

Consult Dr. Goldberg

America's Most Successful Specialist.



Because he is the longest established specialist in Detroit who has no branch offices, consequently gives this office his entire attention.

Because you pay Dr. Goldberg for his services and each time you call you see him personally and not some assistant.

Because each time you write it receives his personal attention.

Because he is the only specialist who is willing to wait for his pay until you are cured.

Because he accepts no incurable cases for treatment.

Because he discovered the Latest Method Treatment, which is recognized as superior to any discovered within the past 25 years.

Because he has 14 diplomas, certificates and licenses which testify to his standing.

Because he received four special diplomas from the New York Post Graduate School.

Because he does business on his own reputation, and not on the reputation of his predecessor.

Because his records show more actual cures than any of the other specialists.

Because Detroit's only specialist who has stood the test of time.

Because thousands of patients testify to his abilities.

If you cannot call write for question blank for home treatment.

Headlines for Chatham patients shipped from Windsor, Ont. All duty and transportation charges prepaid.

DR. GOLDBERG, 208 Woodward Ave., Detroit, Mich.

Diamond Hall

"Diamond Hall"—Ryrie Bros.—Toronto, is one of the largest retail jewelry stores in the world.

From its magnificent stock of Diamonds, Jewelry, Silverware, Leather Goods, etc., you may select with guaranteed satisfaction at your home.

A request will bring to your door—free of cost—our handsomely illustrated new catalogue. Ready for delivery Nov. 15th.

The great magnitude of our business permits of our selling at money-saving prices.

We return your money in full without question if on receipt of articles ordered you are not perfectly satisfied.

RYRIE BROS.

JEWELERS
118, 120, 122 and 124
Yonge St., Toronto

PABOTT & BOWELL

Are selling Real Estate right along. They mean business

Owners of property who desire to be quick to make a note of this. They are agents for The Monarch Fire Insurance Company; and they have houses to rent.

Several Houses and Lots

for sale for

\$300.00 UP

on easy terms. Apply to

SMITH & SMITH

opp. Market Square, Chatham.

Trust and Private

Funds to Loan

farm and city property. Terms to suit borrowers. Apply or write to

THOMAS SOULLARD

Office lately occupied by Edwin Bell, Victoria Block.

MONEY TO LEND

ON LAND MORTGAGE

ON CHATTEL MORTGAGE

OR ON NOTE

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

J. W. WHITE, Banker

Opp. Grand Opera House Chatham

Keep Minard's Liniment in the house.

MUSEUM AT STEPNEY

MUNICIPAL SCHOOL OF SCIENCE IN LONDON'S FAR EAST.

Only Institution of the Kind in the World's Metropolis—Maintained by the Borough Council—Specimens Stuffed and Mounted on the Premises—Object Lessons Are Given to Old and Young.

Science has established a flourishing outpost in London's Far East in the shape of a municipal museum where school classes pay visits, and object lessons are given to young and old alike. The Stepney museum is said to be the only institution of its kind in the metropolis, and it is maintained by the borough council. There is a good collection of natural history exhibits, particularly birds, many of the specimens having been stuffed and mounted on the premises. There are for example, herons, owls, sea birds, puffsins from Ireland and darters from Australia. Each group has its skeleton to show the structure. Entomologists find a large collection of moths, butterflies and beetles, and there is a nest of yellow field ants in perpetual motion under glass. The study of geology and mineralogy is encouraged by numerous examples of stones and metals from the bowels of the earth, such as would have delighted the eye of Hugh Miller, to say nothing of shells and corals from the "vast deep." An accurate knowledge of the different trees to be seen in London may be obtained from stands where the leaves and bark of the oak, elm, ash, sycamore, &c., are displayed and described, and a practical lesson in botany is furnished by a small collection of wild flowers and plants, which forms one of the latest additions to the museum. In connection with the institution the borough council has set up beehives in St.



