

A TRULY IDEAL WIFE HER HUSBAND'S BEST HELPER

Wife's Health is the Great Source of Power to Inspire and Encourage—All Women Should Seek It.

One of the most noted, successful and richest men of this century, in a recent article, has said, "Whatever I am and whatever success I have attained in this world I owe all to my wife. From the day I first knew her she has been an inspiration, and the greatest helpmate of my life."



Mrs. Bessie Ainsley

To be such a successful wife, to retain the love and admiration of her husband, to inspire him to make the most of himself, should be a woman's constant study.

If a woman finds that her energies are flagging, that she gets easily tired, dark shadows appear under her eyes, she has headaches, backaches, bearing-down pains, nervousness, irregularities of the blues, she should start once to build up her system by a tonic with specific powers, such as Lydia E. Pinkham's Vegetable Compound.

Following we publish by request a letter from a young wife:

Dear Mrs. Pinkham: "Ever since my child was born I have suffered, as I hope few women ever have, with inflammation, female weakness, bearing-down pains, backache and wretched headaches. It affected my stomach so I could not enjoy my meals, and half my time was spent in bed."

"Lydia E. Pinkham's Vegetable Compound made me a well woman, and I feel so grateful that I am glad to write and tell you of my marvelous recovery. It brought me health, new life and vitality."—Mrs. Bessie Ainsley, 611 South 10th Street, Tacoma, Wash.

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Ainsley it will do for every sick and ailing woman.

If you have symptoms you don't understand write to Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, at Lynn, Mass. Her advice is free and always helpful.

WEEKLY POST LETTER BOX

RE TRENT WATERWAY.

(To the Editor of The Post.)

Dear Sir,—Peterboro Board of Trade, setting in conjunction with the City Council, considering that the right time has again come around when the attention of the Government should be called to the absolute necessity of completing this most important national means of transportation, has decided to unite with the municipal bodies along the line of the "Trent Waterway" and send a large representative delegation to Ottawa to further this end.

The unprecedented development of trade and commerce in Western Ontario, Manitoba and the Northwest Territories, the universally acknowledged prospects of a speedy settlement of our Western agricultural possessions, and the present necessity of our railways to handle the products of these farming lands for transportation to our eastern seaboard are three of the strongest arguments for an early completion of the Trent Canal, shortening, as it will, the distance between Port Arthur and Liverpool by 277 miles, as compared with the route by the Erie Canal, and 245 miles as compared with that of the Welland Canal.

The cheap rates for Water Transportation would make the completion of the "Trent Waterway" a national benefit, and would be felt and appreciated from the wheat-producing lands of the far West to the European markets. Moreover, the same barges which carried our grain to the seaboard could be laden on return with goods for the West.

The "Trent Waterway" has a shore mileage of over 1,000 miles, and every mile would contribute trade to and shipment by this route, which lacks but 32 miles of completion.

In consideration of the foregoing facts, our Board of Trade would ask our sister boards on the route of the waterway, as also those in the West who would benefit equally by its early completion, to determine on the advisability of sending a large and representative delegation to wait on the Hon. H. R. Emmerson, Minister of Railways and Canals, in order to impress on him and his colleagues the supreme importance to the Dominion of its rapid completion, and the consequent necessity of placing such a sum in the estimates as will complete this long-desired means of transportation.

We are at present arranging for an excursion route from Peterboro and points east, west and south, to the Capital.

Will you kindly write me on immediate receipt of this the number of delegates who will go from your district, in order to insure a favorable rate, and I will notify you at the earliest moment the date of interview, railway rate, etc., in order to give you as much time as possible to make your own arrangements to be strongly represented.—Yours faithfully,

T. Q. QUARTERMAINE,
Secretary.

Peterboro, March 5th.

TRENT DEPUTATION.

(To the Editor of The Post.)

Soon boats will sail from lake to lake.

And soon we'll have to change the maps.

The Trent Canal at last is done: Not yet—but soon—perhaps!

