questions.

In another case the question arose whether the effect of the stovaine would continue till the operation was finished. The surgeon put on the greatest speed which safety permitted, and the patient, who knew the problem which was being confronted, was probably more interested than anyone else in the effort of the knife to outstrip the recovering nerves.

A Book of Manners.

The antiquary took down a small, fat volume, vellum-bound, with a brass clasp. "This is a 'Book of Manners,'" he said. "It was printed in 1473. Here are a few extracts." And he read: "Do not gnaw a bone, like a dog, nor suck the marrow out of a bone. In peeling a pear, begin at the stalk, but with an apple begin at the top."

"Do not wipe the hands on the clothes, nor suck them; but use the cloth."

"When you drink, lift the cup in both hands; you must not drink with one hand like a wagoner, when he is greasing his cart wheels."

"Do not eat an apple all alone, but cut it in two and give a neighbor a piece."

"Do not use your own knife to cut your meat if the host has set a knife of his own at your place."

"Do not spread butter on bread with your thumb."



ALL THE WHEAT

That's Good To Eat. Beaver Flour contains ALL the nutrition—the gluten, protein, phosphates—of the wheat kernel.

Beaver Flour

is a blend of Manitoba Spring Wheat and makes Cake, Pastry and Bread that delight the eye and please the taste. Also true foods in every way. No bleaching process required with the grade of wheat we use. At your grocer's.

Dealers, write for prices on all kinds of Flour, Cereals, Grains and Cereals. T. H. Taylor Co., Limited, Chatham.

U.S. MEN AND WOMEN.
Use Bic for all urinary discharges, inflammations, irritations or ulcerations of the bladder, urethra, prostate, etc. It is a powerful antiseptic, painless, and not irritating. Sold by druggists, or sent in plain wrapper by express, prepaid, for 61¢ a box of 100 tablets. Circular sent on request.

Wedding Cakes

Plum Pudding

Webb's Chocolates

MOUNTAIN'S, KENT

Bakery.

THE DOINGS AT OTTAWA

Delegation Meets Ministers—Premier Expresses Some Views

A MINISTER OF LABOR

Ottawa, Jan. 16.—Alphonse Verville, M. P., president; James Simpson, Toronto, vice-president, and P. W. Draper, Ottawa, secretary, representing the Trades and Labor Congress of Canada, waited on Sir Wilfrid Laurier and Hon. Rodolphe Lemieux yesterday morning and presented the resolutions agreed on by that body.

They asked for a Minister of Labor and a commission on technical education. They protested against the use of the N. W. M. P. in the interests of the capitalistic class in labor disputes where there is no danger to property or life, and condemned Senator McMullen's bill putting an embargo on international officers. They commended the Lord's Day Act.

The Government was also asked to father Mr. Verville's eight-hour day bill, which applies to public works.

The Minister's Query. Hon. Mr. Lemieux wanted to know if the delegation would approve of extending his bill now before Parliament to every industry. In regard to the eight-hour day, on Government contracts, he was in favor of the principle. He favored the bill introduced by Mr. Verville, but he did not think that it should be pressed this session. The Government had been investigating the Hindu question and had laid the matter before the imperial authorities. He intended giving an increase to the letter-carriers and also to some of the other officers in his Department. As to the fair wages resolution he thought that could be arranged.

In reply to Mr. Lemieux, Mr. Verville said that he would like to see Mr. Lemieux's bill applied to all industries. Mr. Simpson and Mr. Draper thought the bill went far enough at present. In the opinion of Mr. Simpson, it would never require to be extended to private industries; at any rate, they should give it a trial as it was.

The Premier's Word.

Sir Wilfrid Laurier wanted to add a word to what Mr. Lemieux said. He referred to the resolution in regard to immigration and the arrival of Hindus. The delegation ought to be very positive of their facts before making serious charges against these people, who were British subjects. There was no evidence in the possession of the Government which would justify any such charges, and if the resolution was pressed he would like these facts to go to the public. Some of the Hindus were old soldiers and had medals for meritorious services.

As to the number of police being used in connection with strikes the local Government of Saskatchewan and Alberta paid part of the cost, and when the municipalities ask for protection the Dominion could not enquire into the circumstances and had to grant it.

There would have been no shooting at Buckingham if the police had been there.

He did not think they should press for any amendments to the Sunday bill, as it was a good one and ought to get a chance. To this the delegates replied that later on they would ask for the amendments mentioned in the resolutions.

