RIGHT EATING, more than anything else, is the great secret of getting on in the world and getting on happily. The dyspeptic isn't usually much of a success. His stomach demands so much thought

that he's not able to think very much either of his business or his friends. His business therefore, isn't likely to be a pronounced success, and his friends are those of the forgiving kind.

Proper food ought to give the proper nourishment to all parts of the human body without giving distress. Whole wheat contains such nourishment and in such proportions that the healthy person can digest it "without realizing he has a stomach."



Ask the grocer about it.

Lord Byron the honor of being the

most popular poet of his generation. His longer poems have not stood the

test of time so well, though "Lalla

Rookh," with its wealth of eastern imagery and detail, is still read and

admired by many, as are also his

satirical papers and lampoons col-lected under the title of the "Two-

penny Post Bag," and his biogra-

phies, including one of his friend Lord Byron. Moore, who was born

at Dublin in 1779, was the son of

an humble Dublin grocer, and even in

his earliest youth wrote poems of no mean merit. When he went to Lon-

don in early manhood his engaging

social gifts, his charming personality

publication after that year. Above

country and are tinged also with that

inseparable from all Irish poetry.
"The Minstrel Boy," "The Harp
That Once Through Tara's Hall,"

and other songs may be instanced in

support of this. One of the best known of his songs and one which

was a particular favorite with the

poet is "The Last Rose of Summer,"

which follows:

tonic. Barley malt is the best natural tonic FORCE" is composed of the whole wheat and barley malt scien-

tifically combined in just the proportions needed by the human body. It is delivered to you in the form of a sweet, crisp, delicate flake of exquisite flavor, and is ready to serve.

Change of Time



THE STEAMER

City of Chatham

Will make her regular round trip from CHATHAM to DETROIT every Monday, Wednesday, Saturday Leaving Rankin Dock, Chatham, at 7.30 a.m., and returning leaves Detroit (foot of Randolph St.) at 3.50 p. m. Detroit time, or 4 o'clock Chatham time. One Way Trips

Boat leaves Chatham for Detroit Thursday morning at 9 o'clock, and leaves Detroit for Chatham on Friday morning at 8.30 Detroit city time or 9 o'clock Chatham time. Fares:

Round Trip......600 Single Trip.......50c Agents-Stringer & Co., Chatham: Odette & Wherry, Windsor; John Stevenson, Hetroit. E. Cornette - Captula

The Dr. Radley Preparations

Are better known to the majority of readers in Kent County than any-other Medicines. We carry a full assortment that are sold at lowest prices.

Radley's Drug Store King St., Chatham

*+++++++++++++++++++++ The Bell Telephone Co., Of Canada.

A New Issue of the Subscribers' Directory

For the District of Western Ontario, in-cluding the Chatham Exchange, will be issued early in September. Orders for new connections, changes of address, nges of names, duplicate entry nes, etc., should be placed at once nsure their appearance

F. D. LAURIE, Local Manage **********************

Lime, Cement

-and-

Cut Stone We keep the best in

stock at right

prices. JOHN H. OLDERSHAW

Thames Street, Next

Police Station

Fishing for Business We're out for it,

We want your custom

The best and most com plete line of Optical goods. We also carry a full line of of Ajax and J. O. Co's. Frames, and the latest in a tacle, to be had no where else in the city of Chatham. Our prices are the lowest and we guarantee satis-

H. C. Jordan **OPTICIAN**

A A. Jordan's Jewelry Store Sign of the Big Clock

******* Minard's Liniment Cures LaGrippe.



GREAT LAKE CITIES.

