Feet and Ankles Swollen

Could Not Sleep at Night.

Backache and Kidney Trouble the Cause.

Doan's Kidney Pills

Cured After Other Remedles Had Falled.

These Wonderful Kidney Pills will Care the Most Obstinate Cases of Kidney Trouble if Only Given a Fair Trial and Used According to Directions.

Read what Mrs. Geo. H. Alward, Whites Point, N.B., has to say about them: "This is to certify that I have used Doan's Kidney Pills for pain in the back and kidney trouble and I do mast gratefully recommend them to any person suffering in this way. I was so bad with kidney trouble that I could not get around the house. My feet and ankles were so swollen and painful that I could get no rest day or night. I tried several remedies but could get no relief whatever until a friend advised me to try Doan's Kidney Pills. I soon perceived a decided change for the better, and had only taken two boxes when I was able to do my housework again, and three boxes made a complete cure."

plete cure."
Doan's Kidney Pills are 50 cts. per box, or 3 for \$1.25, all dealers or THE DOAN' KIDNEY PILL CO.,

Is the great winter tourist route to south and west, including Texas, Old Mexico and California, the lands of sunsiniae and flowers. Through Mexico and California, the lands of sunstaine and flowers. Through standard and tourist sleeping cars are now run via tais great southern route. The new and elegant trains on the wabash are hauled by the most powerful engines ever built. Every comfort is provided equal to the best hotels or the most luxurious homes. Nothing is wanted to complete one's happiness. The days and nights pass great Wabash line. For informa-as to rates, routes, etc., address ticket agent or J. A. Bichardson, Pass. Agent, N. E. Corner King Yenge Sts., Toroato. W. E. RISPIN, C. P. A., Chatham,

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Cholese of routes and stop over privileges at principal points.
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G. W. SPRAGUE. CHATHAM, ONT

A CANADIAN CHRISTMAS POEN

eross the outland Christmas night, The echoing darkness and the cold, see the City crowned with light And every window touched with gold, their new gods come, their old depart, Their strange creeks into dust have ded-et He must live, O roubled heart, Who gave to men this christmas tide!

He dies not, for still clear H's star for such a gight sands or h since we remember now the thrist ve are, And watch, the man that He would be! and through the dubous outland night, Across the glove, flow. Criefi, teee glad hours re-crawned with light, And each light swings He stay re-down!

IN THE NICKLE BELT. omparison of Prices of Little Things

It was at Brandon Fair that we first realized that one of the drawbacks of this country is the total absence of useful things of small value. We have learned that lesson a hundred times since then. In the old country sixpence has a very appreciable buying power. Here ten cents, or fivepence, is practically the smallest coin in use, and is certainly of no more worth than twopence at home. At Brandon Fair the "side shows," which at home would charge a penny, twopence or at the very utmost threepence, for admission, charged invariably 15 cents, or 7½1, and they were crowded. I was in a shop where a mother was huying a little candy for a fractious and pestering child, and she gave 5 cents, or 2¼4. for an amount that would have been purchased in England for a halfpenny. It costs you fivepence to get your boots blacked, and a shilling for a sheve in a hotal. Any drink, in It was at Brandon Fair that we

penny. It costs you havepence to get your boots blacked, and a shilling for a shave in a hotel. Any drink, in the smallest of tumblers, such as a couple of tablespoonsful of gin and a squirt of stone ginger beer, costs 15 cents. I had a little ammonia and sweet oil mixed in a small bottle to neutralize mosquito bites. The cost was two shillings. If you ask for lager beer they give you a small glass, one-third of a half-pint bottle, for fivepence. A bottle of lager peer, which I could get for sixpence in Sheffield, costs two shillings in a Carnadian hotel—not lager brought from Germany, but locally brewed. It is necessary, in brief, to pay heavily for small purchases or do without them. The latter is the better plan. I

seems to me that "living" in Canada is quite twice as dear as living in England, but in Canada the food would be somewhat more varied and Nothing is wanted to complete ones, would be somewhat more varied and happiness. The days and nights pass profuse. A single working man has to pay thirty shillings a week for the great Wabish line. For information of the great was address. and he can easily spend and pound a week on such luxuries

smoking and drinking. I suspect that a good deal of the saving which goes on here is made possible by men go-ing without things that are unneces-The strong temperance feeling accountry has, in no inconsiderable degree, an economic basis.—John Derry, one of the visiting British journalists, in The Sheffleld Indepen-