A NAVAL REBUKE.

Two Admirals, a Captain and a Fool in Manila Bay.

When Dewey's fleet was at Manila the late Admiral Chichester was then a captain. On one occasion Admiral Driedrichs, the German, sent out the Irene on an unrequited errand and without the customary notification to the commander of the blockading fleet. Admiral Dewey had suffered, he thought, sufficiently from that sort of thing, and so the admiral sent a vessel across the Irene's bows and notified her captain that she would not be permitted to depart without a statement as to her destination. It was not Admiral Driedrichs' mission to quarrel with both the American and the English fleets on this critical occasion, so he sought to find out Captain Chichester's purpose in case of a collision. Going on board Chichester's ship, he angrily exclaimed, "Did you see what Dewey did to my ship?"

"Yes," replied Chichester.

"What would you have done if it had been an English ship?"

"Well," said Chichester, conveniently assuming that the Irene's captain had sailed without orders from Driedrichs, "I'd have put my captain in arrest, and then I'd have gone on board the Olympia and apologized to Admiral Dewey for having such a fool in command of one of my ships."

A Poet's Homely Face.

The poet Rogers was afflicted with a notably unpleasant, cadaverous countenance, which, with all his intellectual power, was a mortification to him. To hide his annoyance, he joked about his ugliness incessantly and deceived his friends into supposing him indifferent to it. He once turned to Sydney Smith, who, with Byron and Moore, was dining with him, and said:

"Chantry wants to perpetuate this miserable face of mine. What pose would you suggest that I should take?"

"If you really wish to spare the world as much as possible," said the wit, "I would, if I were you, be taken at my prayers, my face buried in my hands."

Rogers laughed with the other persons present, but he shot a malignant glance at the jester and, it is said, never fully forgave him for the jocular remark.

SUFFERED EIGHT YEARS FROM KIDNEYS

Doctor's said Female Trouble.

Mrs. Charles Lewis, Collingwood, Ont., writes: "For eight years I suffered from Kidney Complaint, and until twelve months ago doctors said I was suffering from 'Female Trouble.' Last November (1905), I was seriously ill, resulting I believe from kidney troubles. Finding doctors' medicine doing me no good, I persuaded my husband to purchase a box of Doan's Kidney Pills, after having read of a case somewhat resembling mine. I commenced taking them according to directions (not taking the doctor's medicine, and on second day a swelling commenced in my feet, legs and body. The following day I was so changed and swollen my husband, in alarm, hastened to Mr. Johnson's drug store, who told him to tell me he thought the pills were drawing something out of the blood, and to keep on taking them. I did so, and after taking them a week, the swelling disappeared, leaving me with a complexion free from pimples, tired, weary feeling gone, constipation from which I suffered for years, gone, pain in the back, gone, and a general feeling of joy and light-heartedness. I have not felt since a child took place in my life."

My sister-in-law (Mrs. Bryan), seeing the action of Doan's Kidney Pills, and the change for good they accomplished in me, sent for a box and they completely cured her. When there is an opportunity of telling people that Doan's Kidney Pills did for us, we always take advantage of it, and tell them to give them a fair trial."

Doan's Kidney Pills are 50c. per box or 3 boxes for \$1.25, for sale at all dealers or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

Curious Peasant Superstition.

It was formerly almost universally believed that on All Saints' day the dead were permitted to leave their tombs and to roam abroad. In some parts of Brittany, and in other places, the peasants even now are careful to lock up their horses in the stables less the dead, rising from their graves in the early morning, should see them and ride furiously to some distant spot they may have frequented in life.

In the northern departments people refrain from slamming doors sharply on this day, lest they should hurt an invisible spirit entering, and the children are forbidden to throw stones into the hedges or trees for fear that the missiles should wound the soul of some departed relation or friend hovering about in them.

In Alsace little lamps, lanterns, and glimmering tapers, arranged in the form of a cross, are seen burning all night long close to the ground in many a cemetery. They are destined to rejoice the souls as they rise from their graves.

Perhaps the most common of all superstitions concerning the dead is that about noon on All Saints' day there comes a gentle gust of wind. The peasants in the fields raise their heads in the hope and expectation of feeling it, for it is the dead waiting their thanks to the living for their prayers and remembrance of them.—London Tribune.

The Best Guaranty of Merit Is Open Publicity.

