



Miss Agnes Miller, of Chicago, speaks to young women about dangers of the Menstrual Period.

"TO YOUNG WOMEN:—I suffered for six years with dysmenorrhea (painful periods), so much so that I dreaded every month, as I knew it meant three or four days of intense pain. The doctor said this was due to an inflamed condition of the uterine appendages caused by repeated and neglected colds. "If young girls only realized how dangerous it is to take cold at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetable Compound, which helped me any. Within three weeks after I started to take it, I noticed a marked improvement in my general health, and at the time of my next monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month later. I am like another person since. I am in perfect health, my eyes are bright, I have added 15 pounds to my weight, my color is good, and I feel light and happy."—Miss Agnes Miller, 15 Potomac Ave., Chicago, Ill.—\$5000 reward if original of above letter proving genuineness cannot be produced.

The monthly sickness reflects a condition of a woman's health. Anything unusual at 1 time should have prompt 1 proper attention.

OUR CUSTOMERS.

We have just put in, at great expense, a WONDERFUL MACHINE, heated by steam, work only passing through the rollers once; the result—WORK IS ELASTIC, WILL NOT BREAK, and will last much longer than when ironed by the old method, heated by gas, which has to pass through the rollers eight times.

P.S.—We have also added a newly invented machine to iron the edges of Collars and Cuffs.

The Parisian Steam Laundry

Co. of Ontario, Limited.

London, Hamilton and Toronto.

FOUND AT LAST

The Great Rheumatic

Mystery

Hill's Root Liniment

Extract of Wild Turpentine

Made of roots. No drugs and a sure cure for rheumatism, neuralgia, lame back, sick headache, toothache. Guaranteed to stop all aches and pains instantly, and also to cure corns or bunions in nine applications. Can't be beat, man or beast. 25c and 50c per bottle. Address all orders and send card for sample bottle to

PROF. HILL, Chatham.

Box 399

Why Not

Beautiful your home this

Spring by giving it a fresh

coat of PAINT or WALL

PAPER. We are at all times

ready to cater to your wants

in this line. Having none but

experienced and up-to-date

workmen, we can guarantee

satisfaction. Leave orders at

Office of Phone 52, and we

will call on you and submit

samples and prices.

BLONIE Lumber and

Manufg. Co.

Lumber Dealers and

Builders and Contractors.

60 ACRES choice river

land, all tile drained,

10 acres young fruit trees, good

buildings, 4 miles from Chat-

ham Township of Raleigh.

Smith & Smith

The average woman's idea of heaven

is a place where there are no

servant girls.

HOW IT'S DONE.

It's from the stomach the

blood is fed and the nerves

controlled.

Undigested food ferments

and produces acid.

The fermentation and putre-

faction in the stomach and

alimentary canal are the

main causes of disease.

It upsets the nerves.

It poisons the system.

Dr. Leonard's Anti-Pill

increases the necessary em-

plasy of gastric juice in quan-

ity and quality to insure

perfect stomach action. It

has similar action on bile

formation. Anyone can

prove this for himself by

addressing WILSON-PILLS

Co., Niagara Falls, Ont., for

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DISTRICT DOINGS.

WALLACEBURG

Mar. 15.—Miss Esther Witt will leave this week to visit friends at Toronto.

Mr. Claude McDougall, of Harvey, Ill., is spending a few days with his home here.

The many friends of Capt. Holmes, U. S. Consul here, were surprised and grieved to learn of his death, which took place at his home yesterday afternoon. The remains were taken to Lyons, N. Y., for burial.

The funeral of John C. Nightingale took place yesterday. The service was held at the church, where a very large crowd was assembled, showing the sympathy that existed and what a favorite deceased was.

The Presbyterian Young People met at the home of Mr. A. Bovine last evening and spent a very pleasant time.

DRESDEN

Mar. 15.—The funeral of Thos. Eglin, who died on Thursday last, took place Saturday afternoon. Rev. Mr. Lindsay conducted the service, after which the funeral cortege proceeded to the Dresden cemetery, where interment took place.

Miss Edith Hazlett was a Maple City visitor on Sunday.

Miss E. Pringley is suffering from an attack of grippe.

Patten & Perry must have thought they were in Greenland yesterday instead of the "Garden of Canada." The troop struck town in the morning, when the storm was at its worst, but, nothing daunted, they held their street parade at noon in half a foot of snow. The presentation at night of the Irish farce comedy, Jerry from Kerry, was better than the average, and if Jerry ever returns to our town he will be assured of a deservedly good reception. The music furnished by the band and orchestra was first class, and the whole performance was punctuated with laughable situations.