Not a (aundian Bird. As the robin is with us but half the year, it is not right to claim him as a Canadian bird, as is sometimes done. He is of a migratory nature, and leaves us at the end of October, returning early in April. This bird is the finest songster that visits us, and when caged and carefully attended to makes a most cheerful and amusing companion, writes Sydney Smith of Toronto. In my time I have had many kinds of birds, but

have had many kinds of birds, but not one of a more attractive and pleasing disposition than the robin. What I would particularly draw attention to is a remarkable illustration of this bird losing his own natural song and learning from tuition something altogether different. Having got possession of him when he dropped from the nest, I whistled to him, or in his hearing, repeatedly aropped from the first, I whistled to him, or in his hearing, repeatedly from day to day, and when not at home one or other of the members of the family did the same, so that now he cannot be recognized by his song as a robin. Sweet as his natural song is, what he has acquired is sweeter cill. In reality it is not a song, out a melodious and changeable wh

tle interluded with variations of many and peculiar noises. When spoken to by one of the family he invariably answer in bird language, and he gives unmistakable proof that he knows one person from another. The first footstep that reaches his ear in the morning brings from him a welcome salutation, and no matter ne knows one person from another. The first footstep that reaches his ear in the morning brings from him a welcome salutation, and no matter how late at night the last one home is greeted with a cheefful word or two from Bobby. Noticing at an early stage his fondness for play, I introduced a few trinkets, which he pounced upon at once, and ever since. I have kept him supplied with small things, which he delights, to pick up and throw about his cage. The more noise they make the more he enjoys the fun. I have also hung on a string from a wire at the top of the cage a very small bell. This he takes hold of and swings to and fro which causes it to jingle. His fondness for music is demonstrated whenever the plane is being played or when singling is being played or when singling is beard in the house. druggists.

When the egotist talks he expects us to be all ears, while he is all I's. Contentment is a condition within the reach of the most humble.

The two oldest trade processes now in existence are considered to be the manufacture of Chinese red, or vermilion, and the method of inlaying the hardest steel with gold and silver, which seems to have been practiced at Damascus ages ago and is known only to the Syrian smiths and their pupils even to this day.

The man who agrees with nobody thinks everybody else is wrong.

Tortured with Pain. Too Weak to Work.

ULCERS, BOILS AND PIMPLES ALL OVER HER BODY

Such was the condition of Mrs. Samuel Deitz, Zarich, Ont.

She happily found relief from her

Burdock Blood Bitters.

A remedy without a rival for the cure of all diseases and troubles arising from bad blood. A record errending over a quarter of a century and thousands of testimonials will prove this, Mrs. Deitz writes : "Toc weak to work, tortured with the pain of ulcers, boils and pimples all over my body, especially on my face. I had almost made up my mind to give up trying to have them cured. I was ashamed to have any person come to see me, my face was in such a terrible state. I tried everything I could think of but got worse and worse. I was then led to try Burdock Blood Bitters and was surprised at the wonderful change the first bottle made. Altogether I took seven bottles and am now completely cured and am in perfect health again. I feel that B B.B. saved my life."

Growing Railroad Ties. The Pennsylvania Railroad company has made a new departure. increasing scarcity of timber suitable for railway ties and the failure of substitutes for wood in the roadbed have led the Pennsylvania into a forestry experiment. One hundred acres of land have been planted with 50,000 young locusts. The locust is a rapid grower and, moreover, the timber is durable under the exposed conditions of The company intends to plant 2,000 acres of ground in locusts to provide for future construction and renewal of its roadbed.

HAMBERLAIN'S COUGH REMEDY

This preparation is intended especially for coughs, colds, croup, whooping cough and influenza. It has become famous for itscures of these diseases over a large part of the civiliz-ed world. The most flattering testied world. The most flattering testimonials have been received, giving accounts of its good works; of the aggravating and persistent coughs it has cured; of severe colds that have yielded promptly to its soothing effects, and of the dangerous attacks of croup it has cured, often saving the life of the child. The extensive use of it for whooping cough, has shown that it robs that disease of all dangerous results. It is especially prized by mothers because it contains nothing injurious and there is not the least danger in giving it even to bables. It always cures and cures quickly. Sold by all druggists.

No power on earth is so strong to build up a town as a newspaper well patronized, and its power should be reciated. A newspaper whos appreciated. of business men has more influence in attracting attention to and building up a city or town than any other agency that can be employed. People go where there is business. Capital and labor will locate where there is an enterprising community.