In your columns of Thursday last Peterboro proposes another monster deputation to visit Ottawa and urge "the rapid completion of the Trent Waterway." I was at the Board of Trade Banquet (with a big B), but was disappointed that even under "Transportation," and although water was the drink, the subject was not practically discussed, but I do not think that a smoking concert (something in the style of a ladies' five o'clock tea, where the cup thus offers would be passed around with a sandwich) would be an improvement, and impromptu speeches as well.

We have had the honor of previous invitations to join, and have assisted in securing for Peterboro very large grants for her benefit in connection with this scheme, but I do not remember Peterboro at any time asking if there was anything that could be done directly in the interests of Lindsay. I do not wish to think that this may have been from selfishness—it may be that the people of Peterboro are not of the reading or travelling sort; they may not know that we have locks at Lindsay that are only fit for a museum of antiquities, and that the Trent waters contain not only Lindsay, but Port Perry; they may not know that there is an apology for a lock at Rosedale that from its small dimensions is an obstacle, to, instead of favoring navigation, and that in its neighborhood the Burnt and Gull rivers would welcome the Government dredge, which might also do good work in dredging the Scouog in the neighborhood of Lindsay. The hermit population of Peterboro may not know that at Bobaygeon there is a serious leak—if has for years lowered the waters of the Scouog, and has interfered seriously with steamboat communication.

Considering, sir, that these things are so plain that "he who walks may read" it is not time that those who go from Lindsay on these deputations, and benefit by free tickets at our expense, should show some little interest in Lindsay's welfare? It is all well enough to say "push on the work," but at the same time the people of Peterboro like to make sure of their portion of the expenditure while they agitate. The Minister of Public Works says that the locks be 8 feet deep, the hydraulic lifts are only 6 feet on the mitre sills it looks as though there might be some delay in completing this big work.

Now, sir, I do think our contingent in the past has been too modest—while they have felt that our interests were being overlooked and neglected, they had not the courage to protest and demand their share. I contend it is high time for us to think and act, and in such a way that we may secure our rights. If Peterboro is not agreeable, I would have no objection to withdrawing altogether from this deputation and uniting with those north of us, whose interests are the same, run a deputation of our own, and in our own interests.

It is just about time to let Peterboro understand that Lindsay also has an interest in this Trent Valley scheme an interest to secure an important to her as any that Peterboro ever had. Peterboro has had its million or million and a half of Government money spent at her very doors—is it unreasonable that Lindsay should now wish for the expenditure of a portion of that amount on such-needed works? We may have this selfish wish and yet declare our sincere desire for a "rapid completion of the Trent Waterway."—I am, sir, yours, etc.,

P. PALMER BURROWS.

Lindsay, March 12, 1906.

SNUBBED THE BOARD OF TRADE.

Peterboro Aldermen Want to Share in the Glory of Things Done.

At a meeting of Peterboro Council last Friday night a communication from the Board of Trade of that town relative to the Trent Canal deputation to Ottawa was read, and the Examiner has the following to say of the subsequent discussion:

The Council resented this, as they looked upon the communication as an attempt to usurp control of the waterway, whereas Ald. Mason, chairman of the Finance committee, has been chiefly instrumental in arranging for the deputation.

The aldermen present expressed themselves strongly on the point, and apparently did not relish the "attempt," as they characterized it, of the Board of Trade to assume the credit for the deputation.

"We will not play second fiddle to the Board of Trade," said the Mayor vigorously, and this seemed to be the opinion of the whole Committee.

"If the Board of Trade had funds enough to pay the expenses of the deputation they would not consult the Board of Trade," was the way the Mayor looked at the matter.

The following resolution, moved by Ald. Hicks, seconded by Ald. Ball, was carried unanimously: "Resolved, that the question of a deputation to Ottawa for the completion of the Trent Valley Canal has been for some time in the hands of the Finance committee, and that the Council cannot see its way clear to interfere with the arrangements already made."

Do Not Neglect a Bad Cold. Never allow a cold to take its course. Too often at this season of the year its course is toward pneumonia. Chamberlain's Cough Remedy will promptly cure your cold and counteract any tendency in this direction. There is nothing better for acute throat and lung troubles. For sale by all druggists.

Plenty of Time. Toronto News. The Royal Templars proudly say, The bars will all be swept away. But with what joy the boozers hear it won't be done for ninety years.