Built From Industries of the Lake Region. "The story of the development of the industries of the lake region and the growth of interlake commerce is writ-

ten in the histories of the great cities of commercial and manufacturing importance which line the American shore of all the lakes," says Richard Linthicum in Ainslee's. "Chicago, the mistress of these in

land seas, is the food market of the world and the commercial center of the American nation. "The great lakes have made Buffalo the second city of importance in the Empire State, the greatest point of ex-

change between rail and water traffic on the globe and the fourth port of the world in the volume of its tonnage. "They have made Cleveland, near the midshore of Lake Erie, an iron and steel center of manufacture second

only to Pittsburg. "Detroit, the oldest city on the lakes and most closely associated with their history, is also the most beautiful. With nine miles of water frontage and a magnificent city park on one of the large islands in the river, it is even more picturesque in its aproaches than Cleveland on the bluffs. It has grown so steadily in commercial importance that its business characteristics now possess a greater interest than either

its scenic features or historic localities. "Milwaukee, the second city of importance on Lake Michigan, is the brewing center of the world, but it manufactures more iron than beer and nearly half as much flour and does an immense business in meats and leather. Duluth, the commercial Lake Superior, has achieved a greatness almost equal to that predicted in the hyperbolic ridicule of Proctor

Knott. "All of the cities of established commercial importance on the great lakes except Duluth have large shipyards equipped for the construction of even the largest types of ocean vessels-Buffalo, Cleveland, Toledo, Chicago, Milwaukee and Bay City, at the head

of Saginaw bay. "Just across the St. Louis river from Duluth her sister city of West Superior also has large shipyards, and it is there that the whalebacks, the curious craft that look like a huge boiler afloat, are

built." Appendicitis Is Not New. "Why is it," asked a man of a physician, "that so many people are suffering these days with appendicitis and have to be operated upon when there didn't use to be any of them?"

"My young friend," the doctor an-

swered, "this disease has been in the world ever since Adam was. Perhaps that story of his losing a rib may have arisen because he was operated on for appendicitis. When your grandfather was a boy, his neighbors had it all around him, and so they did when you were a boy, but they called it inflammation of the bowels, stomach ache, acute indigestion, liver trouble or something of that sort. The patient got well or he died, but no one ever opened him when living to see what the matter was. Perhaps it is as well that they did not, for much of the surgery of those days was more dangerous than any disease."

of the movements of shad is that, coincident with their disappearance from

The Shad Movement.

One of the unexplained phenomena

Connecticut waters, where the schools are perceptibly diminishing, they are appearing in large numbers in the Ohio river. The tirst shad caught in the latter stream was in 1876. It was considered such a rarity that it was sent to the Smithsonian institution. During the past five years the fish has been multiplying there at an extraordinary rate, and it is now caught in quantities within five miles of Cincinnati. If the shad schools are migrating from the Connecticut river to the Ohio, they must be doing it by the way of New Orleans, as it is impossible for them to cross the Alleghanies.

Patti's Voice. When Adelina Patti sang recently in the great Albert hall in London, the critics again agreed as to the extraordinary preservation of her voice, which since her retirement from the arduous work of concert tours seems to have regained much of its former beauty. One veteran critic declared that her voice seemed as resonant and power ful as when she first astonished Lon don, forty-one years ago. Mme. Patti has always been careful with her voice and now reaps the reward.

Danish Procedure: We learn from the Washington Post which has made an especial study of this sort of thing, that the chances of our securing the Danish West Indies | around. are bright. After the proposition has

een broached by the landstaing, isdorsed by the folkething and passed by the rigsdag all that is necessary is to submit it to the rigsret, secure the approval of the hoiesteret and have it finally signed, sealed and delivered by the statsraadet and there you are. 8-1. C L.

Across Bering Strait. Judge James Wickersham of Nome, Alaska, returned home a short time ago from a trip of scientific investigation. Standing on a piece of ice three miles from the shore at Cape Prince of Wales, Judge Wickersham could look across the Bering strait and view the continent of Asia.

Are You Deaf ?

All deafness is not curable, but doctors state that ninety per cent. of im-paired hearing is due inflammation of and the sweetness with which he the Eystachian tubes, and can be treated with certainty of success by Catarrhozone, which gives instant re
est society, and he retained the love lief to Catarrh in any part of the sys- and respect of hundreds of friends tem. Catarrhozone is extremely sim-ple and pleasant to use, and sufferers 1852. His health completely failed from any form of deafness are advised in 1845, and he wrote nothing for to use it. Thousands of cases are on record where Catarrhozone has perfectly restored lost hearing, and what it has done for others it can do for you. Procure Catarrhozone from your druggist. Price \$1, small size 25c., or by mail from N. C. Polson & Co., Kingston, Ont.

