



LYDIA PINKHAM'S

School Girls

Young girls at this period of life, or their mothers, are earnestly invited to write Mrs. Pinkham for advice; all such letters are strictly confidential; she has guided in a motherly way hundreds of young women; and her advice is freely and cheerfully given.

School days are danger days for American girls. Often physical collapse follows, and it takes years to recover the lost vitality. Sometimes it is never recovered. Perhaps they are not over-careful about keeping their feet dry; through carelessness in this respect the monthly sickness is usually rendered very severe. Then begin ailments which should be removed at once, or they will produce constant suffering. Headache, faintness, slight vertigo, pains in the back and loins, irregularity, loss of sleep and appetite, a tendency to avoid the society of others, are symptoms all indicating that woman's arch-enemy is at hand.

Lydia E. Pinkham's Vegetable Compound has helped many a young girl over this critical period. With it they have gone through their trials with courage and safety. With its proper use the young girl is safe from the peculiar dangers of school years and prepared for hearty womanhood.

A Young Chicago Girl "Studied Too Hard."

"DEAR MRS. PINKHAM:—I wish to thank you for the help and benefit I have received through the use of Lydia E. Pinkham's Vegetable Compound and Liver Pills. When I was about seventeen years old I suddenly seemed to lose my usual good health and vitality. Father said I studied too hard, but the doctor thought different and prescribed tonics, which I took by the quart without relief. Reading one day in the paper of Mrs. Pinkham's great cures, and finding the symptoms described answered mine, I decided I would give Lydia E. Pinkham's Vegetable Compound a trial. I did not say a word to the doctor; I bought it myself, and took it according to directions regularly for two months, and I found that I gradually improved, and that all pains left me, and I was my old self once more. —LILLIE E. SINGLARI, 17 E. 22d St., Chicago Ill."

"Miss Pratt Unable to Attend School."

"DEAR MRS. PINKHAM:—I feel it my duty to tell all young women how much Lydia E. Pinkham's wonderful Vegetable Compound has done for me. I was completely run down, unable to attend school, and did not care for any kind of society, but now I feel like a new person, and have gained seven pounds of flesh in three months. I recommend it to all young women who suffer from female weakness. —MISS ALMA PRATT, Holly, Mich."

Lydia E. Pinkham's Vegetable Compound is the one sure remedy to be relied upon at this important period in a young girl's life.

\$5000 REFUND if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

CANADIAN PACIFIC

LABOR DAY . . 1903.

Will issue Return Tickets at **Single Fare** Good going Sept. 5, 6 and 7; valid for return until Sept 8th, 1903. Between all stations in Canada, Port Arthur, Sault Ste. Marie, Mich., Detroit, Mich., and to but not from Buffalo, N.Y.

A. H. NOTMAN, Asst. Gen. Pass. Agt., Toronto
W. H. HARPER, City Pass. Agent, Chatham.

SANTAL-MIDY

Standard remedy for Gleet, Gonorrhea and Runnings. In 48 HOURS. Cures Kidney and Bladder Troubles.

WABASH

LABOR DAY . . 1903.

Will issue Return Tickets at **SINGLE FARE**, Good going Sept. 5th, 6th and 7th; valid for return until Sept 8th, 1903. Between all stations in Canada, Port Arthur, Sault Ste. Marie, Mich., Detroit, Mich., and East, and to BUT NOT FROM Buffalo, N.Y.

J. A. RICHARDSON, Dist. Pass. Agent,
W. E. RISPIN, C. P. A.

GRAND TRUNK RAILWAY SYSTEM

DOMINION INDUSTRIAL EXHIBITION

TORONTO, Aug. 27 to Sept 12.

\$5.30.

Chatham to Toronto and Return Good going August 29th to Sept. 11th, inclusive. Sept. 1st and 7th, \$3.80. All tickets valid returning on or before Sept. 11th.

LABOR DAY, Monday, Sept 7th, 1903.

Single fare for round trip good going Sept. 5th, 6th and 7th, valid for return until Sept. 8th, between all stations in Canada on Grand Trunk Ry., also to and from Detroit, and Port Huron, Mich., Suspension Bridge and Buffalo, N. Y. For tickets and information apply to

Harvest Excursions

\$25.00 to \$40.00 to points in Manitoba, Assiniboia, Alberta and Saskatchewan. Good going Sept. 15th, valid returning until Nov. 16th. Good going Sept. 29th, valid returning until Nov. 30.

