

Tired. Nervous Mothers

Make Unhappy Homes—Their Condition Irritates Both Husband and Children—How Thousands of Mothers Have Been Saved From Nervous Prostration and Made Strong and Well.



Mrs. Albert Mann

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. The trouble between children and their mothers too often is due to the fact that the mother has some female weakness, and she is entirely unfit to bear the strain upon her nerves that governing children involves; it is impossible for her to do anything calmly. The fits of women act like a firebrand upon the nerves, consequently nine-tenths of the nervous prostration, nervous despondency, "the blues," sleeplessness, and nervous irritability women arise from some derangement of the female organism.

Do you experience fits of depression with restlessness, alternating with extreme irritability? Are your spirits easily affected, so that one minute you laugh, and the next minute you feel like crying?

Do you feel something like a ball rising in your throat and threatening to choke you; all the senses perverted, morbidly sensitive to light and sound; pain in the ovaries, and especially between the shoulders; bearing down pains; nervous dyspepsia, and almost continually cross and snappy?

If so, your nerves are in a shattered condition, and you are threatened with nervous prostration.

Proof is monumental that nothing in the world is better for nervous prostration than Lydia E. Pinkham's Vegetable Compound; thousands and thousands of women testify to this fact.

Mrs. Chester Curry

Mrs. Chester Curry, Leader of the Ladies' Symphony Orchestra, 42 Saratoga St., East Boston, Mass., writes: "For eight years I was troubled with extreme nervousness and hysteria brought on by irregularities in my monthly life. I was tired and nervous all the time and life looked very dreary to me and I had no desire to live until I began to take Lydia E. Pinkham's Vegetable Compound and to get some relief. My recovery was slow but it was sure and I have never regretted the money spent for the Compound as it brought back my good health."

Women should remember that Lydia E. Pinkham's Vegetable Compound is the medicine that holds the record for the greatest number of actual cures of female ills, and take no substitute.

Free Advice to Women.

Mrs. Pinkham, Lynn, Mass., invites all sick women to write to her for advice. Mrs. Pinkham's vast experience with female troubles enables her to tell you just what is best for you, and she will charge you nothing for her advice.

Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

equal parts. After the fowls have gone to roost, I scatter some wheat and oats in the litter so they will have some exercise in the early morning to warm them up. I always have an abundance of grit and oyster shells placed where they can easily reach it at all times. I never let their drinking water get cold, but furnish them with nice warm water as high as twelve times a day in cold weather. I add a few drops of aceto-tin two or three times a week. My And ever passed in quiet conversation, book, or paper. In the evening she looks forward all day to the evening hour spent with her husband over a table near to the husband and knits together the twin who are "one flesh" in the higher unity of one mind.

Every woman should know that the general health depends on the local womanly health. In regularity, weakness, drainage, inflammation, ulceration and female weakness are disorders which sap the woman's strength and destroy her happiness with her health.

In ninety-eight cases in every hundred the use of Dr. Pierce's Favorite Prescription will effect a complete cure of womanly diseases. It is a reliable regulator. It dries the drains which enfeeble women. It heals inflammation and ulceration and cures female weakness. It makes weak women strong and sick women well.

Sick and ailing women are invited to consult Dr. Pierce, by letter, free. All correspondence is held as strictly confidential and womanly confidences are guarded by strict professional privacy. Write to Dr. Pierce, Buffalo, N. Y., Address Dr. R. V. Pierce, Buffalo, N. Y. In a letter of thirty years, assisted by his medical staff of nearly a score of physicians, Dr. Pierce, chief consulting physician to the Invalids' Hotel and Surgical Institute of Buffalo, N. Y., has treated and cured more than half a million women.

There is no similar offer of free consultation by letter which has behind it a physician of Dr. Pierce's eminence and success, or an institution of world-wide fame such as the Invalids' Hotel and Surgical Institute of Buffalo, N. Y.

Write to Dr. Pierce to obtain a specialist's opinion absolutely without charge or fee.