Perfection.

"Do you think perfection is ever actually attained in this life?" asked the serious youth.

"Yes," answered Miss Cayenne; "some people become perfect bores,"

Joke on the Baby. "Yes, marriage is a lottery, and I am after a prize."

And the radiant young father continued walking after the baby coa before him.

To Break Up a Cold

all you require is a glass of hot water, a little sugar, and thirty drops of Polson's Nerviline. Take it real hot, and in the morning you will wake up without a cold. When depressed or tired, try Nerviline; it will tone you up better than stimulants. Nerviline wards off all sickness and keeps people well. Large bottles 25c. The roots of a strong tree do not make much rustle, but they do the

hanging on in the time of storm. Has It Come to This?

Harold-Will you get my building blocks, mamma? Boston Mamma-Which do you wish, Harold, your Greek or your Sanskrit blocks?

A Paragon, Employer-What, lived six months in your last place! Where was that? Applicant-On the island, mum. New York Journal There's a Story in Morning Tiredness

A story of poor blood, weakened

nerves, of a starved brain. Plenty of food, mind you, but perhaps poorly prepared and too poorly digested to maintain a vigorous body. Ferrozone quickly makes blood, gives new strength to the nerves, cures the fagged feelings that prevent vigorous thouhgt and action. Use Ferrozone, it makes blood, and good blood feeds the nerves. Strong and vigorous nerves are just another name for good health. If you seek health, and a relief from the tired morning feeling, use Ferro-zone. Sold only by McCall & Co. It is a mistake to presume that

good health can be maintained without giving nature some good aid.

"Have by some surgeon, Shylock, on thy charge to stop his wounds, lest he do bleed to death." People can bleed to death. The loss of blood weakens the body. It must follow that gain of and the next two heirs to the title. blood gives the body strength. The strengthening effect of Dr. Pierce's Golden Medical Discovery is in large part due to its action on the bloodmaking glands and the increased supply of pure, rich blood it produces. It is only when the blood is impoverished and impure that disease finds a soil in which to root. The "Discovery" purifies the blood and makes it antagonistic to disease. When the body is emaciated, the lungs are weak, and there is obstinate lingering cough, "Golden Medical Discovery" puts the body on a fighting footing against disease, and so increases the vitality that disease is thrown off, and physical health perfectly and permanently restored. It has cured thousands who were hopeless and helpless, and who had tried all other means of cure without avail.

Thirty-one one-cent stamps to cov-er expense of mailing and customs will obtain a copy of Dr. Pierce's Common Sense Medical Adviser, 1008 pages, in paper cover. Send 50 stamps if cloth binding is preferred. Address Dr. R. V. Pierce, Buffalo, N. Y.

Vulgarity is doing before people what you always do when nobody is

MOORE'S POEMS. Still Almost as Popular as When the Poet Was in the Flesh. The Irish melodies and national songs of Thomas Moore still enjoy a popularity almost as widespread as in the days when he shared with

PAY WHEN CURED

You need pay nothing until you are convinced that a thorough am been established. This should convince you that I have confidence it freatment, otherwise I could not make you this proposition. It make has falled to cure you, call or write me.

Each Time You Call You See Me Personally, Or each time you write it receives my personal attention. The number of years I am established in Detroit, and the cures I accomplished after given up by other doctors, has placed me as the foremost specialist of the country. OONSULTATION FREE. Call or plant for blank for home treatment. Perfect system of home treatment fer write for blank for blank for home treatment. Perfect system of home treatment fer those who cannot call. BOOK FREE. All medicines for Canadian patients shipped from Windsor, Can. All duty and express charges prepaid. Nothing sent C. O. D. DR. GOLDBERG, 208 WOODWARD AVE. COR. WILCOX ST.

and presses that print vo,000 sheets

Weekly. 'Tis the last rose of summer Left blooming alone; All her lovely companions Are faded and gone; No flower of her kindred.

rosebud is nigh, reflect back her blushes Or give sigh for sigh. I'll not leave thee, thou lone of To pine on the stem; Since the lovely are sleeping, Go, sleep thou with them. Thus kindly I scatter Thy leaver o'er the bed, Where thy mates of the garden Lie scentless and dead.

