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THE STAFF OF LIFE.

HOW TO ACHIEVE THE BEST RESULTS IN BREADMAKING.

Food Prepared From Cereals Dates Back to Remote Antiquity and is Universal Use—Some Common and Dangerous Faults—One of the Simplest of Our Cooked Foods.

There is hardly any food except milk, which is so universally used as bread, and not only is it known almost everywhere, but since history first began it has in some form or other made one of the staples of diet among all but the most savage peoples.

The reason for this importance of bread is very simple. Ever since the far-off days when our forefathers first found the wild cereals or Legum to cultivate them men have known that food prepared from them would support life and strength better than any other single food except milk. There are still many districts where the people eat very little else. To a large part of mankind it is still the staff of life, and if they pray for their daily bread they mean it literally.

In regard to its ingredients, bread is one of the simplest of our cooked foods, but in regard to the changes which the raw materials must undergo to produce a finished loaf it is one of the most complicated. There are various methods of making dough, but certain general rules apply to them all. As yeast develops best at a moderately high temperature (77 to 95 degrees F.), the materials of the dough should be at least lukewarm, and the mixture and raising should be done in a warm place as free as possible from draughts. If all portions of the dough are to be equally aerated by the gas from the growing yeast, the latter must be thoroughly mixed with the flour and water. Moreover, as the presence of oxygen aids the growth of the yeast, all parts of the dough should be exposed to the air. Both these results are accomplished by the kneading. Too little yeast will of course yield a badly raised loaf, but too much yeast is just as dangerous.

One of the most common and dangerous faults in bread is heaviness and sogginess. This may be caused by the use of cheap flours, poor in gluten, which cannot absorb all the water put into the dough, or, to state it in another way, by the use of too much water in proportion to the flour, by too little or by too poor yeast, or by insufficient kneading, rising or baking. Heavy bread is popularly considered one of the most indigestible of foods. When chewed, it rolls itself into solid lumps, which give the saliva and gastric juices very little chance to work upon them.

Sometimes breadmakers are troubled by what is known as "sticky" or "slimy" bread. In such cases bread three or four days old takes on a light brown color and a peculiar taste and odor. The trouble appears to be caused by the common potato bacillus, a minute organism which finds its way into the materials of the dough, survives the baking and, growing in the bread, causes it to decompose. The best safeguards are to keep the bread in a cool place and to bake only as much as can be consumed within a day or two.

Not infrequently, especially in damp weather, mold forms on the outside or even in the inside of bread. Mold, like yeast, is a minute plant whose spores (or seeds) are floating about everywhere in the air, ready to settle down and grow wherever they find a moist, suitable home for themselves. The best practicable way to protect bread from them is to keep it in a dry, air-tight box.

But all these faults seem insignificant compared to the dread of all bakers, sour bread. Possibly the vessels in which the bread was made were not thoroughly cleaned after the last using and some undesirable bacteria got into the dough from there, or perhaps the yeast contained an undue proportion of these bacteria, or, if the latter were found only in normal quantities, possibly the yeast itself was weak and was quickly exhausted. The trouble may be due to the fact that the dough was allowed to stand too long after mixing, the yeast ceased working, and the dangerous bacteria which grow best in the presence of acid, such as occurs after alcoholic fermentation has ceased, had got the upper hand. If none of these things are at fault, the undesirable bacteria may have come from the flour itself. Such cases are fortunately very rare.

Many reliable bakers use alum, under the impression that it does good and not harm; but, besides producing a bread whose nutritive value is not so great as appearance indicate, it is believed to be really injurious to the digestive system and must be ranked as an objectionable adulterant.

Soda is often used in bread to prevent souring, and as it does not lessen the value can hardly be called an adulterant. It is sometimes necessary.

The nutritive value of bread depends not only on its chemical composition, but also on its digestibility, and digestibility, in its turn, seems to depend largely on the lightness of the loaf. Rye, barley and oats have less gluten than wheat, and maize has none, and therefore wheat, despite its higher cost, yields the most nutriment for a given sum. It is possible that of the various kinds of wheat flour those containing part of the bran—entire wheat and Graham flour—furnish the body with more mineral matters than fine white flour, but they probably do not yield more digestible protein, as was for a time supposed. It seems safest to say that, as far as we know, for a given amount of money white flour yields the most actual nourishment with the various food ingredients in the best proportion.

A Record for Each Hen.

By the use of individual or trap nest boxes, a record can be kept with each hen and the poor ones of the flock weeded out. This is necessary in order to bring a flock up to the highest profit. At the Maine Experiment Station, Prof. G. M. Gowell sorted out 250 April and May hatched Barred Plymouth Rocks, White Wyandots and Light Brahma pullets as near alike in size and shape as possible. Of the 236 that finished the test, 39 laid 160 or more eggs each during the year and 35 laid less than 100 each. Of the 126 Plymouth Rocks, 24 laid 100 or more and 22 less than 100. Of the 56 Wyandots, nine laid 160 or over and seven less than 100. Six of the 54 Light Brahmas laid 100 or more and six less than 100. Three hens laid respectively 36, 37 and 38 eggs, and five laid 200 or over each, the highest being 208 for a White Wyandot. It was noticeable that eggs from hens which laid the greatest number of eggs generally averaged smaller in size than those that did not produce so many.