HOME LIFE.

COUNCIL COMMITTEES MET

Very Little Business to be Transacted.

A meeting of Council committees was held Friday to dispose of routine business, which was easily done inside of half an hour, there being no important business to deal with. Those present were Mayor Vrooman and Aldermen Eyles, Rea, Maunder, Begg, Fisher and O'Reilly.

Ald. Maunder and Ald. Rea soon disposed of the matters on their files — Town Property and Board of Works, and Ald. O'Reilly arrived in time to handle his finance slate.

A communication was read from Mr. A. A. McPherson, Markdale, clerk of the County of Gray, in which it was stated that one Samuel McMurdy, hailing from Lindsay, had wandered into town a month ago in a vagrant condition, but stating that he had been a resident of Lindsay and owned property here. Clerk McPherson asked to have him taken back and placed in Victoria County House of Refuge, and on motion of Mayor Vrooman the request will be granted.

Mr. Joe Wilson, caretaker of the town hall, handed in his bill for \$5 for services rendered in connection with the railroad men's ball. The bill will be added to the rent for the use of the hall.

After a short discussion the committee adjourned.

VICTORIA HARBOR TO PETERBORO.

Application of C. P. R. for Ratification of Plans for New Grand Trunk.

The C. P. R. and Grand Trunk had a friendly tilt before Hon. H. R. Emmerson and his Deputy Minister, Mr. M. J. Butler, Friday afternoon, over the former's route map for the proposed line from Peterborough to Victoria Harbor. Messrs. Leonard and Drinkwater were present to ask that Mr. Emmerson approve of the map. Mr. Cowan, on behalf of the Grand Trunk, did not object particularly to the location, but the line would cross the Grand Trunk three times in eight miles. It should be stated with more definiteness where the C. P. R. line would run. Mr. Drinkwater said this line would be a grain-carrying route, and they had secured it for practically a three-tenths grade. Mr. Emmerson thought information should be given as to the physical character of the country in order to decide whether the proposed crossings were necessary. He would, if satisfactory, approve of that portion of the line from Peterborough to the first point of intersection, but the balance must stand. To this Mr. Drinkwater would not assent, and he asked for an adjournment until Wednesday afternoon at 3 o'clock, which was granted.

BEFORE AND AFTER MARRIAGE.

History of a Muskoka Love Romance—Warning to Loving Maids.

It was up in Muskoka. Ethel looked down from a high hill into the gully below where her brave, handsome lover, Charley, stood gazing up at her. With her soft, sweet voice she called down to him, "Won't you come up!" Then after a moment's hesitation, "For me, Charley."

Like an antelope released from bondage into its native forests and hills, Charley made his way to the eminence on which Ethel stood.

Reaching her at last, he held her in his strong, manly arms, and in passionate tones murmured, "With many stroking his hand over her glossy tresses."

"For you, Ethel, there is no height to which I would not aspire, no steep I would not climb. Angel as you are, I would even trade the golden stairs to Heaven, if by so doing I might be ever by you. The mighty Alps, with all their glaciers and pitfalls, would hold no terrors for me, if at their summit, unattained as yet, I might behold your sweet angelic face to encourage me on. For you, dear Ethel, I would—!"

Suffice it to say that Ethel took his word for it.

CHAPTER II.

Charley sat in the dining-room of their home a year and a half later.

It was December, and the winds were bleak and chilly without. From gazing down into the gradually widening fire Mrs. C. suddenly, as though remembering something, raised her head.

"Charley!" she said.

"E-s-s!" yawned Charley from the sofa where he was lounging.

"I wish you'd go down and fetch a pair of coal."

"Oh, I'm too tired, dear," replied Charley.

"But the fire is going out."

"Oh, bother the fire."

"Please, Charley."

"None, from the sofa."

"Charley, I want to ask you. Do you remember what you said to me one day up in the mountains?"

"None, what was it?"