W. E. RISPIN, Agent, Chatham

HIS

Young wife was almost distracted for he would not stay a night at home so she had his LAUNDRY done by us, and now he ceases any more to roam.

Paislee Steam Laundry Co.

TELEPHONE 20.

MONEY TO LEND

ON LAND MORTGAGE ON CHATTEL MORTGAGE OR ON NOTE

To pay off mortgages. To buy property. Very lowest rate. Pay when desired.

J. W. WHITE, Barrister

Opp. Grand Opera House, Chatham

It is every one's secret hope that when the time comes for him to hand his baggage over to Death to be checked, he will not be afraid. —Aitchison, Globe.

MADNESS IN COLORS.

TINTS THAT WILL TURN THE BRAIN AND INVITE DEATH.

Purple is the Most Lethal of All Hues, and Scarlet is Nearly as Bad. Blue Will Stimulate the Brain, but It Will Weaken the Nerves.

If purple walls and red tinted windows surrounded you for a month, with no color but purple around you, by the end of that time you would be a madman. No matter how strong the brain might be, it would not stand the strain, and it is doubtful if you would ever recover your reason, for purple is the most dangerous color there is in its effects on the brain, which it reaches by way of the nerves of the eye.

A splash of two of any other color in the room would save your reason for some time longer, but dead purple would kill you eventually as surely as would foul air. Scarlet is as bad, but scarlet has a different effect. It produces what is called homicidal mania—a madness that drives its victim to kill his fellows, especially his nearest relatives. Even on animals scarlet has this effect. It will drive a bull or a tiger to charge a naked spear. But purple, on the contrary, brings on melancholy or suicidal mania.

Blue, as long as there is no trace of red in it, stimulates the brain and helps it, but its effect on your nerves, if you are saturated with it and cannot get away from it, is terrible. Scientists class blue as a kind of drug in its effects on the brain.

It excites the imagination and gives a craving for music and staccato, but it has a reaction that wrecks the nerves. If you doubt it stare hard for a few minutes at a large sheet of bright blue paper or cloth—not flowers, for there is a good deal of green in their blue—and you will find that it will make your eyes ache and give you a restless, uneasy feeling.

Green, on the other hand, is the king of colors, and no amount of it can do any harm. On the contrary, it soothes the whole system and preserves the eyesight. If you were shut up in an artificial green light for a month it would develop your eyesight immensely, but it would be fatal, because when you returned to the world you would be utterly unable to stand ordinary lights and colors and you would certainly contract ophthalmia, or possibly destroy the optic nerve altogether unless you were very mindful to take great care.

Most people imagine the sky in clear weather to be blue. It is really white tinged with green. It is only the distance and clearness which make it seem blue.

Green is so soothing that it makes a big difference in the length of an illness, helping the system to fight the disease, and nearly all hospital wards have every possible detail about them colored green. Sage green is the most soothing tint of all; metallic green, however, is by no means so good.

Solitary confinement in a yellow cell for six weeks will hopelessly weaken any system and produce chronic hysteria. A long course of it will produce foolish lunacy, and even on a guinea pig or a rabbit will drive the animal at last to bite and wound itself or reduce it to such a state of nervousness that it will die of sheer fright if suddenly startled.

On the other hand, if you are not smothered with it yellow is the healthiest, cheeriest color there is, and will make a dark room bright and habitable when even green would be cold and depressing. But to be well "soused" with yellow day and night, and to be unable to get away from it, would bring you to nervous madness within two months at the outside.

Sheer dead white, unbroken, will destroy your eyesight as surely as catarrh would if you are exposed to it for a few days—a week at the latest. It kills the optic nerves, and the sight goes out like a candle, while the effect on the brain is so maddening that blindness is almost a relief.

This is why arctic explorers have to wear colored "goggles" of green tinted glass; otherwise "snow blindness," as it is called, and which is really "white blindness," is almost a certainty. Even in the polar regions, though, the white is not complete. The sky breaks it, if it did not no man could keep his eyesight there without glasses.

Not Serious.