HE DESERVED PITY

His suffering from Sciatica was so great, but thanks to Nerviline he was cured. "I suffered for three years it's excellent also for rheumatism and neuralgia." Try Nerviline, 25c. at all

things, which he delights to pick up and throw about his cage. The more noise they make the more he enjoys the fun. I have also hung on a string from a wire at the top of the cage a very small bell. This he takes hold of and swings to and fro which causes it to jingle. His fondness for music is demonstrated whenever the piano is being played or when singing is heard in the house. At such times he raises his voice above all. How to feed and care for the robin in captivity is necessary above all things if you wish him well. In the first place, keep him clean, or give him the means of keeping himself clean. He should have his daily bath, as he is passionately fond of water. For food give him neither meal nor any kind of prepared stuff, but simply fresh meat in very, small pieces. That is as near his natural food as you can get. When fruit is in season give him a few berries, or even now a few table currants is a welcome and wholesome addition to his bill of fare.

Oldest Trade Secrets.

The two oldest secret trade processes now in existence are considered to be the manufacture of Chinese red, or vermilion, and the method of inlaying the hardest steel with gold and silver, which seems to have been appretized at Damescus gges ago and

Wounds and Their Treatment. currence, and much can be done by the amatuer doctor. Wounds are either incised, punctured, contused, or lacerated.

or lacerated.

Incised wounds are clean cut. But as they may also be dirty as well, the first thing to do is to wash them and remove dirt and grit. If there is very smart bleeding it may be better not to wash, but to stop it by means of pressure, but the cold washing is often enough of itself to check the flow of blood, assisted by elevation of the limb or part. That being done, the edges of the wound. should be as neatly as possible brought together, and narrow strips of sticking plaster fixed across it at some distance from each other. This must be particularly attended to in cuts about the face. A bit of dry boracic lint should then be placed over it, and a light bandage applied. If the wound is too large for adjustment with plaster, stitches must be introduced by the surgeon when he can be got. The wounded part should then be placed in as easy and comfortable a position as can be had. For example, a sand bag placed on each side of the neck to steady the bead is useful in cuts of the throat. Punctured wounds are deep, narrow ones, the result of pressing and stabbing instruments. There is little to be done with these but to wash them and clean them out by a gentle syringing, preferably with a mild carbolic lotion, if at hand. They should not be closed, but some boracic lint may be applied as a dressing. Incised wounds are clean cut. But

Lacerated wounds are ragged and Lacerated wounds are ragged and irregular, produced by tearing. They should be treated like incised wounds, only the edges will not be as neatly united. If severe, not much can be done, but give attention to cleanliness and comfortable position. They are of a more dangerous character, and more difficult to heal, being more prome to be followed by crysipelas.

and more difficult to heal, being more prone to be followed by erysipelas, gangrene and lockjaw. They should, therefore, from the beginning be treated by antiseptic washes.

Contused wounds, 'the result of severe bruising, are equally serious. The effects of the violence on the parts is to make them apt to die and slough off. If severe, warm water slough off. If severe, warm water should be used, if slight, cold.

Food Value of Limmilk. In response to the inquiry from our correspondent, I will state that

skim-milk is a valuable food, both for man and other mammals. Extensive experiments have been carried on with skim-milk in the feeding of the lower animals, and the results of them are found recorded in the bulletins of many of the experiment the well-known fact. bulletins of many of the experiment stations. It is a well-known fact that skim-milk is extensively used in almost every farmer's family in the United States. It is wholesome and nutritious, but used alone makes a svery narrow ration, that is, a ration in which the nitrogenous element of which the nitrogenous element of

the food is largely in excess. In round numbers, skim milk may be said to contain 3 per cent. pro-tein, 5 per cent. sugar and 0.7 per cent. ash, consisting largely of phos-phates. To balance a ration in which skim-milk forms a large part, bread rather poor in gluten may be

used, or a bread richer in gluten, to-gether with potators and butter. A very well balanced meal of a simple and nutritious nature may be made of 500 cubic centimeteres of skim milk, 150 grams of potatocs, 100 grams of bread and 25 grams of butter. This is a ration on which man could do a lot of work, mental and physical.—Prof. Wiley.

A Shower in Somaliland. An English lady traveling with her husband in Somaliland tells the following story of a thunder shower onlowing story of a tunner snower and the visitors it brought: "Oscar Grat and his men had come to the zeriba to pay an afternoon call and, having on their best togas, did not care to get wet, so came and satunder the fly of our tent. They each brought a halful of spears and care to get wet, so came and sat under the fly of our tent. They each brought a handful of spears and shields and, huddled together in the cramped space, alternately prodded each other or put a spearhead through the canvas roof. The storm lasted nearly an hour, and when the first gleam of light appeared all ran with wild shouts to the dusty track whence we had come, but which was now a rushing river. All the casks and skins were filled, to the accompaniment of weird songs, and then the ponies, sheep and camels—these last had had no water for seven days—were brought deen to drink."