Every bottle of Dr. Pierce's world-famous medicine leaving the great laboratory at Buffalo, N.Y., is printed upon its wrapper all the ingredients entering into its composition. This fact alone places Dr. Pierce's Family Medicine on a class of its own. It cannot be classed with patent or secret medicines because they are neither. This is why so many unprejudiced physicians prescribe them and recommend them to their patients. They know what they are composed of, and that the ingredients are those endorsed by the most eminent medical authorities.

The further fact that neither Dr. Pierce's Golden Medical Discovery, the great stomach, liver, invigorator, heart regulator and blood purifier, nor his Favorite Prescription for weak, overworked, broken-down nervous women, contains any alcohol, also entitles them to a place all by themselves.

Many years ago, Dr. Pierce discovered that chemically pure glycerine, of proper strength, is a better solvent and preservative of the medicinal principles residing in our indigenous, or native, medicinal plants than is alcohol, and, furthermore, that it possesses valuable medicinal properties of its own, being demulcent, nutritive, antiseptic, and a most efficient anodyne.

Neither of the above medicines contains alcohol, or any harmful, habit-forming drug, as will be seen from a glance at the formula printed on each bottle wrapper. They are safe to use and potent to cure.

Not only do physicians prescribe the above, non-secret medicines largely, but the most intelligent people employ them—people who would not think of using the ordinary patent, or secret medicines. Every ingredient entering into the composition of Dr. Pierce's medicines has the strongest kind of endorsement from leading medical writers of the several schools of practice. No other medicines put up for like purposes has such professional endorsement.

Dr. Pierce's Pleasant Pellets cure constipation. Constipation is the cause of many diseases. Cure the cause and you cure the disease. One's toilet is a gentle laxative, and two mild cathartics, Drug goods sell them, and nothing is "just as good." Easy to take as candy.

Manitoba Municipal Union.

Winnipeg, Jan. 16.—The executive of the Municipal Union has recommended to the Government certain amendments which it desires to be made during the present session in connection with the telephone legislation. Its reports was passed unanimously, not one dissenting voice being registered.

Probe Detective Agencies.

Ottawa, Jan. 16.—The Dominion Trades and Labor Congress, says P. M. Draper, will make application to Parliament to have a commission appointed to investigate the methods of the American detective agencies, which have branches in Canada.

Piles get quick relief from Dr. Shoop's Magic Ointment. Remember it's made alone for Piles—and it works with certainty and satisfaction. Itching, painful, protruding, or blind piles disappear like magic by its use. Try it and see!

Sold by C. H. Gunn & Co.

SOME RELICS FROM THE NILE

By C. B. LEWIS

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Any one of the reading public of London could have told you that the Hon. Charles Bingham was a man seventy years old; that he had wealth; that he was democratic and rode around on top of omnibuses; that he had fads; that the greatest of his fads was picking up relics and presenting them to museums of natural history throughout the kingdom. There was seldom a week that his name was not in the papers, and enter any museum you might and you would be sure to run across cases labeled with his name and filled with his gifts.

At his own expense the Hon. Bingham had sent expeditions to the four quarters of the globe, and the only reason he had not purchased some of the largest pyramids of Egypt was because of the difficulties of transportation. If the chief of an African tribe had warclubs for sale the Hon. Bingham would buy them; if a child in the east end of London found a petrified bone it could be turned into cash in twenty-four hours.

Hundreds of persons had taken the Hon. Charles Bingham for an easy mark and sought to work him. Man, woman or child could find access to his house at any hour of the day, but as for taking the old man in with imitations, that was different. He had made a few mistakes early in his career, as might have been expected, but after he had passed fifty his decisions settled the question with all museums in Europe. There was a weak spot in the armor, however, and it was curious that no one found it out for many years.

One day there came to London an American who had been exploring the Nile for years. He had letters from American and British consuls abroad. He even had one from the secretary of the khedive himself. He had gathered many wonderful things during his stay on the banks of the historic stream. He must have known of the Hon. Charles Bingham, but he did not call upon the man or open correspondence. He dropped in at a club or two, said very little, charmed everybody with his modesty and refused all interviews with reporters. It was not until the Hon. Charles had sent one messenger and then written a letter over his own signature that Explorer Blake grudgingly consented to a meeting. At that meeting he named a few of his souvenirs, but only a few. Nothing whatever was for sale. The whole bag was to go to the New York Museum of Natural History.

The attitude of Explorer Blake was curious, and yet after a few days he softened enough to invite the Hon. Charles to a private inspection of his treasures. This invitation would not have been extended to any other man in the world. He appointed the hour when he would call with a carriage, and he was there to the minute. It was the general idea that his stock of finds was in a warehouse, and he was supposed to be stopping at a hotel, but no one was certain of these things.

