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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 scaused by repeated and neglected colds. "If young girls only realized how dangerous it is to take old at this critical time, much suffering would be spared them. Thank God for Lydia E. Pinkham's Vegetsble Compound, that was the only medicine 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 mext monthly period the pain had diminished considerably. I kept up the treatment, and was cured a month late. I am like another person since. I am perfect health, my eyes are brig r. I have added 12 pounds to my weig to my color is good, and I feel light and happy."—Miss Aemss Miller. 25 Potomac Ave., Chicago, Ill.—\$5000 brieft if original of above letter produggaminase cannot be produced.

The monthly sickness reflects.

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

OUR CUSTOMERS. We have just put it, 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 lest 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 Coffs. The Parisian Steam Laundry

Oo. of Ostario, Limited.

FOUND AT LAST The Great Rheumatic

Hill's Root Liniment Extract of Wild Turnip.

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

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Why Not Beauty your home this Spring y giving it a fresh coat of PAINT or WALL PAPER We are at all times

ready to cater to your wants in this lie. Having none but experienced and up-to-date workmer 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 Builden and Contractors.

ACRES choice river nd, all tile drained. 10 acres young fruit trees, good buildings, 4 miles from Chat-ham. Township of Raleigh.

Smith & Smith

The average ven is a place servant girls.

HOW IT'S DONE. Dr. Leonhardt's Anti-Pik

od is fed and the nerves

perfect stomach action. It formation. Anyone cas ddressing WILSON-FILE Co., Niegara Falls, Oct., for

DISTRICT DOINGS. WALLACEBIJRG

Mar. 15.-Miss Esther Witt will ave 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,

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 Thusrday last, took place Saturday afternoon. Rev. Mr. Lindsay conducted the service, after which the funeral cortege proceeded to the Dresden cemetery, where inter-

ment took place.

Miss Edith Hazlett was a Maple
City visitor on Sunday.

Miss E. Prangley is suffering from

Miss E. Prangley is suffering from an attack of la 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 mow. The conventation at night 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.

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 lilly August and winsituations. now, anyway-July, August and win-

now, anyway—July, August and win-ter.

Mrs. E. Miller received word yes-terday of the death of her brother, Chas. Herson, in New York city. Her brother-in-law, Dr. Northup, of Port Huron, is also seriously ill, in fact but little hope of his recovery is en-tertained. Mrs. Miller, who has been ill herself, is almost prostrated by

the sad news.
Walter Wilson is in Florence, at-tending his father, who is dangerously ill with pneumoniaa.

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

yesterday.

DANGER OF LIVING WITH CON-SUMPTIVES

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 healing Catarrhozone, the most efficient germicide known. No case of Catarrh can withstand Catarrhozone, 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 Catarrhozone is employed. "I don't know any remedy so good for catarrh and bronchitis as Catarrhozone," writes N. T. Eston, off Knowlton. "It cured me after years of suffering and saved me from consumption. Two months' treatment, \$1.00; trial size 25c.

BLENHFIM

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

The coal hoist at Ericau is now completed costing the F. & 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

can be unloaded in eight hours. The coming season promises to be a very, busy one at the southern end of the F. & P. M. in Canada.

An entertainment will be given in the Methodist church school room on Friday evening, March 18th, under the mame of the War of the Roses. Lunch will be served from 8 to 9 o'cleock. A large table is being arranged by each contending purty as representative of the Red and White Rose. This will be followed by a debate on the present live subject, R solved that Russia should wim in the present struggle with Japan.

'Affirmative—Messrs, R. L. Gosnell and M. J. Denholm, Negative—Rev. George Gilmore and W. J. Baird, Admission, children 10c, adults 15c.

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

Gloomy thoughts become habitual to the dyspeptic. He looks on the
dark side of things and
every mole hill becomes a
mountain. His condition
affects his business judgment and mars his home
relations.

Dr. Pierce's Colden Med-

affects his business judgment and mars his home relations.

Dr. Pierce's Golden Medical Discovery cures dyspepsia and other diseases of the organs of digestion and nutrition. It gives buoyancy of mind as well as health of body because it removes the physicial cause of mental depression. It enables the perfect digestion and assimilation of food, and the body is strengthened by nutrition which is the only source of physical strength.

"It was afflicted with what the doctors called nervous indigestion. Took medicine from my family physician to no avail," writes Mr. Thos, G. Lever, of Lever, Richland Co., S. C. "At night would have cold or hot feet and handa afternately. I was getting very nervous and suffered a great deal mentally, thinking that death would soon claim me. Always expected something unusual to tap place, was death would soon claim me. Always expected something unusual to tap place, was considered as pread to the place of the could scarcely eat any thing that would not produce a bad feeling in my stomach. After some hesiation, I decided to try a few bottles of Or. Pierce's Golden Medical Discovery and 'Pellets. After taking several bottles of each, found I was improving. I continued for six months or more, off and on. I have to be careful yet, at times, of what I eat, in order that I may feel good and strong. I fully believe if any one suffering with indigestion or torpid liver or chronic cold would take Dr. Pierce's Golden Medical Discovery and 'Pleusant Pellets' and observe a few simple hygienic rules, they would soon be greatly benefited, and with a little perseverance would be entirely cured."

