

DISEASES.

Of the "Strenuous Life."

Lack of exercise is the modern cause of disease. Walking and horseback have given place to electric cars. No exercise means constipation, dyspepsia, inactive kidneys and muddy skin. When the bowels do not move regularly, the body suffers from poisoned blood. The natural tissue waste is removed by the bowels, kidneys and skin. When the bowels do not move, their work has to be done by the other two because the waste products in the system must be gotten rid of. And the result? Backache, sallow or grey complexion, headaches, furred tongues and irritable tempers, all symptoms of blood poisoning. Well, can constipation be cured? Certainly it can be—by fruit, which is Nature's purgative. A well known physician in Ottawa has discovered a process whereby the juices of apples, oranges, prunes and figs are combined and made more active, as a medicine, by forcing into the united juices one more atom of bitter from the orange peels. This makes a new fruit, many times more active than ordinary fruit, which acts on the stomach, liver, bowels and skin. The laxative fruit extract is condensed into tablets and sold under the name of "Fruit-a-tives" or "Fruit Liver Tablets." These tablets are only fruit with tonics added. "Fruit-a-tives" are a natural cure for constipation, headaches, biliousness, kidney and liver diseases and all blood impurities—by acting on the bowels, liver, skin and kidneys just as fresh ripe fruits act. They will not gripe. All druggists have them, 50c. a box, 6 boxes for \$2.50 or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

House Cleaning Time

Is here and no doubt your home requires Painting and Papering. We have a number of First-Class Workmen in this Department who can attend to your wants. All work guaranteed. Call at the Office or Phone 52, and we will call and submit samples and prices.

Blonde Lumber and Mfg. Co., Ltd.
Builders Lumber Dealers,
Phone 52, and Contractors

MEDICAL.

DR. AGAR & AGAR—Physicians and Surgeons, successors to Dr. Tye, King Street West, Chatham, Ont.
Dr. J. S. Agar. Dr. Mary Agar.

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.
ALEX. GREGORY, Secy.
A. E. JEWETT, W. M.

LEGAL.

THOMAS SCULLARD—Barrister and Solicitor, Victoria Block, Chatham, Ont.

SMITH, HERBERT D.—County Crown Attorney, Barrister, Solicitor, etc. Harrison Hall, Chatham, Ont.
B. O'FLYNN—Barrister, Solicitor, etc., Conveyancer, Notary Public, Office, King street, opposite Magistrate's Bank, Chatham, Ont.

WILSON, PIKE & GUNDY—Barristers, Solicitors of the Supreme Court, Notaries Public, etc. Money to loan on Mortgages at lowest rates. Offices, Fifth street, Matthew Wilson, K. C., J. M. Pike, W. S. Gundy.

HOUSTON & STONE—Barristers, solicitors, conveyancers, notaries public, etc. Private funds to loan at lowest current rates. Office, upstairs in Sheldrick Block, opposite B. Macdonald's store. M. Houston, Fred. Stone.

THE Bank of Montreal
HAS REMOVED TO THE
Scane Block, King St., East
DURING BUILDING OPERATIONS
DOUGLAS GLASS, Manager

STANDARD BANK OF CANADA
HEAD OFFICE, TORONTO.
Branches and agents at all principal points in Canada, U. S. and Great Britain. Drafts issued and notes discounted. Savings Bank Department deposits (which may be withdrawn without delay) received and interest allowed thereon at the highest current rates.
W. W. SHANNON,
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Fire, Life and Accident
Money to Loan at lowest rate of interest.
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Next to Harrison Hall

NEWEST IN MODES.

HAT VAGARIES MANY, BUT INCLINED TO ELEGANCE.

Small, Side Tilted and of Great Che Are the Latest Confections—Floral Triumphant and Strange Things in Feathers.

Trying as is the little pinched up toque in most cases, yet on the whole the small hat decidedly makes for elegance in the toilet. It has at least driven out frowzy coiffures and great ill balanced millinery edifices masquerading under the guise of the "picturesque."

A semblance of a brim and a pronounced side angle mark the latest of the new hats, as a general feature, and, although it may seem like heresy to say it in face of exquisite artificial floral confections, such as those illustrated, that now prevail, still feathers



PARMA VIOLET HAT.

carry the hall mark of the moment. Ostrich feathers are manipulated out of all knowing, as witness the ostrich bow, the ostrich tuft and other efforts to achieve originality at any cost. The clever avirled plumes, however, represent the epitome of grace.

The long glove necessitated by the elbow sleeve draws rather heavily on the exchequer of the woman with more social ambition than funds, not only because it is long and costly, but because it is white or just an off tint and therefore very susceptible to soil. Some of the pale shades, almost white, display the taints of use less aggressively than the staring pure white and if well chosen become the hand vastly better.