The Hon. Charles didn't care where he was taken, so long as the relics of the Nile were at the other end of the journey. He paid no attention to the streets they passed through and very little to the house at which they finally arrived. He was ushered to the top story, talking as he went, landed in a room about twelve feet square lighted by a skylight, and when he looked about for the stock in trade he failed to find it. The only furniture in the room was two old chairs. Explorer Blake took one and lighted a cigar, and the Hon. Charles took the other and wondered what was coming next. He soon ascertained.

"My dear sir, I shall be very sorry to put you to any trouble," began the explorer, "but the fact is I am hard up and must raise \$25,000. That is \$5,000 in your money. I don't want to turn burglar or murderer. I want to be gentle and nice about it."

"How long have you been planning this thing?" asked the Hon. Charles as he looked around the empty room and "tumbled" to the fact that he had been taken in.

"All of six months, and it has cost me considerable hard cash."

"And your figure is \$5,000, is it?"

"Not a penny less. When you have given me a check for the amount and the same has been cashed, you will be restored to liberty. I shall not demand as one of the provisions that you promise not to go to the police about it."

"You reason logically," replied the Hon. Charles as he also lighted a cigar. "I have had this house hired for the last five months. I am supposed to be a bachelor and fairly well off, having only a man to cook and wait upon me. His name is Thomas, and he is an excellent servant. You can rest assured that he never will bring you into ridicule over this affair."

"To sum up, my friend, this is a put up job. I have been lured here in order that I may be forced to buy my liberty. You want \$5,000. I must consent, while the price is not extravagant, I cannot see my way clear to paying it just now. What conclusion I may come to after three or four days I cannot say."

"Very well," replied the explorer. "It is thirteen feet to the partly open skylight, with no chance whatever of your reaching it. Thomas will bring

you bread and water three times a day, and at night you shall have a mattress to rest on. Three days hence I shall appear again. There is no hurry about this thing. After my next appearance the price of your liberty will be added to at the rate of £100 per day. You can afford to pay, and I can afford to wait."

It was 2 o'clock in the afternoon when the Hon. Charles Bingham was left alone in the garret room. He did not waste his energies by crying out or tramping round. He did not look up at the skylight except at long intervals. The American was no fool. He had taken his precautions before bringing a prisoner to the house. At 6 o'clock the man Thomas came in. One look at him was sufficient to prove that he was loyal to his master. He had a frank and honest face, but he also had a keen eye and was stoutly built. He brought bread and water. He was respectful in his demeanor.

"Sorry for your poor fare, your honor," he observed, "but it only depends on you to get better. The evening papers may help you on a bit. I'll bring in the mattress later. Also a candle."

"A faithful servant is a jewel of rare value," replied the captive as he ate and drank and seemed very much at home. Later on the mattress and a light were brought in, but not another word was spoken. The Hon. Charles was not a man who jumped at conclusions. That \$5,000 could be paid without feeling the loss, but he wanted to think things over a bit. Was he worth the ransom money to himself or the public? Was the American prepared to proceed to extremities in case he did not get his money? The Hon. Charles held that the London detective was the sharpest man on earth. The great man would be missed and a hue and cry raised. Would the sleuths strike the trail and follow it up?

The room was rather warm that night, it being summer, but the captive managed to put in a very comfortable night. He was up and ready to bow to Thomas when the bread and water and morning papers were brought in, and he was in fairly good spirits at the end of the third day, when the explorer called for his answer. It was not ready for him. On the contrary, the captive pleasantly observed:

"You see, my dear sir, this experience is so unusual with me that I must have a little more time to think it over. At the end of another three days I shall doubtless be prepared to give you a definite answer."

He was told that the three days would add \$300 to his ransom, but there was no argument over that. His captor retired, the same food and old mattress were brought in, and as the evening grew old the prisoner stretched out for a rest. He was falling asleep when he heard the skylight softly raised. Then he caught sight of a head and heard a voice asking:

"Is there anybody down there?"

"Only me," answered the honorable as he realized that the voice belonged to a young girl.

"Are you rich or poor, old or young?"

"I am fairly rich, and I am a man seventy years old."

"That won't do," said the girl. "I am an orphan, living with my aunt in this row, ten doors below. If I am to rescue anybody, he must be young and rich and ready to marry me, the same as it is in the books. I'm sorry for you, but I must say good night."