So soon may I follow, When friendships decay, And from love's shining circle The gens drop away! When true hearts lie withered,

And fond ones are flown, O who would inhabit This bleak world alone? The Money Vote to Lord Kitchener. The money vote to Lord Kitchenes set some of the British newspapers recalling money grants of the past to victorious commanders. The great captain Wellington comes first-first in date, first in rank, first indeed in everything. After Talavera, in 1809, he became Viscount Wellington, and had a pension of £2,000 a year conferred on him and his two successors in the title, and the pension on ly lapsed two years ago. Im 1812 he got an Earldom and an addition al £2,000 a year, and in October of the same year became a Marquis, with a grant of £100,000 for purchase of lands to descend with the

Marquisate. Finally in May, 1814,

when everybody thought that Napo-

leon in Elba was done for, he was

made a Duke, and received £400,000

to purchase estates entailed on the

eirs male of his body. But Napoleon was not done with vet, and Waterloo brought its reward, for the Duke, after being thanked by Parliament "for the consummate ability, unexampled exer-tion and irresistible ardor displayed by him on the eighteenth," received an additional sum of £200,000 for the purchase of lands, to be held by him and his heirs on the tenure of rendering a tricolor flag on every 18th of June. Thus the Duke re ceived £4,000 a year and £700,000, to say nothing of his £20,000 a year in Spain and £2,000 in Belgium. After that there was no grant until 1839. Sir John Keane then was created Baron Keane of Ghuznee, with a pension of £2,000 for himself and his two immediate successors in the Peerage. Then came Chilianwallah, and Viscount Gough received £2,000 a year for himself Lord Napier of Magdala received £2,-000 a year for himself and his successor. Lord Wolseley received £25,-000 after the Ashantee war and the thanks of Parliament. Lord Roberts

got £100,000. The Lendon Thunderer,

In an old copy of Bradshaw's Guide to London (1857) I read that a visit to the office of The Times during the time the "huge machine" is at work, casting off its impressions, at the rate of 170 copies a minute-10,200 an hour-will present a sight not easily to be forgotten. "The average daily circulation is 32,000, and the value of the advertisement is estimated at \$550 per page of six columns. The duties paid to the Government, for paper, advertisements and stamps alone, amount to \$475,000 annually. This stupendous establishment employs 300 people daily on its premises. Scarcely an event can occur anywhere of which its emissaries are not prepared to supply the earliest and fullest account." The first number of The Times appeared on January 1, 1788. Compare the great city newspaper of to-day with The Thunderer of 45

Hope for Him. young probationer was preaching his trial sermon in the church in one of the inland villages of Scotland. After finishing the "discourse" he leaned over the pulpit and engaged in silent prayer--an act which surprised the congregation, which strain of pathos which seems to be was unaccustomed to such procedure. Suddenly the young preacher felt some one slapping him on the shoulder, and, on turning round, he beheld a grave and sympathetic elder, who remarked: "Hoot, man, dinna tak' it sae muckle to hert; ye'll may be dae better next time. '-Pearson's

Prussian Oil

Is doing its work in this province where eventroduced as thoroughly and surely as it habeen doing all over the Maritime Provinces and New England States where it is in universal use curing the ills that people are subject to, Aches and Pains, Bruises and Sprains, Coughs and Colds, Bronchitis, Asthma, La Grippe, Burns and

Scalds. Very quickly when used as directed Many people in London, St. Mary's, St. Thomas, Ridgeown and Chatham, testify to its wounderful curaive powers and say it is the best medicine they yer had in the house, 25c. Use it and prove it. Sold by Druggists and Dealers

Looks Are Deceptive. In knocking up and down the world
I've found that, as a rule,
There's a mighty lot of kicking In the meekest looking mule

Matter of Closeness. "Propinquity causes most mar-

riages." "And all divorces." Might.