"How is your brother the poet?" "He has just undergone an operation. You would hardly recognize him; he is so altered."

"Indeed?" "Yes; he has had an epidermatoid growth removed from his head."

"Poor fellow! Was it anything very serious?"

"Not at all. He has only had his hair cut."

His Plunge.

Jasper—Gayboy seems to be prospering nowadays. Jompuppe—I don't see why you think so. His wife and family are not wearing any better clothes.

Jasper—Very true. But he is smoking better cigars.

Literally Money to Burn.

St. Sloum—Josh Medders is back from New York, and, b'gosh, he's got money new burn.

Ed Kortop—Gosh! Dew tell!

St. Sloum—Yass; he bought \$5,000 worth o' the stuff for \$150.

Life on a Farm.

LIFE ON A FARM

PARTICULARLY TRYING TO THE WIVES AND DAUGHTERS.

A Place Where Woman's Work is Never Done—The Reason Why There Are So Many Prematurely Aged and Worn Out Women.

It has been very truly said that "woman's work is never done," and this is, perhaps, especially true when applied to the wives of Canadian farmers, who are kept busy with their manifold duties from daylight till dark, and who find, even under the most favorable circumstances, but little time for relaxation and social enjoyment. They are a class of women whose pluck and endurance everyone must admire; they are helpmates in the broadest sense of the word, and unfortunately too often pay the penalty either in a complete breakdown of health, or in prematurely aged appearance. A case in point is that of Mrs. J. Marais, the wife of a well known and well-to-do farmer, living near Riviere du Loup. Mrs. Marais is the mother of a large family, and like her husband, was ambitious for their welfare. As a consequence she overtaxed her strength, and after the birth of her last child failed to regain her former health. Several months passed and still Mrs. Marais was confined to her bed. Her strength had completely passed away. She was troubled with headaches, was extremely nervous, subject to pains in the back, and unable to take food with relish. She was under the care of more than one doctor, but did not regain her strength, and her family and friends believe that there was but little hope for her recovery. Then a neighbor strongly advised her to try Dr. Williams' Pink Pills, and she began doing so. Soon, under the use of the pills, she began to recover her strength, was able to be up and go about. Day by day further beneficial results followed the continued use of the pills until after the use of eight boxes Mrs. Marais was fully restored to her old-time health and vigor. She speaks of Dr. Williams' Pink Pills in very warm terms, and loses no opportunity to praise them to the Dr. Williams' Pink Pills are a boon to overworked, weary and despondent women everywhere. Every pill helps increase the flow of rich, red blood through the veins, stimulates the nerves, and in this way restores health, and makes the body strong. The genuine pills can do this, however, and the purchaser should see that the full name, "Dr. Williams' Pink Pills for Pale People," is printed on the wrapper around every box.

In a double sense, then, the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed post paid at 50 cents a box or six boxes for \$2.50.

Engineer Armstrong of the Canadian Northern has accepted the position of Chief Engineer of the Grand Trunk Pacific between Winnipeg and the coast.

The County Law Library Association passed resolutions in favor of divorce courts, increases in Judges' salaries, and consolidation of municipal laws each year.

When a boy turns his bulging pocket inside out we marvel at the quantity and variety of articles he has sloshed away. Off lengths of string, marbles, a horse-chestnut, a top, brass nails, hickory-nits, an apple, and many more articles are garnered by this "snapper up of unconsecrated trifles." We think the collection must be hard on a boy's pocket. And it is. But do we ever think of the variety and miscellany of the substances we put into the pocket of our stomach? There's the apple and the nuts, and things besides quite as indigestible as brass nails and with no more food value than marbles. And yet we wonder that the stomach "gives out." When the stomach breaks down under the strain of careless eating and irregular meals it can be perfectly and permanently restored to health and strength by the use of Doctor Pierce's Medical Discovery. The action of this medicine on the stomach and other organs of digestion and nutrition is so marked, that relief from disease is at once experienced, and the headaches, liver "troubles," kidney disorders, skin eruptions and other symptoms of a diseased stomach are quickly cured. Whenever the use of a laxative medicine is indicated, use Dr. Pierce's Pleasant Pellets. They act in harmony with the "Discovery" and assist its action by purging the bowels of foul accumulations.

Discretion.