The eggs from those hens which had been laying longest and best were not nearly as fertile and strong as those from the hens which had laid more moderately. This raises the question whether or not where eggs are gathered indiscriminately from the flock and set, a larger proportion of the chicks raised are from hens that are the poorest layers, their eggs as a rule being the most fertile and vigorous. The cockerels should be saved from the hens laying over 200 eggs a year. If by the use of the trap nest box or in any other way the average yearly egg yield can be increased as little as one dozen each per hen, the income of the flock will be greatly increased.

Bees and Their Ways.

Bees are very eager to gather pollen in early spring. They use it exclusively for food for their young. Dust of finely ground grain is a substitute for pollen, and the bees will gather it in their pollen baskets with as much earnestness as the regular pollen from flowers.

It is very profitable for both the fruit grower and the beekeeper if the weather is fine at the time of the blooming of fruit trees. The bees get the honey, and while at work fertilize the blossoms by carrying pollen from one blossom to another. Twenty-five pounds of good sugar, costing about \$1.50, and a little attention to a colony of bees from early spring until the honey harvest comes, should, in fair weather, bring you \$25 worth of surplus honey, with a good colony left with plenty of honey to carry it over until the next season.

It is natural for bees to swarm without storing any great quantity of surplus honey. So that we must control swarming, if we wish to secure large crops. The best way to do this is to keep at all times during the honey season with surplus storage room. It is when they become crowded they take a notion to swarm.

For 10 or 12 colonies of bees one will need perhaps ten dollars' worth of surplus boxes, foundations, supers, etc., on hand ready for immediate use. To neglect having these will be a loss of fully ten times their cost. This is no high estimate of the loss at all, and it may double this. It will pay to give the bees proper attention, and to learn how to do it if you keep them.

A Strange Family Skeleton.

A remarkable action for libel is pending before a Paris court. Several years ago a rich wine grower, a widower, married a widow, each of the contracting parties having already a son.

The man's son conceived a violent hatred against his stepmother and her son, and on his father's death he accused his stepmother and her son of poisoning the old man. They were accordingly arrested and kept in prison for two months, and their innocence was not established finally until nearly a year afterward.

In the meantime the son of the deceased had obtained a judgment of the Court to set aside all bequests made to them by his father.

The woman and her son are suing to recover \$40,000 damages for libel and false imprisonment.

Use Weeders on Farms.

I do not believe that many farmers can afford to be without a horse-weeder on the farm. It kills weeds just when they are starting. It gives rapid, inexpensive cultivation. It breaks the crust after rains, and does it at a rapid rate. It gives surface cultivation, letting the roots be undisturbed. It keeps the ground level. It is especially good for cutting out the little ridge in the row between the plants. In loose soil its work is ideal. In a tougher soil it is even worse needed right after the cultivator that has cut out the middles and slightly ridged the row. It is a money-saver in cultivation, but it must be used on time. It is one farm implement that may often pay its cost in a week's work. Test this yourself.—Alva Agee, in The Stockman.

Frey of Roumanian Wolves.

An extraordinarily hard winter has made the Roumanian wolves very bold, and many cases are reported of single persons being attacked and devoured by them, to say nothing of the hundreds of cattle and sheep which have gone into their maws. The remains of five infantry soldiers were found in the snow together, all that was left of the poor fellows being their feet. Their bloody bayonets told of a fierce struggle for life.

To Cure a Child of Stuttering.

The child that stutters must be gently, patiently and persistently corrected, stopped when he begins to hesitate, made to fill the lungs with air by a deep inhalation, and then to pronounce the difficult syllables until he can do so easily and smoothly. If this course is pursued undeviatingly cure is certain.—Ladies' Home Journal.



The old proverb, "To be at peace prepare for war," is the secret of the larger part of life's successes, whether of nations or individuals.

The difference between the healthy, happy mother who has healthy children to nurse and nourish, and the weak, nervous mother, with a weeping child, is mostly a difference of preparation. The great preparative for motherhood is Dr. Pierce's Favorite Prescription. It tranquilizes the nerves, encourages the appetite and induces refreshing sleep. It gives the mother strength to give her child. It imparts elasticity and strength to the organs of maternity so that the baby's advent is practically painless.

"I take pleasure in writing you to let you know about your 'Favorite Prescription,'" says Mr. E. E. Frick, of Petersburg, Mead Co., Ill., Box 36. "My wife had been sick nearly all her life, and after trying everything I could think of I made up my mind to try 'Favorite Prescription.' I sent to Chicago and got six bottles, which my wife took, a tablespoonful three times a day, until the baby came. She felt better after taking the first bottle, and when baby was born he weighed nine and a half pounds. To-day he is six months old and weighs twenty-two pounds. He is as good a child as any one could wish. The doctor says he is as healthy as any baby could be, and also the doctor says your 'Favorite Prescription' was the cause of such a healthy baby. I felt over you this much for the good you did my wife and myself. I hope you will mention this to others who may be in need of such help, and you may refer them to me, as I would be glad to tell of the good of such a valuable medicine."