As to colored shoes, many women appear still to prefer keeping their feet in unobtrusive accessories rather than a hard fact in the scheme of dress, and unquestionably conventional black really achieves this end. However, the really smart contingent has adopted low shoes of dark tobacco shades for warm summer mornings. These are of suede, with flat bows of dark brown ribbon.

An art of the summer season is the deft employment of small flat lying collars of fine fancy muslin or net, delicately treated about the edge with applique lace. For the finish of cloth or linen coats these are fascinating, and they sometimes develop into revers. They are supposed to be just the latest, flimsiest scraps, and to them



folded sleeve bands of similar fine muslin, lavishly ruffled at either edge furnish a harmonious supplement.

Small scarlet taffeta bows down the center of an embroidered linen plastron or lingerie chemisette give a pleasing touch to a new Paris gown. Frillings of fine linen decorating the corsage of a suede colored summer cashmere frock also declare a French origin.

Notes From Jewelers' Circular.
A 'chatelaine' fountain pen makes a pleasing novelty.

A new flower ring in the form of a daisy has the petals outlined in small diamonds with a pearl in the center.

In gold scarfpins a horse's head with a lucky horseshoe is among the various designs of a sporting character.

Among rings that attract attention are those showing a dark stone, as a square, dark sapphire, surrounded by pearls or diamonds.

A handsome new collar is of finest gold filigree in open diamond shape, spaced with pearls, with a bar of filigree set with pearls crossing each diamond.

A pleasing trifle for the summer girl is a gold coaching horn mounted as a safety pin, which may be worn at the collar or belt. A whip and lash design is also shown.

An exclusive design in a new gold chain for a fan or watch is of small fancy disks in openwork with a connecting link of gold between each disk. The very delicate, fat chain is both novel and really beautiful.

GIRLHOOD WOMANHOOD MOTHERHOOD

The first lesson that the young girl has of womanhood is usually a painful one. She learns to know what headache means, and backache, and sometimes is sadly borne down by this new experience of life. All the pain and misery which young girls commonly experience at such a time may, in almost every instance, be entirely prevented or cured by the use of Doctor Pierce's Favorite Prescription. It establishes regularity, it tones up the general health, and cures headache, backache, nervousness and other consequences of womanly weakness or disease.

The anxious mother of the family often carries the whole burden of responsibility so far as the home medical concerns are concerned. The cost of the doctor's visits is very often much too great. At such times the mother is invited to write to Dr. R. V. Pierce, of Buffalo, N. Y., for medical advice, which is given free. Correspondence is held strictly confidential.

Backed up by over a third of a century of remarkable and uniform cures, a record such as no other remedy for the diseases and weaknesses peculiar to women ever attained, the proprietors and makers of Dr. Pierce's Favorite Prescription now feel fully warranted in offering to pay \$500 in legal money of the United States for any case of Leucorrhoea, Female Weakness, Profluvium, or Falling of Womb, which they cannot cure. All the World's Dispensary Medical Association, Proprietors, of Buffalo, N. Y., ask is a fair and reasonable trial of this medicinal preparation.

"Your wonderful medicine, Favorite Prescription," writes Mrs. N. M. Wright, of Edwards, Ind., "last winter I was unable to do my work, was to be confined in February, and a lady in Illinois wrote and told me of your medicine. I used three bottles of 'Favorite Prescription,' and will say I had the easiest and quickest confinement I ever had. Had three children, and would suffer from twenty-four to thirty-six hours before birth, but this time only two hours. Have a fine baby girl and she is the most healthy one of all. I am still using the 'Favorite Prescription' as a tonic."

THE OLD SAILING SHIPS.

Why the Wooden Ones Were Better Than Those Built of Iron.

The sailing ship when I knew her in the days of her perfection was a sensible creature. When I say her days of perfection I mean perfection of build, gear, seaworthy qualities and ease of handling, not the perfection of speed. That quality reached its highest excellence in the discovery of hollow lines and departed with the change of building material.

None of the iron ships of yesterday ever attained the marvels of speed which the seamanship of men famous in their time had obtained from their wooden, copper sheathed predecessors. Everything had been done to make the iron ship perfect, but no wit of man had managed to devise an efficient coating composition to keep her bottom clean with the smooth cleanness of yellow metal sheeting. After a spell of a few weeks at sea an iron ship begins to lag as if she had grown tired too soon. It is only her bottom that is getting foul.

A very little affects the speed of a ship that is not driven on by an anti-propeller. Often it is impossible to tell what inconsiderate trifles put her off her stride. A certain mysteriousness hangs around the quality of speed as it was displayed by the old sailing ships commanded by competent seamen. In those days the speed was still a matter for the seamen's care. Therefore, apart from the laws, rules and regulations for the good preservation of his cargo, he was careful of his loading, of what is technically called the trim of his ship. Some ships sailed best on an even keel, others had to be trimmed quite one foot by the stern, and I have heard of a ship that gave her best speed on a wind when so loaded as to float a couple of inches by the head—Joseph Conrad in Harper's Weekly.

