LETTER TO YOUNG LADIES

From the Treasurer of the Young People's Christian Temperance Association.

Miss Elizabeth Caine, Fond du Lac, Wis.

The advent of womanhood is fraught with dangers which even careful mothers too often neglect. Some of the dangers are belated and suppressed menstruation. "The lily droops on its stem and dies before its beauty is unfolded." It is well demonstrated in Miss Caine's letter that Lydia E. Pinkham's Vegetable Compound is certain to assist nature to perform her regular duties, and young women who are irregular, or have any ailment peculiar to their sex should hasten to commence the use of Lydia E. Pinkham's Vegetable Compound, and then sit down and write a letter to Mrs. Pinkham telling her all about their illness; she will give the case careful and motherly consideration, and advise just what to do to get well; she considers such letters strictly confidential; she will charge nothing, and thousands of young women owe their present health and happiness to her advice.

Mrs. Pinkham invites all young women who are ill to write

Mrs. Pinkham invites all young women who are ill to write her for advice. Address Lynn, Mass., giving full particulars.



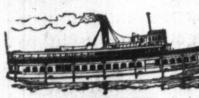
MISS ELIZABETH CAINE

"DEAR MRS. PINKHAM: - I want to tell you and all the young ladies of the country, how grateful I am to you for the benefits I have received from using Lydia E. Pinkham's Vegetable Compound. I suffered for eight months from suppressed menstruation, and it affected my entire system until I becams weak and debilitated, and at times felt that I had a hundred aches in as many places. I only used the Compound for a few weeks, but it wrought a change in me which I felt from the very beginning. I have been very regular since, have no pains, and find that my entire body is as if it was renewed. I gladly recommend Lydia E. Pinkham's Vegetable Compound to everybody."-MISS ELIZABETH CAINE, 69 W. Division St., Fond du Lac, Wis.

When the young girl's thoughts become sluggish, when she experiences headaches, dizziness, faintness, and exhibits an abnormal disposi-tion to sleep, pains in the back and lower limbs, eyes dim, desire for solitude, and a dislike for the society of other girls, when she is a mystery to herself and friends, then the mother should go to her aid promptly At such a time the greatest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the coming change,

and is the surest reliance for woman's ills of every nature. When you ask for Mrs. Pinkham's medicine at your druggist, do not be persuaded to take something else said to be "just as good." Nothing in the world is so good for women's ills.

Change of Time



THE STEAMER

City of Chatham Will make her regular round trip from

Monday and Wednesday Leaving Rankin Dock, Chatham, at 7.30 a.m., and returning leaves Detroit (foot of Randolph St.) at 3.30 p. m. Detroit time, or 4 o'clock Chatham Will also make round trips from Detroit

Friday and Saturday leaving Detroit, foot of Randolph St., at 8.30 a.m. Detroit time, or 9 a.m., Chatham time. returning will leave Chatham at 3.30 p.m., Detroit time, or 4 p.m., Chathaw time, arriving in Detroit about 8.30 p.m

Round Trip......600 Single Trip......500 E. Cornetet - Captain

The Lake Krie Navigation Co., Ltd. Steamer "Urania" The Short Route to

Cleveland, Ohio One way fare from Chatham \$1.60

Mondays, Wednesdays and Fridays at 4 p. m.
Tickets on Sale at all Local Ticket Offices, For

WM. WOOLLATT, Manager. MARSHALL, Gen'l Pass. Agt., Walkerville

THE SAUGEEN MINERAL WATER IS ON SALE AT-CENTRAL DRUG STORE and

F.A. ROBERT'S LIQUOR STORE Use Saugeen first thing in the morning and before retiring at night and you will have no trouble with your stomach, this we

Whether any particular day shall bring to you more of happiness or of suffering is largely beyond your power to determine. Whether each day of your life shall give happiness or suffering rests with yourself."