Ethel then repeated to him what he had declaimed as above.

"Oh, well," said Charley, when she had finished, "I'm sure."

"What do you mean?" asked his spouse.

"Well, you see," said Charley, good-humoredly, "the coal was on the hearth. I'd gladly go for it. But I never said anything about climbing down, Ethel, and, as you know, it's in the cellar."

And then rolling over in a more comfortable position, he continued reading his evening paper.

WAS NEARLY CRAZY.

"I was pleased that Dr. Pierce answered my letter," writes Mrs. C. W. Young, of South Regent Street (Lee Park), Wilkesbarre, Penna. "I am perfectly willing for you to use my name as I think it my duty to let the people know what a wonderful medicine you have. When I was a child, my mother and my husband always said that if I would take your medicine, I would be all right. My back ached so much that I could not get up, and I was nearly crazy, and I used to dread to get up, I felt so bad; then I began taking your medicine, and I never got those dizzy spells any more. I have a perfect home of a boy; he is the light of our country. I am now twenty years old and weigh about eight months old. I now feel well, and weigh 150 pounds, and the baby weighs 15 pounds. We are both healthy, thanks to Dr. Pierce's medicine."

ALMOST A SKELETON.

"Your 'Favorite Prescription' has done so much for me," says Mrs. Susan West of Lawrence, Kan., "that I feel it my duty to write to you and tell you I think it saved my life. I had been under the knife for a skeleton, weighed only seventy pounds. A friend of mine recommended Dr. Pierce's medicine, and when I commenced to take it my health began to improve greatly. In ten months I was a happy mother, and had a medicine since, of any kind, and now weigh 150 pounds. I am the best of health. I cannot say too much in praise of your 'Favorite Prescription.'"

Dr. Pierce's Pleasant Pellets are at once the most agreeable and most effective laxative for women's use.

CRAZY STALLION KILLS.

Attendant Locked in Stall With Animal Was Kicked to Death.

New York, Jan. 15.—Shut in a box stall with an infuriated stallion, Michael Hanan made a fruitless fight for his life last night, while an excited crowd battered at the barred doors of the stable in response to his frantic cries for help. Before the mad horse had been conquered, Hanan was trampled to death, and Daniel Marshall, owner of the stable, and Hanan's employer, was seriously injured.

The stable is at No. 130 South Eighth-st., Williamsburg. Several hundred people were on their way to church when the man's cries for help from the Marshall stable were heard. A crowd quickly gathered in front of the stable. Through the window they could see the horse beating down his victim. Hanan's cries grew weaker as he made a desperate fight to escape from the stall.

Half a hundred men battered vainly at the stable doors in their efforts to reach him. A heavy timber from the truck was used as a ram, but even this failed to break the heavy oak doors.

The noise was heard at the Clymer street police station, and Policemen Ferguson and Wilson tried in vain to break the locks on the doors.

Marshall, the owner, ran up and unlocked the doors, and followed by the policemen and many volunteers grabbed a pitch fork, and went to Hanan's rescue.

The moment Mitchell entered the stall the mad stallion left his first victim and plunged at him. Mitchell fought desperately with his sharp-pointed weapon, but even that was not sufficient to save him from steel-shod hoofs.

Once he was struck a glancing blow on the head that cup open on the scalp, and another broke his left arm. Then the two policemen went at last one of them knocked him down with a well-directed blow. Hanan was dead.

Ropes were brought, and the stallion was tied to the floor and muzzled. Mitchell was removed to the hospital.

AN ADVT. IN THE POST PAYS.

If you have anything to sell or want to buy anything, advertise in The Post.

Facts Worth Reading

CONCERNING BOOTS

Our sales during the month of December were far beyond our expectations. Nevertheless, we will have to continue our sale so as to be able to get our goods into one store as soon as possible.

GREAT BARGAINS IN CERTAIN LINES OF BOOTS THAT WE ARE GOING TO CLOSE OUT AND NOT RE-STOCK.