The spectacle of bewildered robins flitting to and fro in a blinding snow storm was witnessed more than once yesterday. These welcome heralds of spring will commence to think they have made a mistake, and migrate to the south pole for a few months more. We only have three seasons now, anyway—July, August and winter.

Mrs. E. Miller received word yesterday of the death of her brother, Chas. Heron, in New York city. Her brother-in-law, Dr. Northrup, of Port Huron, is also seriously ill, in fact but little hope of his recovery is entertained. Mrs. Miller, who has been ill herself, is almost prostrated by the sad news.

Walter Wilson is in Florence, attending his father, who is dangerously ill with pneumonia.

H. E. Landon, the popular shoe traveller, called on local merchants yesterday.

DANGER OF LIVING WITH CONSUMPTIVES

Is real danger, because the sputum of affected persons diffuses itself through the air and finds lodgment in the systems of others. If exposed to consumption use, fragrant, healing Catarrhose, the most efficient germicide known. No case of Catarrh can withstand Catarrhose, which cures this loathsome disease thoroughly. Cold in the head is cured in a few minutes, and bronchitis, asthma and lung trouble are cured to stay cured if Catarrhose is employed. "I don't know any remedy so good for catarrh and bronchitis as Catarrhose," writes N. T. Eaton, of Knoxville. "It cured me after years of suffering and saved me from consumption. Two months' treatment, \$1.00; trial size 25c."

BLENNHIM

Mar. 14.—Ira Burk, of Chatham, was a Blenheim visitor for several days last week.

The coal hoist at Erieau is now completed costing the E. & P. M. railway company \$9,200. With the two hoists working 9,000 tons of coal can be unloaded in eight hours. The coming season promises to be a very busy one at the southern end of the E. & P. M. in Canada.

An entertainment will be given in the Methodist church school room on Friday evening, March 18th, under the name of the War of the Roses. Lunch will be served from 8 to 9 o'clock.

A large table is being arranged by each contending party as representative of the Red and White Rose. This will be followed by a debate on the present live subject,Resolved that Russia should win in the present struggle with Japan.

Affirmative—Messrs. R. L. Gonnell and M. J. Donohue. Negative—Rev. George Gilbre and W. J. Baird. Admission, children 10c, adults 15c.

Mar. 15.—Mrs. D. J. Vanvelsor is visiting relatives at Sheldon. A return of Winter greeted us yes-

SCHOOL HOURS.

Inspector James L. Hughes' Interesting Contribution to the Recent Congress of Provincial Health Board.

At the recent congress of the Provincial Board of Health, held in Toronto, a most interesting contribution was made by Inspector Hughes on the question: "Can school hours be shortened for junior classes to better utilize room space and teaching staff and to better maintain the mental and physical vigor of both teachers and pupils?" He remarked that it was a fallacy to hold that progress in education depends on the time spent. Knowledge was more rapidly acquired before school days than after them. Education interfered too soon with the natural development of the child's intelligence. Enquiry was natural to a child, but it was repressed in school. There was more to be learned by propounding problems than by solving them. And by the prevalent school system children lost their independence and power of initiative. There should be greater variety of work in the junior classes. With shorter hours junior children would learn more. All children had not the ideal home conditions, and it was therefore necessary to provide a proper environment in the school. He offered the following conclusions as a solution of the problem:

1. The first period of a child's growth is a period of rapid development of power, when its body and mind should have the best conditions for growth.

2. The development of the vital organs of the body is impaired by confinement under restraint.

3. The development of mental alertness and breadth and executive ability are arrested by interfering with the self-activity of the child.

4. Confining the child to formal and abstract work during the early years of school life arrests his intellectual development.

5. The child should have as much variety as possible in his daily work.

6. The child should have the privilege of discovering as well as solving problems in order that his true intellectual growth may continue, and that he may not be robbed of the highest joy of intellectual work.

7. The child should not sit long in the same position.

8. The child will make more progress in intellectual development and in the acquisition of knowledge in early years if only part of his school time is given to formal study.

9. The state owes it to every child to see that he is placed in the best conditions for his complete development.

10. Few homes can provide the best condition for a child's development, and few mothers have time to devote to the best training of their children.

11. Nearly all city homes must in the nature of things be lacking in proper opportunities for the true intellectual and physical development of children.

12. The children of cities need much better facilities for free play and for free constructive work, with materials adapted to their tastes and powers.

13. The schools should be responsible not merely for the instruction of children, but for their full and well balanced development.

14. The best remedy for the evils resulting from long school hours and unnatural intellectual work, especially in cities, is to see that children are free on the streets, but to provide materials for constructive work with their hands, to afford facilities for their practical study of nature and her growth processes, and to make it possible for them to enjoy vigorous free play under the direction and protection of their teachers.