Miss Bizzy—I am glad to hear that you are married, O'Brien, and hope that you and Bridget don't have many differences of opinion.

O'Brien—Faith, ma'am, we have a good many, but O'Brien don't let her know about them.—Town and Country.

If a girl had to decide between having a pearl necklace or nice curly hair she would go crazy.—New York Press.

PRAISE FOR MUNYON.

"I have been troubled with Rheumatism for two years in my arms. The pains would commence in the elbow joints and work down to the hands. My hands would swell so that I could not close them. This winter I suffered a great deal, and I tried many different things; one vial of Munyon's Rheumatism Cure has relieved me so much that I hardly ever have any pain, and I can now close my hands in a perfectly natural manner. I am recommending this remedy to all my friends." —Mrs. Richard Stethen, 35 Besser street, Ottawa.

If you are sick, if you have indigestion, if you are nervous, if your liver or blood is out of order, if you have any kidney disease, if you have piles, or any ailment, ask your druggist for "Munyon's Guide to Health"; it is free and will tell you how to cure yourself for thousands of testimonials. —B.

SMALL GROUP OF STATUES.

This is the Growing Time and There is a Prospect of More Monuments Being Erected at Ottawa.

It is not the habit of the Canadian people to put many men on pedestals, writes H. F. G. in Toronto Star. Our praise is so careful that it is even reluctant. Although Quebec is given to hero-worship, the nation as a whole is slow to kindle. Perhaps this is the reason why the thirty-six years of Confederation contributed only four statues to Parliament Hill.

As a matter of fact, there ought to be five statues. George Brown, one of the foremost makers of Confederation, is not in the little gallery. But the Liberal Government, which added Alexander Mackenzie to the Pantheon, will probably rear a bronze to the statesman of whom Mackenzie was merely a disciple. All these statues are erected by Government grants. It is only natural that the great political parties should each attend to the memories of its own illustrious dead. This explains why Alexander Mackenzie did not get his statue until a couple of years ago, and why George Brown has one coming. The Conservatives, although so long in power, did not turn Parliament Hill into a cemetery. They left a number of choice spots for the celebrities of the future. In twenty-five years they raised only two statues. Of course they had to wait until the men died before they could set monuments to them; but on a simple calculation of time they selected only one great man for every twelve years. This shows more restraint than the Liberal Government, which has one to its credit in six years. However, this is a growing time, and the crop of statues may be expected to follow the general tendency. Perhaps an average might be struck. If Canada can produce enough great men to make it figure out one in nine years, her renown is assured.

On Dominion Day these four statues looked down on a city gay with flags. All of them had more or less to do with the great event which was being celebrated. There was, for instance, Queen Victoria, who sanctioned the Confederation, because her Ministers told her that it was the right thing to do. Ottawa owes a debt to Her Majesty, for without her royal word it would not be Ottawa and the capital of the Dominion, but just Bytown, a headquarters for the furmen and camp supplies, not much bigger than Pembroke or Arnprior. There was also Sir John A. Macdonald. There was, for a third, Alexander Mackenzie. The fourth was Sir George Cartier, who fought for the cause of union in Quebec.

It is as if he scored any symbols to interpret him, relying solely on his deeds which are on record. This way it should be with all statues. Nothing should distract the mind from the man who is commemorated. Cartier's statue is, by the way, the best piece of bronze on Parliament Hill. It patinates beautifully. It is very different from the Mackenzie statue, in which the bronze is of such an inferior quality that it already blazes with rust and verdigris. The Cartier statue was erected in the early eighties. Sir John Macdonald was present at the unveiling and delivered the panegyric. It was a cold blustery day in October, and the old man stood bareheaded through the ceremony.

The statue of Sir John Macdonald stands at the eastern end of the terrace against a background of trees. It is remotely vis-a-vis of Cartier's statue, which occupies a similar position at the western end of the terrace. The bronze is by Herbert. Hebert is a French-Canadian who lives in Paris. He has had most of the artistic commissions in the gift of the Government, because he is a good sculptor, and because, in this shape of a beautiful woman. But the effect is to take away from rather than to enhance the dignity of the work as a whole. This statue was set up in 1893. Sir Adolphe Caron was the orator of the occasion. Arthur Weir, the poet, now dead, recited an original ode.