INTERIOR OF THE MUSEUM.
George's recreation ground, where lessons in apiculture are given. Besides spears, arrows, and other savage weapons the museum contains some curious objects of antiquarian interest, chiefly associated with the ancient liberty of Norton Folgate. A dole or alms box of the year 1800 bears this quaint motto in old English: My son, be afraid not the poor of his alms, and turn not away thine eyes from him that hath need. Let us not thy hand be stretched out to relieve, and shut when thou shouldst give. There is a Welsh cradle in oak of the reign of James I., and an oak linen chest, date 1556, also from Wales, that recalls the legend of Ginevra. From a book kept at a museum it appears that classes from all the schools in the district visit the institution every week in batches of from 35 to 40 at a time. Lectures are given on Wednesdays, chiefly in natural history subjects, and are well attended. The museum, which is situated in Whitechapel High-street, is open from 10 a.m. to 10 p.m. on Saturdays, 3 p.m. to 10 p.m. on Sundays and bank holidays, and 12 mid-day till 10 p.m. during the week.

Japanese Brotherhood.
Strange associations are numerous in Japan. Among the most curious are the "Fall Together Society," the "Pauper Brotherhood," the "Society of Protesters," and the "Sea-weed Society," the members of the last community wearing nothing but the most tattered garments. More curious still is the "Society of Self-Annihilation," formerly, apparently, by discontented nobles infected by nihilistic doctrines. The members of this society are bound to possess no private capital, they must look to nothing but their own right arm to support and protect them, and they must be in session every day during the year, their object being to say what they please, eat and drink what they like, sleep when so disposed and concern themselves about nothing which does not affect themselves personally.

Privileged.
"Dear me," said the good looking female visitor to the superintendent of the lunatic asylum, "what a vicious look that woman has we just passed in the corridor! Is she dangerous?"
"Yes, at times," replied the superintendent evasively.
"But why do you allow her such freedom?"
"Can't help it."
"But isn't she an inmate and under your control?"
"No. She is not under my control. She's my wife."

Household Work in Norway.
Girls in Norway must know how to sew, knit and bake before their guardians will permit them to have beaux. Some of them are so eager to acquire these useful accomplishments that they are learned before they can read and write. In this country, in some families, household duties are shunned by girls; they are taught to polish the piano, to sing and chatter French. In many instances they marry fellows too poor to even hire pianos, and too ignorant to speak good English.

PHYSICAL CULTURE.

A Few Simple Exercises For Developing Grace of Body—Good Ones for the Back and Legs.

The present ideal of beauty is the tall, graceful athletic girl. We cannot all be tall, at least not in this incarnation, but every girl and woman may become graceful. It is even claimed by physical culturists that a habitually maintained erect carriage and a steady "stretching up" of the body will in course of time add something to the height. Well, it may be so, but this much, at any rate, is certain—such a position, accompanied by habitual deep breathing, will surely prevent the unsightly slumping down of the body and the thickening about the waist that too often accompany the approach of middle age.

First determine that you will stand well. To know when you do this, test your position. Put your heels together and stand with your back against a wall, perfectly straight. One celebrated physical trainer says the whole back of the body, full length, from heels to head, should touch the wall when we stand correctly; that the properly carried human spine should be perfectly straight, without any of the hollowing which the fashionable corset attempts to accentuate. He declares that only by holding the spine perpendicular can the spinal cord be free from uneven pressure and thus send full stimulus to the great nerve trunks. At any rate, the more nearly you can make the back of your legs through their whole length, also your backbone through its whole length, touch that wall the better you stand.

Now for the front of the body. Stand upon one side of a room and approach with a long, free step to the opposite wall. Of course your toes will touch the opposite wall first as you come to it. But now notice concerning the rest of the body. Does your chest or your stomach touch first? If your stomach, then that is all wrong. In the properly developed person the chest stands out forward beyond the stomach and when you walk up to a wall will touch first every time.

The full, round, deep chest is one of the leading marks of beauty in a woman. If you find you have it not, then develop it by holding your chest up and by training yourself to habitual deep breathing. The shoulders themselves have not much to do with elevating the chest. Just draw your lungs upward, and the flabby, spongy muscles around and above the waist will follow.

The deep breathing habit itself will draw your chest upward. Stand erect and hold yourself up. The very

breathing itself lifts the chest, as you will notice. It is a good plan to take physical exercises standing in front of a mirror, so you can note the effect.

The erect carriage and constantly elevated chest give a carriage so noble that the woman who habituates herself to this attitude will be noticed and admired in a crowd wherever she passes. Strangers will involuntarily conclude she is "somebody." Pity indeed that the correct carriage is so rare among the sex that a woman who possesses it is instantly singled out wherever she goes.