MUSIC —AND— DRAMA

A dramatic offering of more than usual importance will be shown our theatre-goers when "Under Southern Skies" makes its initial visit to Lindsay. This clever play is by the author of "Way Down East," one of the greatest plays ever written. "Under Southern Skies" comes to us stamped with the approval of all the large, eastern cities and patrons of the Academy of Music should take advantage of the opportunity to witness the charming and interesting play. Watch for date.

Such a suitable combination of play and actor is rarely brought about as in the case of Julia Gray in "Her Only Sin." From the debut of a new star it would have been hard to have found a piece uniting so many qualities of originality and powerful dramatic strength of a high order, together with those other features calculated to attract popular applause, as exemplified in Mr. Carter's remarkable play, "Her Only Sin." The scenes are laid in France and England, thus giving the scenic artists for indulging in picturesque effects. Miss Gray will appear at the Academy of Music on March 29th.

Local theatre-goers are assured of an attractive offering in the engagement of Frank Deane in the great musical comedy, "The Office Boy," which will appear shortly at the Academy of Music.

THE CIGARETTE EVIL.

A Priest Commends Proposed Legislation Suppressing the Nuisance.

Ald. Eyles' recent motion in Council to do away with the cigarette "curse," which we printed, was reproduced by the Peterboro Examiner, and a marked copy containing the following article was also forwarded to the worthy Alderman:

Baltimore, Md., Jan. 29.—The evil effects of cigarette smoking by boys were graphically pictured in the course of a sermon preached yesterday by Rev. M. J. Riordan, of St. Charles' church, Pikesville, the priest's remarks being based on bills that will come before the State Senate.

"Thoughtful persons will approve the proposed legislation of Annapolis for the suppression of cigarette smoking among boys," said Father Riordan. "To prohibit a thing because it is abused by the few is an unwarrantable interference with personal rights, but to suppress what is a curse to the many is very easily defensible. Much is to be said in favor of the moderate use of tobacco by grown persons, medical science is unanimous in forbidding it for boys. Many of the foremost educators and physicians have declared the cigarette an insidious poison, sapping the mental and physical strength of our youth.

"With hills of mind and body the moralist is not directly concerned, but the mental and physical deterioration caused by cigarettes produces a corresponding moral degeneration by weakening the will and the capacity for resisting agencies of temptation. Moral fibre is only as strong as will power, which is the backbone of morality. Weaken or destroy that and you make man a prey to every ailment—a puppet in the hands of Satan. Strengthen it and man becomes a king greater than he who maketh a city.

"The great master of the spiritual life—St. Ignatius Loyola—makes the resolve to do right contingent upon strong conviction or clearness of mental vision; and if he lived in our era of nerve-destrating agencies he would, with modern psychologists, point out one other condition—a sound and well-poised nervous system. Moral degenerates are always nervous wrecks, and a nervous breakdown means enforced idleness. The cigarette habit, owing to its deadly influence upon the nerves and will, dulls the clear-cut vision of right and wrong, blunts the fine edge of moral accountability and weakens the many resolves to do right at any cost. It is, therefore, the foe of good morals, and antagonistic to the development of the spiritual sense.

"With mind, body, and will stunted, the cigarette victim finds his power to resist temptation weakened, and must needs grow less honest, less truthful and less pure. A craving so abnormal naturally creates an appetite for other and graver vices.

"Is it any wonder that good judges of character have no confidence in youths, who smoke cigarettes?"

Sorry for the Groom.

(Philadelphia Ledger.)

"I suppose you've heard that I'm to marry Mr. Green?" she said to one of her old friends.

"No," he replied coldly.

"You don't seem to very enthusiastic about it."

"Why should I be? Not knowing Mr. Green, I haven't any grudge against him."

Don't Fail to Hear Him.

Commissioner Coombs, of the Salvation Army, is to visit Lindsay and conduct three services on Sunday next. At 11 a.m., at the Barracks, a Holiness convention; at 3 p.m., at the Opera House, the subject will be, "The Yesterday, To-day and Tomorrow of the Salvation Army"; and at 7 p.m., an illustrated lecture, "The Shadow of the Cross." The pictures, used with a powerful stereopticon, are reproductions of the famous paintings of Tissot in the original colors. The service was given in Toronto at the Massey Hall in October, and the building was crowded, hundreds being unable to gain admission. Those who do not take advantage of this opportunity will miss a rare treat.