ABSOLUTE SECURITY.

Genuine
Carter's Little Liver Pills.

Must Bear Signature of

Wm. Wood

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

CARTER'S LITTLE LIVER PILLS.
FOR HEADACHE,
FOR DIZZINESS,
FOR BILIOUSNESS,
FOR TORPID LIVER,
FOR CONSTIPATION,
FOR SALLOW SKIN,
FOR THE COMPLEXION.

GUARANTY VEGETABLE.
CURE SICK HEADACHE.

25c BIRD TONIC FREE
Send 25c. But this medicine free by sending us a 10¢ paper and a 10¢ bottle of yellow washers. Send 10¢ paper and 10¢ bottle of yellow washers. Send 10¢ paper and 10¢ bottle of yellow washers.

BIRD BREAD
Send 10¢. But this medicine free by sending us a 10¢ paper and a 10¢ bottle of yellow washers. Send 10¢ paper and 10¢ bottle of yellow washers. Send 10¢ paper and 10¢ bottle of yellow washers.

COTTON BIRD SEED
Send 10¢. But this medicine free by sending us a 10¢ paper and a 10¢ bottle of yellow washers. Send 10¢ paper and 10¢ bottle of yellow washers. Send 10¢ paper and 10¢ bottle of yellow washers.

CANADIAN PIONEERS.

Reminiscences of Mr. Robert Clarke on His Diamond Wedding Day.

Mr. and Mrs. Robert Clarke, of Toronto, have been receiving the congratulations of numerous friends upon the celebration of the sixtieth anniversary of their wedding day. Mr. and Mrs. Clarke still enjoy the use of all their faculties and the blessings are associated with a healthy body and sound mind.

Mr. Clarke was born in Ireland in 1819. His parents came to Canada when he was but six months old, and settled near Toronto. Nine weeks were occupied in crossing the Atlantic, and three weeks from Montreal to Toronto. In this connection it may be interesting to note that the first boat propelled entirely by steam crossed the Atlantic in 1833. The first railway in Canada, from La Prairie to St. John, was opened in 1836. The Grand Trunk Railway was commenced in 1847. So that, both Mr. and Mrs. Clarke have witnessed the passing of the forest with its denseness, the team and the stage coach, and the inauguration and development of steam and electrical transportation. They have passed from the mounted messenger to wireless telegraphy, from the flint and steel to the parlor match, and from the tallow dip and candle to the electric light, transformations and transitions truly marvelous, and the more so when they have occurred within one's lifetime and recollection.

Mr. Clarke remembers very distinctly a rail fence on King street, almost opposite the King Edward Hotel, enclosing a "field" in which stood a blacksmith shop. He has seen timber wolves within two and one-half miles of Toronto Junction, his shot deer within eight miles of Toronto, and has seen the red sea salmon taken from the Humber River.

On the 18th of June, 1845, he married Annie Wilson, of West Gwillimbury, in the County of Simcoe, the marriage being solemnized by the late Canon Osler, father of the famous Dr. Osler. Doubtless Mr. Clarke considered this event his "Waterloo," and himself the "Wellington," for his wedding day was on the date of the anniversary of that famous battle.

Mrs. Clarke was born in Toronto in 1823. The young couple commenced life in the Township of York, where for forty years they carried on successful farming operations, retiring from active life just twenty years ago. While yet a young man Mr. Clarke was appointed a Justice of the Peace. At his home in Doncaster he was for many years superintendent of the Sunday school, trustee, steward and leader in the Methodist Church, Public School trustee and postmaster. In 1853 he was appointed ensign to the 2nd Battalion of the York Militia by His Excellency the Right Honorable James, Earl of Elgin and Kincardine, and again in 1856 by His Excellency Sir Edmund Walker Head, Bart., to be ensign to the Provosts (Upper Canada).

During his earlier life, when Toronto was known as "Muddy York," he, together with several pioneer neighbors, cut a road through the woods from Bathurst street to Spadina avenue for their own convenience in going to and from market. The road is now Bloor street. Mr. and Mrs. Clarke both tell interesting tales of the Rebellion of 1837. Mr. Clarke is the eldest and last surviving member of a family of six.

They Didn't Shoot Straight.

An incident in which the Italian cruiser Umbria was concerned at Vancouver, B. C., has given rise to an interchange of notes between London and Rome, and has been exaggerated out of all proportion to its importance. Commander Corsi of the Umbria asked and was given permission by the naval authorities at Esquimaux to practice his gunners at the targets on Pender Island. It is said that between sixty and one hundred non-explosive shells landed in the fields of the farmers and in the camp of a party of sailors from H. M. survey ship Bebert. A picturesque account of the affair was sent to the London papers, and Commander Corsi was a good deal astonished to find on arriving at this port a cablegram from the Naval Department at Rome asking him for an explanation.