A hearty appetite does not always indicate a healthy condition. It is not the quantity of food which is eaten but the quantity which is assimilated, which determines the actual value of the food consumed. If the stomach and organs of digestion and nutrition cannot convert the food into nourishment, and into blood, then the food is an injury instead of a benefit. For all disorders of the stomach and its allied organs of digestion and nutrition, there is a certain remedy in Dr. Pierce's Golden Medical Discovery. It removes clogging obstructions. strengthens the stomach, nourishes the nerves, enriches the blood and builds up the body. It is a fleshforming, muscle-making preparation, making firm flesh instead of flabby fat. "Golden Medical Discovery" contains no alcohol, whiskey or intoxicant of any kind, and is equally free from

opium, cocaine and all narcotics. It sometimes happens that a makes his home a sort of half-way place between his office and his club. ONLY A MASK.

Now, notwithstanding much outdoor used to keep a diary, in which life, they are little if any stronger made a record of all the requests he than they were. The tan on their made to God concerning matters healthier, but it is only a mask. They are still nervous, easily tired, upset by diary, and he forgot about those trifles, and they do not eat nor sleep prayers he had offered. Some twenty well. What they need is what tones the nerves, perfects digestion, creates appetite, and makes sleep refreshing, and that is Hood's Sarsaparilla. Pupils and teachers generally will find the chief purpose of the vacation best subserved by this great medicine which, as we know, "builds up the whole system.'

No mind is so great that it cannot be influenced by a small one. -For pimples, blotches, bad com-

plexion, Hood's Sarsaparilla is the medicine to take-it has established this fact.

No sainthood without service.

MESSAGE TO THE OLD

"THEY SHALL BRING FORTH FRUIT IN OLD AGE."

OLD AGE A HAUNTING SPECTRE

futes the Popular Failacy That Old Age for the Christian Is Morely a Time for Tears, for Physical and Mental Pains and Depressing Helplessness.

Entered According to Act of Parliament of Can-ada, in the year 1902, by William Baily, of To-ronto, at the Dep't of Agriculture, Ollawa.

Chicago, Aug. 3.-A message reverence and appreciation for people who have passed life's meridian is contained in this discourse by Rev. Frank De Witt Talmage on the text Psalm xcit, 14, "They shall bring forth fruit in old age."

Old age is a haunting spectre. It has terrorized the generations past more than even the fear of death. The most hated and feared of all the Grecian philosophers was he who used to stand upon the street corners of Athens frightening the passersby with these solemn words: "You will be an old man. You will be an old woman." He frightened the passersby because most people do not want to become old. They are afraid of coming to the time when they will he a burden to their children their friends. They are afraid of the time when their earning capacity shall cease, for then, in the race of life, they will be jostled and left far behind by the speed and the strength of the younger generation. They are afraid of the years when they will have to walk with a cane or crutch or sit in an invalid chair waiting for the time when the coffin maker will finish their casket and the undertaker will order their grave to be dug. To show how depressed some people are over the fact of growing old I would read a letter which I received some time ago from one of my

Dear Mr. Talmage, Last night in your sermon you stated that this is the age for young men. You did not have time to speak one word in favor of the usefulness of the old people. I was sorry. I knew some sitting near to me who would be heavy hearted on account of their old age. This morning an aged member of your church called upon me. He said he was so depressed over your remarks last night that he could not sleep. With tears in his eyes, he said, "I wonder if old people will be wanted in heaven." Now, my dear pastor, I would like you, if possible, to preach a sermon upon the blessings of old age. I would like you to preach a sermon to cheer up those who have passed the zenith of their earthly life and are sliding down the other side and nearing the landing place of eternity. You will, will you not?

It is in answer to the request in this letter that I am going to speak this morning to the old folks. I will gladly try to refute the popular fallacy that old age for the Christian is merely a time for tears, for physiand mental pains, and for depressing helplessness. It was a true thing that an aged minister said to Jacob A. Riis, the New York reform-"My son, I am on the sunshiny side of sixty, because I am near to the glories of heaven." The words of my text do not state that an aged Christian's twilight of life upon earth is a gloomy and a sullen sunset. They do emphatically imply that the last days of an aged Christian's earthly life should be among his happiest and most useful days. Those days should be compared to the time when the orchard's branches are bending under the heavy load of the ripened autumnal fruit.