GRAHAM'S GETTING BUSY WITH SPRING CLOTHING

We are going to talk Spring this week. The weather we were expecting and didn't get is making men look for good weather rather than bad now. The best time to select your Spring outfit is early in the season—the earlier the better to get full benefit and enjoyment of it.

Graham's Spring Suits,
Graham's Spring Top Coats,
Graham's Spring Hats,
Graham's Spring Toggery.

If you would be sure of all that's coming to you in style, fit and quality, your Spring Suit, Overcoat, Raincoat, Hat and Furnishings should be Graham's. There is much to see here this week. Come and study the styles at

Watch
Graham
Grow

A. J. GRAHAM

Lindsay
and
Beaverton

THE LIBRARY BOARD MET.

WILL LIBRARY REMAIN OPEN ON HOLIDAYS AND SUNDAYS?

Increases of Salary for Librarian and Secretary—Reports Disposed of.

Our city custodians of readable and elevating literature met in the Public Library caucus room on Monday, Chairman A. P. Devlin and the following members of the Board being present: Judge Harding, Wm. Flavell, R. M. Beal, F. D. Moore, J. H. Knight, R. Kyle.

Secretary Patrick went through the usual preliminary reading of the minutes of the previous meeting which were read and confirmed.

Chairman Devlin then called for the communications and list of donations, but was informed by the Secretary that there were none.

Judge Harding then presented the Finance committee report, which advised the paying of the following amounts:

R. Ray	\$ 7.00
Heat & Power Co.	7.10
R. S. Porter	1.62
Virtue Co.	5.00
John Wilson	2.50
Boxall & Matthee	10.03
J. Maunder	21.25

Mr. Beal asked how it was that there was an account for the fixing of the boiler and another separate account of \$1 for inspection of same. He contended that the two should be in one.

The Librarian's report for the month ending February, 1906, read as follows: Circulation in detail; History, 98, Biography 57, Voyages and Travels 78, General Literature 70, Juveniles, boys 298, girls 77, little ones 30, "You don't seem to very enthusiastic about it." Poetry, 40, Science 60, Religion 18, Miscellaneous 9, Fiction 1118. Total circulation for month, 2064; number of new tickets issued during month, 10; total number of borrowers to end of month, 2150. Cash receipts for month, \$11.25.

Moved by R. M. Beal, seconded by Judge Harding, that the Board subscribe to the "Health" Journal and Supremacy of the bible with its accompanying premium of History of Canada in two volumes.—Carried.

Moved by Messrs. Flavell and Beal that the annual report of the Librarian be printed at the cost not to exceed \$10.—Carried.

THE BELL TELEPHONE COMPANY.

Big Increase in Peterboro Business Following Talk of Opposition.

It is interesting to note the effect which the granting of a second telephone franchise in Peterboro has had upon the business of the Bell Telephone Company in that city.

The Peterboro Council granted the Canadian Machine Telephone Company a franchise in May 1904. At that time there were 520 Bell subscribers in Peterboro. Although the rates of the latter company have not been lowered, it has, in less than two years, increased the number of its subscribers nearly 25 per cent., or to over 700. During the same period the long distance revenue of the Bell Company at Peterboro has increased nearly 25 per cent.

In addition to the development within the city limits, the Bell Company has greatly extended its rural party line service. Many outlying points have been thus connected with the Bell's Peterboro exchange and the large farming community tributary to the city given the advantage of both exchange and long distance connection. Nearby points which have been connected in this way with Peterboro are Indian River, Conroy's Corners, East Station, Springville, Ida and Fraserville.

Of course there has been little competition in Peterboro, but these results in spite of prospective competition are interesting. Then too, by thus refusing the Bell company an exclusive franchise, Peterboro is losing annually the \$400 and five free telephones offered by the Bell Company.

A Peculiar Sentence.