In the discussion which ensued Inspector Hughes was warmly and generally commended and a suggestion made that it should be printed and circulated. The Deputy Minister of Education in expressing his approval observed that many people identified knowledge with education. It was not so. There was a necessity for greater variety of subject. A young child required his attention to be directed in more ways than an elder pupil. He recommended greater attention to elementary science and nature studies as in line with the child's own development, and that the standard be that applicable to the mass of the people and not that of the professions. Shorter hours were advisable and excessive home lessons were an evil that should be eradicated. They were detrimental to the child's physical and mental development. He thought the congress should not close without recording its views on the subjects brought before it. The Education Department could only move in accordance with public opinion, and to enlist public opinion in support of these proposals would be of great service.

A New Brunswick Leader.

The Hon. Robert Young, who died recently at Carleton Place, formerly played a very important part in New Brunswick politics, down to the abolition of the Legislative Council. When Mr. Blair was beginning his career in the Legislature, Young was at the height of his influence. He was president of the Executive Council from 1872 until the defeat of the Government by Mr. Blair in 1882. He sat in the Legislative Council from 1867 until that body voted itself out of existence. He had then been in public life over thirty years. He was first elected to represent Gloucester county in the House of Assembly in 1861, and in 1867 was appointed to the Legislative Council. Being thus for the greater portion of his political career a member of the Upper House, he had no part in the stirring debates in the popular Chamber, but he could not but help formulate the policy over which the battle was waged, and it was well known that his counsel was highly valued by his colleagues. He was a clever debater, diplomatic, and a keen student of man as well as of measures.

A Bit of Curran's Wit.

An Irishman loves a joke so well that he keeps the memory of a good one always green. In a book of recollections by an old member of the Irish parliament is an amusing illustration of Curran's ready wit.

A certain judge, Lord Norbury, was famous for the alacrity with which he condemned prisoners to death when he might have pronounced a more merciful sentence. On one occasion when he was dining in public with the foremost members of the Dublin bar he helped himself to some meat, at the same time asking:

"Is this hung beef?"

"Not yet," said Curran quickly. "Your lordship has not tried it."

Probably the oldest musician in the world is Manuel Garcia, now aged ninety-eight years. He has given up teaching, and lives in a villa in northwest London. His memory is still excellent, his wit sparkling, and he is proud of having recently learned how to play "bridge."

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SUNLIGHT SOAP

With ordinary soap a woman has to work so hard and so long on wash day she has no time for preparing any of the family meals. Wash day is a trial, and the good wife faces each with a sigh of despair.

Sunlight Soap makes all the difference in the world. No toiling—no rubbing—no boiling—less than half the labor with much better results. Most women are all through their wash by twelve o'clock when they wash with Sunlight Soap the Sunlight way. It makes child's play of work.

ASK FOR THE OCTAGON BAR.

Sunlight Soap washes the clothes white and won't injure the hands. LEVER BROTHERS LIMITED, TORONTO.

Diseased Men Cured



DR. SPINNEY.

Founder of

Dr. Spinney & Co.

Consultation Free. Cures Guaranteed.

DR. SPINNEY & CO.,

290 Wood-

ward Ave.,

Detroit, Mich.

Largest Established, Most Successful, Reliable Specialists in Diseases of Men.

THE BROKEN VIOLIN.

An Incident of the Childhood of the Master Ole Bull.

Ole Bull, the great violinist, was born with a genius for music. To him the swaying of bluebells, the wind and rain and waterfalls, the music of birds and bees—all these were the voices of nature, and he tried to reproduce them on his violin.

It is said that the musician's first violin was given him by an uncle when he was but four years old, and his delight at the present knew no bounds.

"My father wanted me to be a minister," said he in telling the story many years after, "and I thought I must do as he wished. But when I was eight years old he bought me a new violin and arranged to have me study under a teacher, for," he said, "a minister ought to know a little about music."

That night I could not sleep. I rose in the night to get a peep at the precious violin. It was so red, and the pretty pearl screws did smile at me so I pinched the strings just a little with my fingers, and it smiled at me more and more. I took up the bow and looked at it. It said to me it would be pleased to have me try it across the strings. So I did try it just a very, very little, and it did play so softly. I forgot that it was midnight and everybody asleep, and the next minute I felt my father's whip across my shoulders. My little red violin dropped on the floor and was broken. I did weep very much for it, but it did no good. They did have a doctor to the next day but it never recovered its health."

The fruits of a man's industry don't always grow on his family tree.

ABSOLUTE SECURITY

Genuine