The aged Christian is able from his own experience to testify of the protecting care of a divine Father's love. The difference between the testimony of an old man and a very young man is the difference between knowledge and supposition, between fact and surmise. It is the difference between the words of a veteran who carries the scars, the sword cuts and the bullet wounds of many battlefields and the words of the ruddy faced youth who has not yet won his shoulder straps or seen anything but the recruiting officer's papers. It is the difference between the experience of an old pilot of the Hugli river, the most dangerous navigable river in the world, who has for many years guided the boats up to the wharfs of Calcutta and the experience of the cabin boy who has not yet learned how to handle the wheel. It is the difference between the diagnosis of the old, gray haired physician who has prescribed for hundreds of fever patients and the diagnosis of the young medical graduate who has

just received his diploma.

My aged Christian friend, there may be other brains just as keen as yours. There may be other hearts just as willing to make sacrifice for their Lord and Master as yours, but no Christian can as powerfully testify of the protecting care of a Heavenly Father as you can testify unless he can truly speak out of his own ex-The saint who is nearing perience the end of life has the clearer view of heaven. You can speak about the goodness of God from personal experience, as my father spoke to me a few years before his death by tell-Many are not being benefited by the ing me this remarkable incident: summer vacation as they should be. When he was a young minister, he faces is darker and makes them look which were then weighing upon his heart. By some mishap he lost that nearly a quarter of a century before he found out that God had answered every one of his prayers. God had answered them with better results than even his faith at that time had dared to hope. So the aged Christian epens the book of memory. As he fingers the many soiled leaves of that book he testifies how God cared for him when he was a young He testifies how God cared for him when he was middle aged, and he testifies how the love of God is protecting and caring for him now that he is an old man. He testifies just as the aged psalmist testified of

God's goodness when he wrote. "I have been young and now am old, yet have I not seen the righteous forsaken nor his seed begging bread." He can testify, as did Joshua when he assembled the people together at the close of his long life and said, "Behold, this day I am going the way of all the earth; of all the good things which the Lord spake all are come to pass, and not one thing come to pass, and not one thing hath failed thereof." He testified as an honest witness carries conviction in a court-room because he tells of that which he has seen and personally experienced. He testifies as one

having authority. Never let any man tell you that the aged Christian's influence is a uscless influence. The Bible distinctly says, "They shall still bear fruit in their old age." No better fruit can it bring than the personal testimony of God's faithfulness, which your children will never forget. When skeptics assail them with doubts, they will be able to say, "My father put God's promises to the proof, and e declared that he had found them

aged Christian influences for good those who are near to him because he is able to lavish upon them a wealth of boundless, fervent, ten-der Christian affection. While we are young and even middle aged we spend most of our time in doing for others rather than in showing the sweet manifestation of our affections. We are like Martha, who went into the kitchen to cook Jesus a dinner, rather than like Mary, who sat at the feet of Christ.

While we are young or middle aged we are like the busy merchant, who spends most of his time in the store and the office in order to earn money enough to support his children, ra-ther than like the old grandfather and the grandmother, who spend most of their time in spoiling their grandchildren until at last the married daughter turns and says: "Father and mother, I believe you love my children better than you ever loved me when I was young. Anyway, you pet them far more than you ever petted me." Many a mechanic has but little time to fondle or caress his own children. He has to leave home for work before the children are out of bed. He does not return until late at night, when the babies have been again tucked away in their cribs. Many a time have I heard a grownup woman say: "When I was young, I used to long for mother to take me up into her arms and have her love me and kiss me. But mother never had any time. We were a large family of children. Af-ter mother had bathed us and dressed us and started us off to school and cooked meals and finished the sewing she did not have a moment to spare. She had to work far into the night. Because mother had to work so hard and had such little time for affection I used sometimes to think she did not care for me."