Perry and Dawson, two St. Catharines chicken thieves were given a peculiar sentence by County Judge Carman. They were permitted to go on suspended sentence till the 12th of June, when they must appear at the court for general sessions of the peace to explain their conduct from the present till that time. His Honor also commanded each prisoner to attend some church once every Sunday, and made them enter into bonds of \$100 each and two sureties of the same amount to provide for a guarantee that the sentence will be carried out.

Mr. Beal then brought up the question whether the Public Library should be left open for the public on holidays and Sundays and he made a motion to that effect, but received no second.

Mr. Moore, who supported Mr. Beal in regard to Sunday opening at the last meeting, couldn't see any

reason why the Library should be kept open on holidays.

Mr. Beal: "We want to make it as attractive as we can, so that our young men won't have to go into the taverns."

One of the members suggested the putting in of a billiard table. Judge Harding thought the matter of opening the building on public holiday would be one that would meet with strong opposition on either a holiday or Sunday.

A Trial Order

Will convince you of the excellence of our store service. Our constant policy is to give you the finest Goods at the lowest prices, i.e., the best values. This is how we hold the confidence and trade of so many householders.

Some Grocery Specials

Extra Fine Cured Cheese
New Maple Syrup
Select Comb Honey
Dainty High-Class Biscuits
Best Canned Vegetables, etc.

Have you tried our own blend of Coffee? Always fresh ground, and has that rich, smooth flavor found only in the highest grade coffees.

A. L. CAMPBELL,

Grocery, Kent-st. China Hall, William-st.
Phone No. 10.

IT WAS BLOOD POISONING.

Lindsay Man Who Went West Had Hard Luck at the Start.

The following extract from a letter received the other day from Mr. Geo. Ramsay, of Elmore, Sask., will be read with regret by his many town and railroad friends, as it is only a few weeks since he left Lindsay for the West. Mr. Ramsay asks that The Post be forwarded to his address. The extract reads as follows:

"I can do nothing but read now, and it is only a day or two that I am able to sit up at all. A couple of days before I left Lindsay I received a slight injury on my left arm, which scarcely broke the skin, and the second day after we had left for the West my arm began to swell and I suffered the worst pain of my life all the way out. When I got off the train I immediately consulted a physician, who informed me that I had a severe case of blood poisoning, which nearly cost me my life. The physician said that if it had been left unattended for twenty-four hours longer they would have been unable to do anything with it. My temperature was at one hundred and six, so you see it was a pretty close call. I have had my arm lanced in six places, and am feeling very much better. I will soon be all right again if no drawback sets in, although I will not have the use of my arm for a month or six weeks. Pretty hard luck to begin with, but it may be better later on. We got The Post all right, and it is great company for us out here.

SERIOUSLY BURNED.

South Ward Lady Met With a Serious Mishap While Saving Her Boy.

About 10.30 a.m. Monday Mrs. Geo. Brokenshire, living west on Russell-st., was very seriously burned about the left arm, shoulder and chest. A little son secured a match and set fire to lace curtain, at the same time igniting his clothing. His mother, in extinguishing it, ignited her own, and ran to a neighbors with her clothes all blazing, and asked Mrs. Teovina to turn the tap on her; when the fire was extinguished after the results above stated. Drs. Gillespie and Shier were called and had her removed to the hospital in the ambulance when they attended to her wants. At 2 p.m. she was resting more comfortably, but suffering considerably from shock.

After Many Years.

Some 36 years ago Messrs. Geo. and Thos. Robinson, brothers, rented from the late Wm. Lundy, of Peterboro, the 200 acre farm known as lot 1, in the 8th con. of Ops, adjoining Manvers boundary. Year after year they improved the property, and Mr. Lundy increased the rental very little because of the betterments they were making, and when he passed away his son, Mr. J. J. Lundy, followed the same course. To-day the farm is one of the best in the district, with fine buildings. Last week Mr. Lundy visited the brothers, and as a result Thomas concluded to purchase the farm for which they had paid rent so long. Mr. Lundy offering to sell at a reasonable figure. George, the other brother, is not in good health, and has decided to retire.

GEO. E. RAMSEY.

To Cure a Cold in One Day
Take Laxative Bromo Quinine Tablets. E. W. Snow on every box, 25c.
Cures Grip in Two Days.
Seven Million boxes sold in past 12 months.