This means snaps for the public that have not been seen before in Lindsay. We have so many kinds that it is almost impossible to enumerate; it's your privilege to inspect and judge for yourself.

This Business will be Conducted on a Strictly Cash Basis.

No books kept—don't ask for credit, as you will certainly be refused. We want to make the month of January exceed December. That is big talk, but we are bound to do it.

P. J. HURLEY,

SUCCESSOR TO N. HOCKIN.
LINDSAY'S GREATEST SHOE HOUSE.

Great Annual Whitewear Sale

Each year finds this notable sale more successful than the previous one. The ladies of Lindsay and County of Victoria are known to be very dainty in the choice of their Whitewear and Lingerie. We are aware of this evidence of their good taste, hence we do all in our power to arrange with the manufacturers to supply nothing but the fittest; this is the reason why our goods are indisputable in their values. For twelve days we carry on this sale which will begin on

Saturday, February 3rd and Continue Until February 15th

We Quote You the Following Prices:

CORSET COVERS.	DRAWERS.
25c Cambric Corset Covers, lace and embroidery trimming..... 21c	Ladies' Cambric Drawers with lace edging... 21c
50c Cambric Corset Covers, two rows Torchon insertion, lace on neck..... 42c	50c Cambric Drawers with frill insertion and lace..... 42c
75c Cambric Corset Covers, torchon insertion fine pin tucks, lace on sleeves and neck 59c	75c Lonsdale Cambric Drawers, 6 rows pin tucks with cambric and lace frill..... 62c
\$1.50 Cambric Corset Covers, all over embroidery, lace trimming, embroidery beading, ribbon trimmed..... \$1.19	\$1.00 fine Nainsook Drawers, 6 rows pin tucks, one embroidery insertion and embroidery frill..... 82c
UNDERSKIRTS.	TABLE LINENS.
50c White Steam Loom Skirts with hemstitching and tucking, full sizes..... 43c	59 in. Unbleached Table Linen..... 24c
75c White Cambric Skirts, with embroidery and lace frill..... 67c	45c Unbleached Table Linen, all linen..... 39c
\$2.25 Lonsdale Cambric Skirts, deep lawn frills, four rows tucks, wide lace insertion, lace finished..... \$1.79	50c Unbleached Table Linen..... 42c
\$4.00 fine English Cambric Skirts, deep lawn frill with 11 rows pin tucks and fine embroidery insertion and matched embroidery frill... 3 15	60c Bleached Table Linen 61 in..... 47c
\$5.00 Bishop's Lawn Skirts with fine lawn overskirt, nine rows hemstitched tucks, one row embroidery beading and ribbon, deep embroidery flounce..... 4-19	85c Bleached Table Linen..... 77c
	\$1.50 Bleached Table Linen..... \$1.29
	Choice Table Napkins in all sizes and prices, Pillow Cottons, Towellings, Towels, Dress Linen, Vesting, Muslins, Lawns, etc., also Collars, Shirts and Cuffs.

This is your opportunity; for at no other time of the year do we make such a substantial reduction in white goods as now. In those go-between seasons you can very easily invest a little money to the best advantage. Whitewear is always useful and always seasonable. The well supplied wardrobe is never without it. Remember the Date.

O'LOUGHLIN & McINTYRE,

CASH AND ONE PRICE.

RENNIE RINK THE WINNERS.

Toronto's Crack Single Rink Won from Flavell's 'Peg Rink.

From Evening Post of Jan. 26.

The following despatch, sent to the Toronto papers last night at the conclusion of the Rennie-Flavell curling match, is a concise and accurate description of the event. We hope to be able to describe the game by ends in a future issue:

A curling match in Lindsay always attracts a good-sized crowd, but when it was made known in the town that the famous Rennie brothers, of Toronto, were to be here for a game with Mr. Flavell's Winnipeg rink all the enthusiasts cancelled all other dates so that they might be able to describe the game by ends in a future issue:

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After the game the visitors were entertained by the local rink.