Alexander Mackenzie has suffered most at the sculptor's hands. His gaunt, angular frame did not lend itself readily to idealization, and the artist made matters worse with a stilted pose and his smooth treatment of the conventional frock coat. Mackenzie's right hand is extended. It seems to be out of proportion. At any rate it entirely overshadows the Scotch Premier and makes him shrink by comparison. Here, as in the Mackenzie statue, the symbolical figures of Canada raising labor from the ground—which are the work of Hebert—are excellent in themselves, but very much out of place as an ornament. Hebert is not to blame for the Mackenzie part of it. Another man did it.

Hebert's chief d'oeuvre is the statue of Her Majesty Queen Victoria, which occupies the most commanding position on Parliament Hill, the big knoll which flanks the western block. It is the first thing to seize the eye from the central gateway and is the only statue that can be seen from the river. The Queen is presented standing, as she was in her prime. The sculptor has used his artistic license to give her the required effect of dignity and regality. The whole spirit of the work is allegorical. The British lion is a noble, rampant attitude and the figure of Fame offering the great Queen a wreath of laurel are well conceived. The motif is harmonious. This statue, at least, does not try to pin itself out with absurd and patches of idealism.



Best Baby's Own SOAP

The best and safest way to keep Baby's skin healthy is to use only **SOAP**

Pure, Dainty, Delicate. Beware of Imitations.

ALBERT TOILET SOAP CO., MRS. MONTREAL

The Family.

Railway officials differ in the degrees of liberality with which they define the word "family" when used on a pass. An American copied the instructions of the Paris-Lyons-Mediterranean railway bearing upon the subject as a lesson in liberality. On that road a pass for one and family is good for father, mother, children, grandfather, grandmother, mother-in-law, father-in-law, brother, sister, brother-in-law, sister-in-law, uncle, aunt, nephew, niece and servants attached to the family.

EVIDENCE THAT NONE CAN DOUBT.

That Dodd's Kidney Pills are the One Sure Cure for Rheumatism.

W. E. Ellis got so He Could not Walk Alone or Feed Himself—He Tells of His Cure.

Cedar Dale, Ont., Aug. 31.—(Special.)—Every day seems to furnish fresh proofs that Dodd's Kidney Pills are the one sure and permanent cure for Rheumatism. This village furnishes evidence that no one can doubt in the person of W. E. Ellis. His story is best given in his own words.

"Two years ago," says Mr. Ellis, "I got Muscular Rheumatism. I tried all sorts of medicines, but none of them did me any good."

"At last my wife would send for a doctor. When he arrived I said, 'Doctor, can you cure Muscular Rheumatism?' 'No,' said the doctor. 'Then,' I said, 'you are of no use to me.'"

"I got so bad I could not feed myself or walk alone. Then I was induced to try Dodd's Kidney Pills. I took six boxes of them, which drove all the Rheumatism out of me and left me in good health again."

Dodd's Kidney Pills cure Rheumatism by removing the cause—by putting the Kidneys in shape to take the uric acid out of the blood. They always cure Lumbago and Sciatica in the same way.

Forestalling Fate.

In some parts of England the tapping of a bird round the house is looked upon by the superstitious as a warning.

A doctor was recently summoned in hot haste to a little Warwickshire farmhouse not many miles from Birmingham.

He found an old man in bed, but in perfect health, and asked why he had been sent for.

"Why, sir," replied the daughter-in-law, "there room a little robin about the door, and I knowed it was a 'call,' and we thought it must be granter; so we put 'im in bed and sent for you."



DIAMOND DYES

Give Rich, Perfect, Brilliant Colors.

Wonderful Aids to Economical Dressing.

"Tint new—It's Diamond-dyed."

THIS SERVICE IS UNEXCELLED.

If you desire a pleasant, comfortable and fast trip between Chatham and New York, use the Wabash-West Shore line. Mr. Bishop, of King St., will give you full particulars.

WHEN YOU VISIT TORONTO EXHIBITION

Do not forget that you will be only three hours ride from the charming Muskoka Lakes Resorts, and make your arrangements to include a side trip to this famous region, now at its best. Tourist tickets from Toronto to any point on Lakes, on sale every day. For further information call at Grand Trunk Ticket Office.

Minard's Liment Cures Dandruff.