The statement that the aged Christian can exercise a mighty influence for good over the lives of those who are nearest and dearest to him, is especially true if those dear turn have children of their own. do not believe a man ever fully appreciates the love of a parent until he himself is married and has babies about his own family table. It is only after a man who has had the worries and the anxieties of his own home troubling his heart, it is only after he has stood by the side of the cradle and nursed his baby boy through the awful sickness of d h theria, it is only after he has go his own family burial plot and has dug therein a little grave for one of his own babies, that he begins to fully appreciate what his father and mother in their time have done for

So, my aged Christian friend, you have children who have children of their own your work on earth is not yet done. Now that your own children feel so grateful to you on account of your past and present love, you can mould them and influence them and purify them by that same love better than ever before. Perhaps by that love you can influence them even more for Christ and eternity now than when they were young men and young women stand-ing upon the threshold of life. The aged Christian is able to spire the spirit of reverence in the

hearts of many with whom he comes in contact. This spirit is a growth not an act. It is a germ seed which often takes years and years to develop, and not an entity which springs into being at a jump or a It generally starts away back in the nursery. If the child learn to respect his mother, then it is very easy for him to learn as a boy to respect his teachers, then it is very easy for him as a young man to learn to respect his Christian employers. If a young man respects his Christian employers, then it is very easy for him as a middle aged man to learn to respect the aged Christian servants who for years have been living at the divine Master's feet. If the middle aged man respect God's aged Christian servants, then it is very easy for him to learn to respect the God whom those that respect to others.

Christians serve and to communicate Thus God uses your physcial weaknesses and your mental helplessness for a purpose. When he sees you, an agod Christian parent, being tendery cared for in your old age by a giving son; when he sees that son giving to you the best room in the house and the easiest arm chair and the softest bed; when he sees that son trying to make your last days upon earth happy and peaceful, then we can imagine him saying: "That young man who is caring so tenderly for his aged Christian parent is capable of great love for me and my children. The young man who is true to his old mother, by my grace will always be true to me. I will honor him, because he has honored one of my aged servants." Did not God say in his Ten Commandments, 'Honor thy father and thy mother, that thy days may be long upon the land which the Lord thy God giveth thee?" When the young minister respects the old minister and tries to honor the venerable, white haired missionary of Oesus Christ,

man wants to honor him because the young minister has tried to honor God's aged disciple. When the tian physician, then the Lord knows that the young man would like to be as the old physician is. What we admire in others, that we would genorally like to reproduce in ourselves.

The aged Christian is a living evidence that for most of us earthly. life is to be very short. Therefore what we are to do for Christ

able to do it at all. Sixty or seven

ty or eighty years are a long time

to live, but most of us will never live so long. Aye, most of us will

never reach even middle life. If you speak to an aged Christian, you will find that he is like a November leaf. hanging almost so'itary and alone after the thousands and the tins of thousands of autumnat leaves have been torn from their bran h s by the equinoctial winds. You will fin that most of his centemporaries der when he was comparatively young. that nearly all the rest died when he was in middle life and that only a very few compan ons of his youth are alive to walk by his side. statisticians delare that a third of the human race die in infancy. At least one-third of the remainder die before twenty-one years of age have been reached, and only 6 or 7 per cent. of the human family live to be sixty years of age or over. So the mere presence in this world of an aged Christian, with 93 or 94 per cent. of his contemporaries gone, is a perpetual warning that we must be about our Father's business or the death summons shall come, and

we shall find that we have accomplished nothing. Perhaps this nay be a chimerical fancy, but I believe that some of our aged Christians now living may be lingering upon this side of the river of death in order to carry to heaven to our departed loved on s the latest news about the dear ones earth. You know the Bible declares that the celestial messengers are continually ascending and descending between earth and heaven. Jacob's dream was not at all a fanciful dream. The sleeping son of Isaac saw the angels ascending and descending the ladder which connected earth with heaven. So I believe that the aged Christians are lingering this side of Jordan awhile in order to carry the gospel news about our-selves to our beloved ones. I remember well when a dear old elder of Brooklyn Tabernacle was dying my father tuin a to him and said Well, Mr. Nichols, goodby for a

