



We must preserve health,
Save the stomach
and rest the nerves.

Eat well—Digest well—and sleep well.

The secret is

Vin St Michel

EASTERN DRUG COMPANY,
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Sole Agents for United States.

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520 St. Paul St., Montreal, Can.
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A. A. HICKS, D. D. S.—Honor graduate of Philadelphia Dental College and Hospital of Oral Surgery, Philadelphia, Pa., also honor graduate of Royal College of Dental Surgeons, Toronto. Office over Turner's drug store, 26 Rutherford Block.

LODGES.

WELLINGTON Lodge, No. 46, A. F. & A. M., G. R. C., meets on the first Monday of every month, in the Masonic Hall, Fifth St., at 7:30 p.m. Visiting brethren heartily welcomed.

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Any irregularity on the part of The Planet carrier boys will be immediately remedied by calling at the office or phoning 534.

PAY WHEN CURED

If I had any doubts that my Latest Method Treatment will cure you, I could not make the above proposition. You need pay nothing until you are cured. It makes no difference whether you are cured by the treatment, or if you are cured by some other means, as I will give you a thorough examination free of charge, and may be the means of saving you years of suffering.

Each Time You Call You See Dr. Goldberg Personally

and not any of the assistants, or each time you write it receives my personal attention. I have 14 diplomas, certificates, etc., which testify to my standing and abilities. The number of years I have been established in Detroit and the cures I accomplished places me among the foremost specialists of the country, that you pay nothing until cured; if you cannot call, write all about your troubles, which I will give my most careful attention and advise you whether I can cure you or not.

CONSULTATION FREE, CALL OR ADDRESS

DR. GOLDBERG,
208 Woodward Ave., Entrance 7 Wilcox St., Detroit, Mich.
Medicine for Canadian patients shipped from Windsor, Ont. All duty and transportation charges prepaid.

PEARY, POLE SEEKER

ARCTIC EXPLORER WHO WILL AGAIN TRY TO REACH THE POLE.

Plans of His Coming Expedition to the North—Will Establish Headquarters at Greenland—The Snow Baby—Matthew Hansen's Pluck—Only Men of Tried Experience to Be Taken.

Commander Robert E. Peary, U.S.N., who has announced his intention of making another attempt to reach the North Pole, has already made six trips to the frozen north and has spent over twelve years altogether in the Arctic regions. Explorer Peary will start on his seventh polar expedition next summer, having been granted three years' leave of absence by the United States Navy Department for that purpose.

When Mr. Peary returned from his last trip to the north it was decided that his wife should accompany him if he decided to make another trial. The recent birth of a son has upset that plan, and Mrs. Peary will remain at home. She, however, continues to believe that the discovery of the North Pole should be made by her husband, who has already spent many of the best years of his life in



COMMANDER ROBERT E. PEARY.

the undertaking. Therefore she is willing that she should again brave the perils of the north.

It was during the expedition of 1893 that Marie Ahnighite Peary, "the snow baby," was born. Her father and mother were living in Annville Lodge, north of Greenland, in 77 degrees 40 minutes north latitude, when the little one came into existence. This was on Sept. 12, 1893. The baby's first six months were spent in the lamplight, but later, when the long night of the Arctic winter was over, she lived constantly in the uninterrupted sunshine and grew with great rapidity.

The snow baby was the wonder of the Eskimos, who traveled long distances to see her. They could not believe that she was not made of snow until they had touched her. A little suit of furs were made for her by an Eskimo woman named Ahnighite, so when the baby was christened she, too, was called Ahnighite.

Early next July Commander Peary expects to start for the north with a swift ship and a first-class crew. His plan is to establish winter quarters on the north shore of Greenland, where only 420 nautical miles will stretch between him and the pole.

"I have already demonstrated," said Commander Peary recently, "that I can travel more than twice that distance over the Arctic ice. But the trouble has been previously that I did not have a ship that could take me there in time. That is all I need now. The rest of the problem has been worked out in practice."

"If I can get the right kind of a ship—and if I get the money I know where I can get the ship—I can sail on July 1 and get to Cape Sabine by the end of the month. I can stay there until September, gathering walrus meat, native helpers, dogs and whatever else I need. I can winter on the shore of Greenland and have everything ready to start for the Pole at the first return of Arctic daylight in February. That would give me 100 to 110 days to reach the Pole and get back. All I ask is a ship that will take me the 350 miles that lie between Cape Sabine and Greenland. I know I can reach the Pole from that point."

Commander Peary is tall and strongly made, with a long face and a square, determined chin. A reddish mustache shades his firm mouth. He is forty-seven years old, yet walks with the spring of youth notwithstanding that he is minus several toes that were frozen off during one of his journeys.

In his final attempt to reach the Pole the explorer will take with him only men of tried experience in Arctic work. Eskimos will form the principal members of his sled dash. On man has already been selected, Matthew Hansen, who has been with Peary on all his expeditions. Hansen is a mulatto, born in Maryland. He has shown wonderful grit under most trying conditions and endurance equal to that of Peary himself. On the last expedition, when all the others quit, Hansen kept on the march, and when Peary's feet were frozen almost solid Hansen cared for him and took him into camp. Funds for the coming expedition to the amount of \$150,000 are expected from the Peary Arctic club of New York.

Though arising from a variety of causes, headache is almost invariably associated with stomach troubles, irritability, sleeplessness, feelings of fatigue and languor, depressed spirits and other symptoms of nervous exhaustion.