It was the purest accident, Commander Corsi said, and liable to happen to any ship in gunnery practice, that some of the shells reached shore. Nobody was hurt, and no damage was done to property.

Some naval men are inclined, however, to take a graver view of the matter than the Umbria's captain. The same thing, they declare, might happen again, and may then result in fatality. They say that there are no targets on the island, and they hint that what the Umbria's gunners fired at were buoys placed in the shore by the Egretta for use in hydrographic work.

HUMANE BUFFALO BULL.

Tries to Save Two Deer From Canine Marauders.

The sporting proclivities of a couple of hounds have led to scenes of carnage at the Zoo, says The Toronto Globe, while the behavior of a Buffalo bull was so praiseworthy as almost to merit the bestowal of the Humane Society's medal upon him. It appears that Thursday morning when Superintendent Carter noted the head of a companion, and on going to investigate, the cause found that two hounds had been attacking a pair of Canadian deer located in the buffalo paddock on the Don flats. So severe had been the onslaught of the two dogs that when he reached the victims Mr. Carter found that though they were still alive they had been practically disemboweled, while their flanks were badly lacerated. A buffalo bull is said to have taken an almost human interest in the protection of his diminutive companions, for he attacked the dogs in vigorous fashion, and did his best to drive the two marauders away. However, they were afraid and alert enough to elude his charges, and though Superintendent Carter managed to deposit some of the contents of his shot gun into their less vital parts, they made good their escape. Detectives are now searching for the hounds, and when discovered short shrift will be meted out to them. The two deer had to be killed to put them out of their misery. One of them was sent to the Zoo by a lumber firm in Brampton, and the other was driven down the Don Valley by hunters last year.

It makes life worth living
on hot summer days.

Abbey's Effervescent Salt

It keeps you cool and comfortable because it keeps you healthy. No heavy, depressed feeling—no bilious headaches—no stomach or bowel troubles—as long as you take a morning glass of Abbey's Effervescent Salt.

25c. and 60c. a bottle.

At all Druggists.

Writers and Doctors.

It is a curious fact that great writers, speaking generally, have been no lovers of the medical profession. This is doubtless the reason why doctors for the most part cut so sorry a figure in literature. Scribes of all sorts take a special pleasure in girding at them.—British Medical Journal.

NOTHING ON THE MARKET THAT IS EQUAL TO CHAMBERLAIN'S COLIC, CHOLERA AND DIARRHOEA REMEDY.

This fact is well known to druggists everywhere, and nine out of ten will give their customers this preparation when the best is asked for. Mr. Obe Witmer, a prominent druggist of Joplin, Mo., in a circular to his customers, says: "There is nothing on the market in the way of patent medicine which equals Chamberlain's Colic, Cholera and Diarrhoea Remedy for the bowels. We sell and recommend this preparation." For sale by all druggists.

When Hats Were Unknown.

In ancient days hats were unknown, men having hoods attached to their outer garments, which they wore or discarded at pleasure. Stow, the old historian, says that nobody wore anything else except the lord mayor of London, who sometimes donned a hat on state occasions. In the reign of King Henry VII., he says, the citizens began to wear "flat caps knit of woolen yarn, black, but so light that they were obliged to tie them under their chins, for else the wind would be master over them."

COLIC AND DIARRHOEA—A REMEDY THAT IS PROMPT AND PLEASANT.

The prompt results produced by Chamberlain's Colic, Cholera and Diarrhoea Remedy together with its pleasant taste have won for it a place in many households. Mr. W. Taylor, a merchant of Winslow, Ala., writes: "I have used Chamberlain's Colic, Cholera and Diarrhoea Remedy myself and also with men on my place for diarrhoea and colic, and it always gives relief promptly and pleasantly." For sale by all druggists.

Gen. Roy Stone Dead.

New York, Aug. 8.—Gen. Roy Stone, veteran of two wars, died Saturday at his home in Manhattan, N. Y., after a long illness, in his sixty-nine year. In civil life Gen. Stone was an engineer and was connected with many important works, including the blowing up of Hell Gate. He leaves a widow, who was Miss Marker, of Pennsylvania, and one daughter, the wife of Lord Monson, of England. He was known throughout Canada through his great interest in the good roads movement.

Ayer's Hair Vigor.

Hair turning gray? Why not have all the early, rich color restored? Ayer's Hair Vigor will do this every time. Not a single failure. Stops falling hair also. *Small, neat, elegant.*

THE T. H. Taylor Co.,

Have just received some neat and nobby patterns in Homespuns for hot weather.

COAT and TROUSERS

—AT—

\$13.00 and \$14.00

Made in latest styles to keep you cool at

The Woolen Mills