little while. We shall soon meet again, But, as you are going ahead of me to the celestial land, will you bunt up my boy De Witt and give him my love?" And the old dying elder said. "Yes. Dr. Talmage, I will, I will." When the widower Pishop Paven was dying, he turned to his mother and said: "Mother, after I have first seen the Lord I shall want to hunt up my dear wife. shall give to her your love. Then shall want to rest for the thousand years in the green pastures by the side of the still waters, with my head in the lap of my Mary.' And if some of our aged Christian friends are waiting for a little while in order to carry the latest gospel news to the dear ones on the other side of the Jordan, what will they be able to tell our fathers and mothers, our brothers and sisters, our wives and little children, who have gone beyond and are awaiting our our beloved ones that they must keep a place by their side for us in one of their heavenly mansions ? Oh, my brother and sister, I see by the tears in your eyes that you are anxious, in reference to the message our aged thristian friends will have to bear. Shall we plead with God that our dear friends may be allowed to ire just a little while longer so that we all may, here and now, give our hearts to Jesus? Then, ye aged Christian friends, carry the news as cen as you might to that bright, nd happy lard. Carry the news that, by the blood of Christ, have all been cleansed from sin. Tell them that we have all been purged

we have been washed until we are whiter than snow.

And so, my aged Christian friends believe that you are the favored ones. You are the Christians who will carry the message to our dear ones as well as to your own When go, I want you personally to take to my mother and father love, just as my father sent his love to his boy. Tell them for me that by the grace of God we all want to meet them soon.

with hyssop until we are clean, that

Thus, ye aged Christians, I want you to realize that the words of my text were written for you. shall still bring forth fruit in their old age" means that your work and usefulness will not be finished until you draw your last, breath, you take your glorious departure. I want you to realize that your work in life is just the same kind of work as was that aged farmer's who was planting some young trees one day, when a neighbor came along and What are you planting those trees, for? You will never live long enough to see them grow up. "No," answered the old man: never expect to see them grow up, but my grandfather planted yonder aged trees so that I could play under them and pluck their fruit, and I want to plant these trees so that my ch'ldren and my children's children can eat of their fruit after I am dead." So, aged Christians; as your aged parents sweetened your life when you were young, you, by the blessing of God, are sweetening ours. May your work he to you happy work until at last the angel of the resurrection omes to call you to your eternal reward. May we be as faithful to our trust as you, who are still faithfully bearing fruit in your o'd age.

In the United Kingdom A mile of hedge and ditch occupy on an average, an acre of land. Widows in Great Britain outnum ber widowers by almost two to one.

Doctors Define

that listless ner ous sort of feeling that Japan tea drinkers are so often afflicted with, as "Tea Intoxication."

Ceylon GREEN Tea and avoid all harmful atter effects. Sold in the same form as "SALADA" Black in lead pack ts only, 25c and 40c per ib.

Removing lux Stains from Cloth. The removal of ink stains is ways a problem, because inks are made by so many processes. Soap and water will remove some inks, while strong chemicals make little impression on others. The sooner the stain is treated the more easily it is removed. Washing and soaking in cold water, or in sweet or sour milk, will remove the greater part of the in't, and frequently the stain. Spots on washable articles should be soaked in milk or water. Rub the spot and change the liquid frequent-After two or three days if a stain remains, wet it with a strong solution of oxalic acid and place it in the sun. After this rinse very thoroughly.-Ladies' Home Journal

What Can a Woman Do For a Man?

In Times of Suffering and Critical III ess She Can Honestly Recommend

Paine's Celery Compound AS A SAVER OF LIFE AND A BANISHER OF DIREASE

home can never be trul times of suffering and danger, her judgment and experience are invaluable; her smiles, words of cheer and comfort, help to dispel gloom and sadness. The faithful, discerning wife has a full knowledge of the value of Paine's Celery Compound as a banisher of disease; she has had a personal experience with it; she has noted its vonderful effects and cures; she has faith in its virtues and recommends t with full confidence. Mr. J. H.

Brown, Port Perry, Ont., says : "I was troubled with kidney complaint; the doctors called it, an enlargement of the bladder. Be that as t may, I suffered the most intense pain .I applied to my physician for relief with but little encouragement, he thought the only way for me to find relief was to submit to an operation went home very much discouraged and was prevailed on by my wife to try Paine's Celery Compound. I did, out with very little faith in it, purchase one bottle, but the results were marvellous, as I received immediate relief after taking it. The pain is all gone, and my skin, instead of being dry and harsh as it used to be, is as soft as velvet; in fact, I feel like a new man, and never felt better in my life than I do at present.'