Dr. Pierce's Common Sense Medical Adviser, in paper covers, is sent free on receipt of 31 one-cent stamps to pay expense of customs and mailing only. Address Dr. R. V. Pierce, Buffalo, N. Y.

IMPERTINENT PERSONALS.

In young Mr. Rockefeller's rules to get wealth he neglects a very important one—have a multimillionaire father.—New York World.

There will be a great symposium of hard luck stories when Mr. Lease and Mr. Nation get together for a talk.—Washington Post.

Being a modest man, J. Pierpont Morgan probably has no desire to own the earth. All he wants it to be his trustee.—Chicago Times-Herald.

Sir Alfred Milner is a fellow of Balliol, and all fellows of Balliol are more or less pigs, united by a bond of mutual admiration.—London Truth.

Lecturer Winston Churchill says "South Africa is the land of lies." He ought to know. He cabled many a story from there.—Kansas City Times.

The sausage men have a strong influence over education in the northwest. Minnesota university has a professor named Frankfurter, and the North Dakota Agricultural college is presided over by a Worm.

TAPS.

France has decided that all the troops in the colonies shall henceforth be armed with weapons similar to those of the home army.

The Naval Register for the year 1901 will show the commendable growth of the navy during the nineteenth century. From a few officers and still fewer ships the navy has grown to a total of 1,832 commissioned officers, 17,500 enlisted men, 2,500 apprentices and 232 ships of all classes, with 61 under construction.

The German emperor has determined that the new rank of grand admiral shall be created in the navy, corresponding to that of field marshal in the army, and carrying with it the right to use a baton. The interim baton, which for a field marshal has the shape of a riding whip, will for a grand admiral consist of a telescope.

THE CHARLESTON SHOW.

We have undertaken a great exposition to be held in Charleston next December for the purpose and in the hope of attracting population to our community.—Charleston Evening Post.

The full and varied exhibits of southern resources which will be made at this exposition will contribute immensely to the growth and prosperity not only of the southern states, but of the entire country.—Augusta Chronicle.

The Charleston exposition bill passed the house by a four-fifths majority, as it did the senate, and our friends in the seaside city have won to felicitate themselves upon this practical assurance of the good will and liberality of the people of the interior.

ABSOLUTE SECURITY.

Genuine

Carter's Little Liver Pills.

Must Bear Signature of

Wheat Food

See Fac-Simile Wrapper Below.

Very small and as easy to take as sugar.

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DR. WM. R. HALL—Office, Rooms 1, 2, 9 and 10, Victoria Block, corner of Fifth and King streets. Office hours from 10 to 12 a. m., 2 to 4 and 7 to 8 p. m. Office telephone 280 B. Residence telephone 173.

DRS. RUTHERFORD & RUTHERFORD—Office, Scane's Block, King St. Residence, corner Wellington and Prince Sts. East. J. P. Rutherford, M. D. Specialty, surgery. J. W. Rutherford, M. B. Specialty, midwifery, diseases of women and children.

LODGES.

A. F. & WELLINGTON Lodge, No. 48, A. F. & A. M., G. R. C., meets A. M. on the first Monday of every month, in the Masonic Hall, Fifth St., at 7:30 p. m. Visiting brethren heartily welcomed.

WM. E. CAMPBELL, W. M. ALEX. GREGORY, Sec.

LEGAL.

EDWIN BELL—Barrister, Chatham.

J. B. RANKIN, K. C.—Barrister, Notary Public, etc., Victoria Block, Chatham.

J. B. O'LYNN—Barrister, Solicitor, etc., Conveyancer, Notary Public, Office, King street, opposite Merchant's Bank, Chatham, Ont.

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Krause method as taught by Mr. H. Field and Mr. Carter.

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ST. THOMAS Business COLLEGE

The growth of this institution during the last two years has been wonderful. The attendance has been doubled on account of the thorough course of training which we give. One of our young men is now drawing a salary of \$1,800 a year; another \$900; others from \$400 to \$800. Within the last month two of our students have gone direct from the College to positions paying \$200 a year. WE QUALIFY OUR STUDENTS TO FILL THE BEST POSITIONS.

Young people are foolish to spend the best part of their lives learning Latin, French and the dead languages, when a few months spent in our Commercial or Shortland Department will fit them to earn salaries like the above. Spring term begins April 1st. Enter and complete a three months course before mid-summer. Send for Catalogue.

H. T. GOUGH, Principal. St. Thomas, Ont.

NOTICE

Parties wanting mineral water from the Chatham mineral well on McGregor's farm, can procure the same from Mr. E. S. Broomfield, at the well, between the hours of 2 and 4 p. m., or in small quantities at Room 9, Victoria Block at any time.

Chatham Mineral Water Company, Limited