There are some plain exercises that greatly strengthen and limber the muscles of the back, hips and legs and prevent the body from becoming unwieldy and hippopotamus-like. Here is one: Wearing very little clothing, and that entirely loose and unhampering, lie upon the floor flat upon the back, arms at the sides; then, without using hands or arms any more than if you had none, rise from the floor, first to a sitting posture, then upon your feet, straight up. Maybe you cannot do it at first, but practice will soon give power. Think what you would have to do if you were armless and act accordingly in this exercise. Another excellent practice is while lying upon the back on the floor to raise the legs in the air, first one, then the other, at right angles, gradually bringing your feet over toward your head. By and by you will actually be able to touch the floor above your head with your toes while you lie upon the back.

The exercises indicated in the illustration are for strengthening and making nimble the legs and back. They explain themselves, and there is nothing better for the purpose for which they are intended.

Geronimo and His Daughter.
Geronimo, the famous old Apache war chief, now a prisoner at Fort Sill, Oklahoma, has a daughter who is a pupil at the Mescalero Indian school, in New Mexico. Her name is Lenna Geronimo. She is 13 years old, and she is quite a handsome girl of the Indian type. To her one-time blood-thirsty father the girl is the apple of his eye.

THE STAGE

"All the world's a stage and all the men and women merely players."

ANNOUNCEMENTS.

At the Chatham Grand:—

Central School Concert—Nov. 6.

McKeough School Concert—Nov. 12.

Guy Bros.—Nov. 14.

Real Widow Brown—Nov. 17.

Liquid Air Lecture—Nov. 19.

"The Burglar"—Nov. 27.

Lyceum Course No. 2—Nov. 30.

HALF THE WORLD IS SICK

Because of Weak Hearts

When you are sick your heart is faint.

If it were pumping good blood through your system, you could not be sick in any part.

Ninety-nine out of a hundred have weak hearts—they are sometimes sick.

Dr. Agnew's Heart Cure will relieve Heart Disease in thirty minutes. Will with certainty effect a lasting cure.

GEORGE CHIES, Dominion Customs Office, Cornwall, Ont., says:—

"I was troubled with severe Heart complaint for a long time. I was under the doctor's care, but not receiving benefit, I asked him about 'Dr. Agnew's Heart Cure for Weak Hearts,' and I used it with good results."

Dr. Agnew's Ointment is riding the world of piles and skin rashes, eruptions of all sorts. Its healing powers are marvelous. Price, 35c.

Sold by Messrs. Gunn and McLaren, Druggists, Chatham.

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EXERCISES FOR THE BACK AND LEGS.

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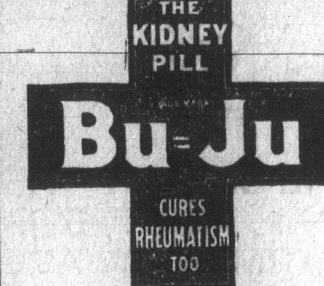
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You are Guaranteed

If You Have



Weakness of the Back, Pains and Aches in the region of the Kidneys, Irregular Bowel or Kidney Action, Feverishness, Chilly Sensations, Puffiness Under the Eyes, Brick-dust Deposit or Cloudiness of Urine, Droopy of the Ankles or Wrists—Your Kidneys are working badly and your system is becoming poisoned.

Unless the kidneys be brought

into a healthy condition, the blood will be poisoned more and more, some form of Rheumatism is likely to follow, and Diabetes or Bright's Disease of the Kidneys may result. You must act AT ONCE! Disorders of the kidneys brook no delay. To make weak kidneys strong and to cleanse clogged kidneys, there is nothing so effective as BU-JU, the Kidney Pill. It is the product of the latest scientific research, and is the great Kidney Regulator and Cure for Rheumatism. Fifty Pills, in box, 50 cents. Reject Substitutes.

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NEW YORK, N.Y., AND WINDSOR, ONT.

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The very newest patterns in Scotch and Irish Tweeds just received. Call and see samples.

ALBERT SHELDRICK,
MERCHANT TAILOR, KING ST.

Five Hundred of our Residents

Will Tell
You That
Our...
"IDEAL
JEWEL"

Is the
Best
Heater
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Canada.



WESTMAN BROS.,
SOLE AGENTS.

USE EDDY'S



Fibre Ware...

The Neatest, Cleanest and Most Durable Ware on the Market.

Can be had in **Pails, Tubs, Wash Basins, &c.** For sale by dealers everywhere.

USE EDDY'S MATCHES.

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