A Missing Adjective.

What Artemus Ward would have described as a high-handed outrage in Utica was perpetrated recently. victim being a gentleman who prided himself on his grip of the English language. A treacherous friend in duced him to undertake to name four adjectives ending in "dious."

'Why," began the expert, cheerfulhaxardous, stupendous, tremen-duous. At this point he stopped to think. He is still thinking. To the three certainly more may be addedjeopardous, pteropodous, and nefan-dous-though the third is obsolete, as well as ugly and unnecessary. Some six more have been suggested, but they find inadequate support in the latest dictionaries.

HOT, TIRED FEET

Cooled and Soothed by "Foot

A Foot Elm Powder in your shoes this hot weather makes your feet fee cool and refreshed. It takes away the burning and aching, tiredness and soreness-prevents scalding and chaf-ing, sweating and swelling.

Mr. W. Brown, Consecon, Ont., says "I can recommend Foot Elm sweaty, hot, tired feet." Foot Eim is 25 cents a box of 18 powders; at all druggists or by mail. Stott & Jury, Howmanville, Ont. Do not accept a substitute.

There are men who never seem to get out of breath running for office. Minard's Liniment - Lumberman's

Old pipe or tea lead wanted at The

Friend.

Lake Erie and Letroit River Railway L. E. & D. R. R. IIME CARD NO. Eftective Mar. 12, 1902

7.05 a m for London is a through train, other rains connect at Blenheim for East and Wes L. E. TILLSON, Gen. Agent, Chatham. THOS. MARSHALL. G. P. A. Walkervill

GRAND TRUNK RAILWAY Coronation Day

Saturday, August 9th SINGLE FIRST-DLASS FARE Between all stations in Canada, good going August 8th and 9th, returning good until August 11th.

MONDAY, AUGUST 11, 1902 Chatham Civic Holiday

Round trip tickets will be sold at Single First-Class Fare

Territory-To all stations on this ine Toronto and West, in Canada, and to Detroit, Port Huron, Mich., Buffalo, N. Y., Black Rock, N. Y., Niagara Falls and Suspension Bridge,

Limits-Tickets good going by p. m. trains August 9th, all trains Aug. 10th and 11th; good returning by all trains up to and including August 12th. 1902.

Tickets and information from Remember Canada's Great Fair, Toronto, Sept. 1st to 13th, 1902.

\$58.70

Chatham to San Francisco, Los And geles, Cal., and return. Good going July 27th, 28th, 29th and Aug. 1st, to 9th inclusive. V Sept. 30th, 1902. Valid for return until Tickets, folders, and all information

from Agents Grand Trunk. W. E. RISPIN, City Passenger and Ticket Agt. 115 King street, Chatham

And at station ticket office.

Coronation Day August 9th

Will issue return tickets at Single First Class Fare Goog going August 8 and 9, valid for return until August 11. Between all stations in Canada,

Port Arthur, Sault Ste. Marie, Mich., Dtroit, Mich., and East, and to, but not from, Buffalo, N. Y. J. A. RICHARDSON, Dist. Pass Agent, Northeast corner King and Yonge Stm, Toronto, and St. Thomas, Ont,

CANADIAN PACIFIC Coronation Day August 9th

Will Issue Return Tickets at SINGLE FIRST-CLASS FARE Good going Aug. 8 and 9

Valid for Return Until Aug. 11 Between all stations in Canada, Port Arthur, Sault Ste. Marie, Mich., Detroit, Mich., and East, and to, BUT NOT FROM, Buffalo, N. Y.

A. H. NOTMAN, Asst. Pass. Agt. 1 King Street East, Toronto. W. H. HARPER, City Pass, Agt.

MONEY TO LEND

ON LAND MORTGAGE, ON CHATTEL MORTGAGE, J. W. WHITE, Barrister