Nervous Headache

The person who has become subject to repeated attacks of nervous, sick headache may well have dark forebodings of the future lest the outcome may be nervous prostration, paralysis or insanity.

Such relief as may be obtained from the use of powders, tablets or wafers, which almost immediately stop pain, is only temporary, and the shock to the nervous system is not only harmful but positively dangerous.

As in all diseases of the nervous system, the real cause is a deficiency in the quality or quantity of the blood, and cure can come only when the richness and life-sustaining powers are restored to the blood by such a preparation as Dr. Chase's Nerve Food.

This great food cure cures headache, just as it does other symptoms of an exhausted condition of the nervous system, by actually forming new, rich, red blood and creating new nervous force.

Though this upbuilding process is of necessity slow and natural, the results are certain and lasting.

Headaches, as well as all other aches and pains, disappear, and through the medium of the nervous system every organ in the body is quickened to new and regular action. The appetite is sharpened, digestion improves and all the weaknesses and irregularities of the vital organs which usually accompany nervous exhaustion are overcome.

By noting your increase in weight while using Dr. Chase's Nerve Food you can prove beyond dispute that new, firm flesh and tissue is being added to the body.

Mrs. A. Lobb, 204 Rectory St., London, Ont., states:—"I was troubled to a great extent with sick headache, and in fact I was so bad that I became very nervous and unable to rest or sleep. I had not used Dr. Chase's Nerve Food long before I noticed that my sleep was better and the headaches less severe. I can say now that I am as well as I ever was, and give all the credit to Dr. Chase's Nerve Food."

Mrs. Corkey, 272 Wellington St., Kingston, Ont., states:—"I suffered a great deal with nervous headache. At times I look weak, dizzy spells and my nervous system seemed quite undermined and exhausted. Some time ago I heard of the good results accomplished by Dr. Chase's Nerve Food and began to use it. Since I have been taking this medicine a great change has come over me, the headaches have disappeared, my nerves have been strengthened, and I do not have any more of the dizzy spells. I have nothing but Dr. Chase's Nerve Food to thank for this cure."



MRS. LOBB.

Dr. Chase's Nerve Food

Is sold by all dealers at the advertised price, 50 cents a box, 6 boxes for \$2.50, or mailed postpaid on receipt of price by Edmansson, Bates & Co., Toronto.

To protect you against imitations, the portrait and signature of Dr. A. W. Chase, the famous Receipt Book author, are on every box of his remedies.

The Best Beautifier.

Happiness is a great beautifier. A pleasure thought refines the features and actually sweetens the whole personality. It makes the step lighter, the gait better, and also makes one more fit for her duties. Some women have an idea that only some very happy occurrence can produce pleasant thoughts. This is an erroneous idea as well as a selfish one, and it proves that there is precious little beauty of character. Pleasant thoughts are a part of ourselves—of our disposition and our ways—and come to us as noiselessly and beautifully as the sun bursts over the sea and reflects itself therein. The woman who thinks kindly and charitably of others, who sees a silver lining to every cloud, proves that the standard of her mind is high and pure and free from unhappy traits. It is in the power of every woman to make herself sweeter and nobler simply for the trying.

One Secret of Attractiveness.

Not all women can be beautiful, of course, but some phase of attractiveness is within the reach of all. It is an exceptional person who has not one "redeeming virtue" that can be cultivated, and volumes have been written on this subject. In this wisdom she is doubtless well versed and has tested the rules and regulations thoroughly with, perhaps, less success than she expected. The "secrets" have not divulged themselves and still remain inscrutable. But there is a secret that "works." It is not new, and to many it sounds rather prosy, but it really does pay, as all who have found it can testify. Cheerfulness and positive thoughts always pay, because they relax not only the mind, but even the muscles of the face. Try this secret and see for yourself.—American Queen.

WHAT'S THE MATTER?

When You Don't Know It's Safe to Blame the Stomach—Dodd's Dyspepsia Tablets the Cure—A. D. Miller's Experience.

"During the summer of 1900 my doctor treated me for Liver Complaint, but instead of getting better I was gradually getting worse. My appetite was very irregular and I would eat very much after eating. I also had palpitation of the heart and sometimes I could not sleep at all at night on account of my heart beating so hard."

"I was hardly able to get around when I commenced using Dodd's Dyspepsia Tablets. After using half a box I felt much better. Continuing their use I was soon entirely well and have had good health ever since."

This statement is made by Mr. A. D. Miller, of Fussey, Haliburton Co., Ont. It needs no comment. It tells run down worn out people to get their stomachs put in working order by Dodd's Dyspepsia Tablets and they will feel like new men and women.

Ask for Minard's and take no other.



Makes the bread that makes us strong

Wherever there are children there must be plenty of good bread.

BEAVER FLOUR

makes the lightest, most wholesome and most nutritious bread. It is a blend of Ontario Fall Wheat and Manitoba Spring Wheat for flour by the most skilled millers in Canada.

It is ideal household flour for either bread or pastry.

Milled in a Steel Mill. For Model Canadian Homebaker.

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Is the greater heat ever manufactured, if you need a stove, guarantee to heat your house, and it will burn less coal for the amount of heat than any stove sold in Chatham. Call and see the Peninsula Steel Range, Co. and Wood Cook Stoves the greatest baking stoves in America. Sold

A. H. Patterson's

Three Doors East of the Market, Chatham, Ont. Be sure you get his prices before you purchase elsewhere, as his stoves, are the very best and his prices are the lowest in Chatham.