Mr. Choate, the Ambassador of the United States at London.

Mr. Choate, the Ambassador of the United States at London, tells a story of a sculling match that took place between an Englishman, a student of Oxford, and an Irishman, a student of Cambridge. The Briton student of Cambridge. The Briton won handily. At no time was he in danger of defeat. Moreover, in a spirit of fun and bravado he had spirit of fun and bravado he had stopped two or three times in his course and had bidder the Irishman in the rear to "hurry up."

After the race the Irishman came in for a good deal of chaff in view of the overwhelming defeat he had suffered. But he merely shrugged his shoulders

shoulders.
"Faith," he said, "if I had had the long rests that he took I could have beaten him easily."

Mr. Chamberlain's Nose.

Mr. Chamberlain's Nose.

Probably Mr. Chamberlain's features are more familiar to the men in the street than are those of any other celebrity in the world. "Mr. Chamberlain's nose is not an orator's nose," says Mr. Harry Furniss in Pearson's Magazine. "It is a fighter's nose. Long, sharp aggressive, it is the typical nose of the man who is always ready to do battle, who is never caught napping, whose rapier thrust reaches home almost before it has parried the opponent's rapier thrust reaches home almost before it has parried the opponent's blow. All the character of Mr. Chamberlain is to be found in this wonderful nose, so beloved by the caricaturist. Draw a long, sharp nose, beside it an eyeglass, and beneath it an orchid, and no one can doubt whom your caricature represents."

SCOURGE OF THE AGE IS KIDNEY DISEASE Save Fue

Ailment

it is Common to Ali Classes and Conditions of People

It Creen Stealthily into the Systen and Develops into Many Diseases

Bright's Disease, Heart Disease, Diabetes, Dropsy, and Kneumatiem are Among the Forms it Takes,

feel that death has marked their loved one for its own.

The alarming, increase this terribis disease is making is evidenced by the columns of almost every newspaper. For not among the lowly of the earth alone does it look for its victims. Statesmen, judges, eminent lawyers, and honored divines are numbered among those who in recent months have gone down to their graves with the fell marks of this dread disease upon their bodies. In fact, so prevalent has the disease become that a celebrated New York specialist stated recently that not one person in a hundred was free from some tainfor Kidney Disease. of Kidney Disease.

WORKS IN SECRET.

WORKS IN SECRET.

It is the secrecy of Kidney Disease that makes it the more dreaded. You can fight an enemy in the open with some chance of success, but if he is lying is wait to take you at an unwary moment your chances of successfully fighting him are terribly diminished. So it is with Kidney Disease. Its first warnings are so faint as to be hardly noticeable, a slight pain in the back that is charged up to over exertion, a slight discoloration of the urine or a burning sensation while urinating attracts attention. That is all. But that means that Kidney Disease is at work gradually eating its way into your system. The pain in the back grows more severe, the urinary trouble more complicated, swellings under the eyes and of the limbs denote the coming of Dropsy, sharp shooting pains in the joints and muscles tell that Rhemand of the limbs denote the coming of Dropsy, sharp shooting pains in the joints and muscles tell that Rheumatism has you in its grasp, or perhaps a day or two's illness leads to the celling of the doctor, and suddenly the terrible truth is forced upon you—Bright's Disease has you in its

With this silent, recentless enemy slowly but surely eating its way into prominence and marking that prominence by a yearly increase in the lengths of its death list, the demand of the day, of the hour, is "Show us the way of escape." Niture never put mankind in a critical condition without providing a way of escape providing mankind were wise enough to take the way provided. In this case the way of escape is a simple vegetable remedy. It has been before the people, of Canada for thirteen years, and, like all the great relievers of nature, has been first received and first appreciated by the lowly in life, those known as the common people of Canada.

Is it the common people of Canada

ON WITH HIS WORK.