The pen is mightier than the sword, But in the large affairs of men This fact we may likewise record: The dollar's mightier than the pen.

Messrs. C. C. Richards & Co. Gentlemen,-In June, '98, I had my

and and wrist bitten and badly mangled by a vicious horse. I suffered greatly for several days and the tooth cuts refused to heal, until your agen gave me a bottle of MINARD'S LIN-IMENT, which I began using, and the effect was magical. In five hours the pain had ceased, and in two weeks the wounds had completely healed and my hand and arm were as well as ever. Yours truly, A. E. ROY.

Carriage Maker, St. Antoine, P. Q.

CASTORIA

For Infants and Children.

The frank confession of a fault emphasizes to ourselves the necessity of overcoming it, and exerts a strong force in that direction.

Children Cry for CASTORIA

The brightest lives shine out TIRED MOTHERS.

It's hard work to take care of children and to cook, sweep, wash, sew and mend besides. It makes a shop of the home shop, too, where sixteen hours make a day and yet there is much working

Hood's Sarsaparilla helps tired mo thers in many ways—it refreshes the blood, improves the appetite, and as-sures restful sleep. The price of sin is always greater

han its profits. Children Cry for

MEDICAL.

DR. J. P. SIVEWRIGHT .- Office and residence, 117 King street, (over Backus Harness Shop) telephons 236. Night bell.

DENTAL.

A. A. HICKS, D. D. S.—Honor graduate of Philadelphia Dental College and Hospital of Oral Surgery, Philadelphia, Pa., also honor graduate ate of Royal College of Dental Sur-geons, 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 brethrer

heartily welcomed. J. S. BLACK, W. M. ALEX. GREGORY, Sec.

A. O. U. W. The principles of this grand order teach us the noble forms of charity, to practice gentleness, to sustain truth, to have faith in each other, and to avoid all envyings and wrath. Those who believe in the moral elements of existence, the shelter of the orphan and the widow, and in the per-

formance of ennobling deeds, are invited to join. Initiation Friday evening, Sept. 26.

Visiting brothers welcome. W. G. ARNOLD . JOHN R. SNELL, Recorder.

J. B. RANKIN, K. C. - Barrister, No. tary Public, etc., Victoria Block,

W. F. SMITH - Parrister, Solicitor, etc. Office, King Street, west of the Market. Money to loan of Mortgages. J. B. O'FLYNN-Barrister, Solicitor

etc., Conveyancer, Notary Public Office, King Street, opposite Mars chant's Bank, Chatham, Ont. SMITH & GOSNELL-Barristers, Solicitors, etc., Harrison Hall, Chat-ham; Herbert D. Smith, County

Crown Attorney; R. L. Gosnell. WILSON, PIKE & GUNDY-Barristers, Solicitors of the Supreme Court, Notaries Public, etc. Money to loan on Mortgages, at lowest rates. Office, Fifth Street. Mat-thew Wilson, K. C., W. E. Gundy, J. M. Pike.

HOUSTON, STONE & SCANE-Barrise taries Public, etc. Private funds to loan at lowest current rates. Office, Scane's Block, King Street. M. HOUSTON, FRED. STONE, W. W.

**** Trust and Private Funds to Loan On farm and city property. Terms to suit borrowers. Apply or write to THOMAS SOULLARD Room 26, Victoria Block.

MISS ETHEL WEBSTER

Soprano soloist and directress of the Park street Methodist church choir, is prepared to receive pupils for instruction in voice culture. Concert engagements accepted. Address all communications to box 462, Chatham.

****** Mrs. John Cooper

Will reopen her class and resume the teaching of pupils in

Voice Culture and Singing O.1 Monday, Sept. 8th, at her studio, Rutherford Block, over Turner's Drug Store. Kindly address all communications to P. O.