Biliousness is cured by the use of Dr. Pierce's Pleasant Pellets.

terday morning; one of the heaviest falls of snow of the winter season.

F. Boydon, London, was a Blenheim visitor yesterday.

On Friday last when driving into Peter McGuigan's farmyard, a short distance west of the town, Accheus Johnson met with a severe accident. The horse shied and threw him out of the vehicle. He received a nasty scalp wound. He drove back to town to the doctor's, who put in several stitches.

Mrs. Foster is visiting friends in Detroit.

Detroit. Tom Lancaster leaves to-day for

Calgary, Alberta.

Herbert Huffman, of Huffman's
Corners left last evening for Calgary,
Alta. He takes with him a car of
stock. Mrs. Huffman and child is not going for awhile.

Impeachments.

In 1797 Senator William Blount of Tennessee was impeached for treason in negotiating personally with Great Britain and was acquitted. On March 3, 1803, Judge John Pickering of the federal court in New Hampshire was found guilty on the trial or an impeachment of drunkeuness and profanity on the bench and was removed. On March 13, 1804, William Chase, associate justice of the supreme court, was impeached. He was acquitted on March 1, 1805. Meantime, on Dec. 13, 1804, Judge James H. Peck of the fed-1804, Judge James H. Peck of the federal court of Missouri was acquitted by the sénate after impeachment by the house. On May 6, 1862, Judge West H. Humphrey of the federal court of Tennessee was removed for treason. In 1808 Andrew Johnson, president of the United States was president of the United States, was impeached for high crimes and mis-demeanors and acquitted. In March, 1876, the former secretary of war, General W. W. Belknap, was impeached for bribery in making appointments. He was acquitted on Aug. 1, 1876. His was the last impeachment,

Loving Pals In Misery. Two cots stood side by side in the Emergency hospital. On one was the form of a man, a great big, strong looking fellow. On the other was the

figure of a boy, a little fellow not more than ten years of age. The head of each was swathed in bandages, and while the man bore his suffering in si-lence the boy cried and moaned and sobbed "What's the matter, sonny?" asked

the man as the boy cried aloud.
"I fell off a roof," was the answer
the lad returned between his sobs. "I fell down a ship's hatch. Let's

shake."
An hour later the nurse came into the ward and walked over to the cots. Both the patients were sound asleep and in the hairy fist of the sailor rest ed the tiny hand of his little companion in misery.

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 Curan quickly.

"Your lordship has not tried it."

Probably the officest musician in the world is manual Garcia, now aged ninety-eightly years. He has given up teaching, and lives in la villa in northwest London. His mamory is at ill excellent, his wit sparkling, and he is proud of having recently learned how to play "bridge."

SCHOOL HOURS.

Inspector James t. Hughes' Interesting Contribution to the Recout Congress of Previncial mealth Board.

At the recent congress of the Provincial Board of Health, held in Toronto, a most interesting contribu-sion was made by Inspector Hughes on the question: "Can school hours be shortened for junior classes to better utilize room space and teach-ing 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 inter-fered too soon with the natural development of the child's intelligence. velopment 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 condiren had not the ideal home condi-tions, 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.

confinement under restraint.

3. The development of mental alcritness 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 con-tinue, and that he may not be rob-bed 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 de-

velopment.

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 not to set the childrea free on the streets, but to pro-vide 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 direc-tion and protection of their teach-

In the discussion which ensued In-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 punit. He recommended were A young child required his attention to be directed in more ways than an eider 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 Caraquet, 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 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 1883. 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 were 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 men as well as of measures.



SUNLIGHT SOAP

with ordinary soap a woman has to work so hate an as way 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



We make no misleading statements or unbusi-nesslike propositions to the afflicted in order to se-cure their patronage. We cure to stay cured. Stricture, Varicocele, Nervous Debility, Blood Diseases, Weakness, Kidney and Urinary Diseases and all diseases due to inheritance, habits, excesses, or the results of specific dis-

to inheritance, nabits, excesses, or the results of special cases.

The many years of our successful practice in Defroit proves that our special treatment for men is asic and certain. You do not want to be mutilated and on the province of the province of

DR. SPINNEY, Founder of Spinney & Co. Consultation Free. Cures Guaranteed.

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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 o 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 de-

he was but four years old, and als de-light at the present knew no bounds.
"My father wanted me to be a minis-ter," said he in telling the story many years after, "and I thought I must do 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 peen at the prein the night to get a peep at the pre cious violin. It was so red, and the pretty pearl screws did smile at me so 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 every-body 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 n for it, but it did no good. They did have a doctor to it the next day but it never recovered its health."

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

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Genuine Carter's Little Liver Pills

Must Bear Signature of Breutspod

See Pac-Simile Wrapper B to take as sugar,

CARTERS

GURE BIOK HEADACHE



EYE-GLASSES.

Such as ours, must be worn to be fully appreciated. We have so much confidence that our glasses are a trifle better than you can buy any place else that we offer free tests, or give you back your money if dissatisfied.

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Jeweller, Sign of Big Clock, Chatham.

******* Easter Photos

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