Ana so it is; the man who does manual labor must heal his slightest aches or they hinder him in his work. When he has a backache he cures it with Dodd's Kidney Pills, and goes or they hinder him in his work. When he has a backache he cures it with his work; when he feels a twinge of Rheumatism he drives it out of his body with 'Dodd's Kidney Pills — and goes on with his work. Nacessity has taught him that he must cure his Kidneys to get rid of his pains, for he must work to live. He has not been educated to that standpoint where a prescription to cure must be written by a specialist at a cost of dollars to every letter. He may not even know that there never was a disease that took in all classes of the community. What he does know is more to the point than all this. He knows that Dodd's Kidney Pills will cure all aches which experience has taught him come from the Kidneys. He takes Dodd's Kidney Pills in advanced of Dodd's Kidney Pills in advanced of Dodd's Kidney Pills in advanced from thousands to show the efficacy of Dodd's Kidney Pills in advanced stages of Kidney Disease, In other

Terrible Increase in the Number from the Atlantic to the Pacific, and from the Great Lakes to Budson Bay, Dodd's Kidney Pills are used, and wherever used they have triumphed over Kidney Disease in its every form. Thousands of Canadians are shouting

Thousands of Canadians are shouting their praises of the conqueror.

Just a few of those who have neglected the early symptoms, reached the more advanced stages of Kidney Diseases, and found a cure in Dodd's Kidney Pills are given below. There are thousands of others, Ask in your own immediate neighborhood, You will not have to go far to meet men, women and children who have either warded off or cured the terror of the present age by using the ror of the present age by using the old Canadian stand-by-Dodd's Kid-

BRIGHT'S DISEASE CURED.

Among the Forms it Takes,

Dodd's Kidney Pills the One Remedy
That Never fails to Curs It, No Mate
ter How or When It is Found.

Of all the diseases the human body
has to cembat in its struggle for
health, the one that is steadily growing in stremeth and terrora is Kidney Disease. Quietly, stealthily as a
serpent, it creeps on us victim till
the latter is enveloped in its folds,
and the greatest physicians the
world has ever known stand helpless
before it. As the last fold goes
around the struggling victim and
the doctor shakes his head and whispers "Bright's Disease," hope fades te
nothing, and the sorrowing friends
feel that death has marked their loved one for its own.

The alarming increase this terribic
disease is making is evidenced by the
columns of almost every newspaper.
For not among the lowly of the earth
alone does it look for its victims.
Statesmen, judges, eminent lawyers,
and honored divines are numbered
among those who in recent months
have gone down to their graves with
the fell marks of this dread disease

DIABETES CURED.

Diabetes is another of the most fearful and tatal forms of Kidney placase that has been cured by Dodda Kidney Pills, and by no other made cine. Among those cured of this ter-rible allment is Mr. Charles Gilchrist for fifteen years Chief of Police of Port Hope, and afterwards for twen-ty-two years Fishery Overseer under the Dominion Government. He makes

the following statement:

I was a sufferer for ten years with
Diabetes and Kidney Disorder. At
times my urine was of a dark brieky
color, and I would suffer something color, and I would suffer something awful while passing. I tried doctors and medicines, but could get no help till I tried Dodd's Kidney Pilts. They have made me a new man. The citi-zens of Fort Rope all know me, and

can vouch for the above. Chas. Gilchrist,
Ex-Chief Coast and Fishery Overseer, Port Hope.

HEART DISEASE CURED.

HEART DISEASE CUREB.

Heart Disease is a result of Kidney Disorder. Bad Kidneys mean impure blood, the action of impure blood on the heart causes Heart Disease, Dodd's Kidney Fills cure it...

I sulfered for years with Heart Disease, Bright's Disease, and Rheumatism. I was so feeble I was unable to do anything. There were three months I abandened all medicines, and resolved to let myself die. Then I was led to try Dodd's Kidney Fills, and the good the first box did me surprised me. I have taken twenty berees in all, am well of my Heart Disease, my Bright's Disease and my Rheumatism.

Dame Louis Provosts,

Dame Louis Provosts, St. Magloire, Que. DROPSY CURED. Dropsy, another disease cured by diseased Kidneys failing to do their work and remove the surplus water from the blood, is another ailment Dodd's Kidney Pills always cure. Here

perience has taught him come from the Kidneys. He takes Dodd's Kidney Pills, and goes on with his work.

SOME EXCEPTIONS.

Of course, there are exceptions to every rule. Even among common people there are those who neglect the early warnings of Kidney Disease. It takes exceptions to prove the rule-but many of these exceptions prove more—they prove that no case of Kidney Disease is too far gone for Kidney Disease is too far gone for Kidney Disease, Diabetes, Drogsy, Heart Disease—all the varied forms of Kidney majority of them look on Pain in the Back as a danger signal, and on its tirst appearance safeguard themselves against this terribly fatal kidney Disease in its advanced stages—have been met by Dodd's Kidney Pills, and never once has Canada's great Kidasey Remedy had to admit defeat,

and wind through
Stop all this and make your house
comfortable by having the Chamberlin Metal Weather Strip attached.
See window equipped at my office, opposite the Post Office.

Thos.C. O'Rourks **************

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