"But hold on a minute," called the captive. "I can't turn myself into a young man, but I can give some nice young man money to marry you on. That will amount to the same thing, won't it?"

"Why, yes; I suppose so. Will you give \$5?"

"Yes—a hundred."

The girl ran away without another word, but fifteen minutes later she dropped a rope down the opening, with one end made fast to a chimney, and the captive soon stood beside her. He found her a girl of only thirteen, but he dowered her liberally. He did not go to the police, but straight home. He did not seek the arrest of the explorer, but wrote him a polite note to say that, owing to unforeseen circumstances, it would be impossible to make any further appointments with him regarding the Nile relics.

Curious Customs.

In many parts of England there exists even today a very curious custom which makes it imperative for the girl friends of a bride to drench the doorstep of her home with boiling water if they wish other marriages to follow very quickly. At the wedding, therefore, great kettles of hot water stand ready for this strange ceremony, and long after the rest of the guests have dispersed the young girls of the party may be seen keeping the threshold warm as long as the water supply will last. Likewise, in Iceland, where various interesting and fantastic superstitions abound, there is an ancient custom that every bride must invite all her friends to a dinner in her own home, and every article of food must be prepared by the bride herself. If she succeeds in pleasing her critical guests she achieves not only praise for her own skill alone, but she helps along her own younger sisters, who are then assumed to be equally well instructed in the intricacies of the culinary art and consequently have their chances of immediate marriage more than doubled in this northern country.

His Bearings.

"Who is that big man?" asked the stranger.

"That," replied the native, "is Mr. Pompous."

"Only plain 'mister'?" Why, he has the bearing of a major general!"

"Yes, and the overbearing of a young lieutenant."—Philadelphia Ledger.

A Mild Laxative

Ask your doctor to name some of the results of constipation. His long list will begin with sick-headache, biliousness, dyspepsia, thin blood, bad skin. Then ask him if he would recommend your using Ayer's Pills for constipation. Just one pill at bedtime, a few times, that's all. We have no secrets! We publish the formulas of all our preparations.

J. C. Ayer & Co., Lowell, Mass.

Figures That Tell

—the tale of success, strength and safety.

A new Canadian record accomplished in 4½ years:

Assets, over	\$25,000,000
Deposits, over	15,000,000
Capital, Reserve Fund and Undivided Profits, over	5,250,000

Your account—large or small—is invited.

Deposits of \$1.00 and upwards received in the Savings Department—Interest paid 4 times a year—

The Sovereign Bank of Canada.

EDWIN BELL, Solicitor. W. D. WILLIAMS, Manager. CHATHAM and ESSEX.

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HEAD OFFICE, TORONTO

BRANCHES: Ayr and Chatham

The funds of the Reliance are loaned on FIRST MORTGAGES ON IMPROVED REAL ESTATE, AND ON MUNICIPAL DEBENTURES AND BONDS, BUT NOT ON STOCKS OF ANY DESCRIPTION, EXCEPT THAT OF THIS COMPANY.

DEPOSITS

3½ PER CENT. interest allowed from date of deposit to date of withdrawal. Money can be withdrawn by cheque.

DEPOSIT RECEIPTS

4 PER CENT. per annum allowed on deposit receipts issued for twelve months or longer. Interest paid by cheque half-yearly.

DEBENTURES

4½ PER CENT. per annum interest allowed on Debentures issued for five years. Interest coupons paid half yearly.

THERE IS NO BETTER SECURITY

J. BLACKLOCK,

General Manager.

J. A. WALKER, E. O.,

Manager Chatham Branch

THE MARKETS.

Liverpool and Chicago Wheat Futures

Close Lower—Live Stock Markets—

The Latest Quotations.

Tuesday Evening, Jan. 15. Liverpool wheat futures closed to-day 3d to 3½d lower than yesterday and corn futures unchanged to 3½d higher.

At Chicago May wheat closed 3½c lower than yesterday; May corn 3½c lower and May oats 1½c higher.

WINNIPEG OPTIONS. Winnipeg—Futures closed yesterday: Jan. 7½c bid, May 7½c, July 7½c.

LEADING WHEAT MARKETS.

	Max.	Min.
New York	82½	81½
Detroit	79½	78½
Toledo	77½	76½
St. Louis	75½	74½
Minneapolis	73½	72½
Butte	71½	70½

TORONTO GRAIN MARKET.

	Max.	Min.
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