Favor a Lock Canal.

Washington, D. C., Jan. 23.—A lock canal at a cost of \$147,000,000, and not more than eight years to build, on a sea-level canal at a cost of about two hundred and fifty million dollars and from twelve to fifteen years to build, were the problems discussed today by the Senate Committee on Inter-Ocean Canals. The lock type was favored by Chief Engineer John F. Stevens, in charge of construction work on the Isthmian Canal, who was before the committee all day. Informal expressions of members of the committee favor Mr. Stevens' recommendations.

HOW ABOUT YOUR FURNACES?

Escaping Gas Almost Caused Fatalities in Two Households.

Many of our readers will have noticed the death by asphyxiation now and then of one and another in different parts of the country. We do not think that we are half careful enough where coal is used, or we would not have to record these painful items. No later than this week, we are informed, a family of seven woke up to find themselves very sick people, and had it not been that the windows had been left open throughout the night we might have had a tragedy to record. When the pipes were examined it was found that soot had lodged in an elbow, causing gas to escape and although the pipes were supposed to have been cleaned before the furnace was lit in the morning, yet enough had evidently gathered to nearly cause a fatality.

On the same day, in the east ward, a family of three went through the same experience. Both families smoke gas, but did not think it was serious. We are not too explicit when we say that the moment you smell coal gas in your house there is something wrong and the sooner it is attended to the better. Examine your draughts carefully, especially before going to bed, and if you put fresh coal on don't go to bed until you see the blue flame burning—then all danger is over. But if there is no flame and everything on the top appears dead, and it won't burn, and gas escaping, look out—there is serious danger there.

POULTRY RAISERS' CORNER

Devoted to the Interests of Those Whose Aim is the Raising and Production of First-class Poultry and Eggs.

INCUBATION AND REARING CHICKS

Detailed Instructions for Natural and Artificial Incubation and the Operation of Brooders.

From twelve to fifteen eggs are put under a hen, depending on the size of the hen. In cold weather it is best to put the fewer number of eggs, while late in the spring as many as seventeen can be put under them. It is just as necessary to select the eggs and use only well shaped eggs for sitting under hens as for the artificial method of hatching. In warm weather when the chicks are liable to dry in the shell it is a great help to thoroughly sprinkle the eggs. There need be no fear of chilling, for the heat of the hen will quickly bring them back to the proper temperature. If two or more hens are set at the same time it is advisable to give one of the hens both lots of chickens to mother, and drest the other.

Before starting our hatches we thoroughly fumigate our houses by burning sulphur candles in them, and as an extra precaution we sprinkle both hen and nest with lice powder. Lice will lower a hen's vitality, reducing her heat and causing in this way poor hatches.

Hens are inactive while sitting, and therefore require less food than otherwise. It is not necessary to feed them at the nest. Have food and water accessible, but let their appetite be the judge of what and how much to eat. As far as possible let them be undisturbed while sitting.

The Rearing of Young Chickens.

We allow our chicks to remain in the incubator forty-eight hours. They require no food or water during this time.

When first put in the brooder a little "pearl grit" is given them and they are also watered, care being taken to take the chill off the water. Very cold water is fatal to young chickens, causing diarrhoea, and it should always be tempered before it is given them.

The floor of the brooder should be covered with dry sand to the depth of about an inch, over which is scattered old clover or chaff to make a scratching litter about an inch deep. Two hours after they are put in the brooder they have their first meal, consisting of a prepared grain ration known as "chick feed." This can be purchased from any dealer in poultry supplies, or it can be made at home according to the following formula:

Six pounds cracked wheat.
Two pounds cracked corn (fine).
One pound rolled oats or pin-head oatmeal.
One pound millet seed.
Half pound broken rice.
Two pounds fine granulated beef scrap.
Half pound granulated bone.
Six pounds pearl grit.
The Feeding of Chickens.

This should be fed every two hours