TO YOUNG LADIES.

From the Treasurer of the Young People's Christian Temperance Association, Elizabeth Caine, Fond du Lac, Wis.

"DEAR MRS. PINKHAM:—I want to tell you and all the young ladies of the country, how grateful I am to you for all the benefits I have received from using **Lydia E. Pinkham's Vegetable Compound.** I suffered for

MISS ELIZABETH CAINE.

eight months from suppressed menstruation, and it effected my entire system until I became 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 We Division St., Fond du Lac, Wis.—*$5000 forfeit if above testimonial is not genuine.*

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.

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

T. I. PARK NOTES.

To Make Improvements—A Public Installation.

Thousand Island Park, Jan. 20.—The ice bridge to Clayton is good for light rigs, via Gelndstone, and also to Fisher's Landing, by crossing opposite the Pullman. The river is open from above the lighthouse to below Fine View, and is so nearly all winter. On Friday morning the thermometer registered fourteen degrees below zero. Mrs. M. Frelenburgh, Wells Island, and David Hunt, Rockport, Ont., were married at the residence of Gilbert Otis, Jolly Oaks, on Wednesday, Rev. A. F. Pennock, of this place, officiating. Mrs. A. Kemp has returned after visiting friends in Syracuse and Rochester. Homer Mitchell and family, of the Park Farm, are visiting friends in Omar.

L. A. Johnson, Watertown, proprietor of the Columbian hotel here, and Clark Spangenberg, were here a few days ago on business concerning extensive improvements in the hotel. Will and Ira Cupernull are building a thirty-seven foot naptha launch for George Dano, in the latter's new boat on east coast. On Friday night the Foresters will have a public installation at their hall, Fine View, followed by an oyster supper. Hiram Houghton and wife, Isle Royal, visited friends at the park a few days ago. The Town's White cap affair at Fine View, for which quite a number were arrested last fall, was thrown out by the grand jury in Watertown, last week. John Nunn, caretaker of Isle of Pines, opposite here, is making extensive improvements at that place.

E. C. Lewis will commence this week filling the association ice houses with ice cut in South bay, fourteen inches in thickness. Jay J. Gardner, boat builder, will build several naptha launches and also a number of row boats during the winter. Capt. George Brown's new house on Headland avenue, is now ready for plastering.

A Fine Exhibit.

Mr. Hiscock has a very fine display of California oranges. They are the celebrated Washington Navels, Lion brand. Only twelve days from the groves, tender, sweet, juicy and seedless.

Jenkins'

Is selling regular 50c., 75c. and $1 ties at 25c. this week.

IRRIGATION IN ALBERTA.

THE GREAT ADVANTAGE IT OFFERS.

The "Chintook" Winds And Their Effect—The Mild Winters—Irrigated Land The Best—How It Is Done.

Lethbridge, N.W.T., Jan. 17.—(To the Editor): Lethbridge, southern Alberta, is blessed with a climate, which in many respects is superior to that found in any of the parts of the dominion. It lies in the district of the "Chintook" winds. These winds, coming as they do, from the Pacific coast, moderate the winter in a wonderful way. Severe storms occur and the temperature drops low, but before many days a reef of clouds appear over the mountains and almost while one is watching, the "Chintook" makes itself felt, and the temperature rises rapidly. If there is snow on the ground, it disappears as if by magic.

Southern Alberta has been called the Colorado of Canada, and it certainly merits the title. The average amount of rainfall is so meagre that the climate is called arid or semiarid. It is more of a blessing than otherwise, because the rich prairie grasses dry on the stem and are thus perfectly cured before the frost comes. The scant snowfall during the winter, together with the west winds, which melts what does fall, makes this grass (which in reality is cured hay) available to range stock of all kinds.

The winters are so mild that although live stock richly appreciate shelter during the storms, still it is by no means necessary that they should have it. These facts, as the reader doubtless knows, are the reasons why this district is so well adapted to stock-raising! There has, during the last two years, been a great inflow of younger cattle from the east. This importation of "dogies," as they are called, which increase each year, is destined in a very short time to thoroughly stock our ranches, if not overstock them, which up to this time have been partially grazed. It takes no special discernment to prophesy this, for we have but to look at the history of Montana during the last fifteen years. It took but a short time for the immense herds of Texas dogies to over-run their ranches, so that now, owing to the vast bands of horses and cattle, the scanty grasses on the Montana ranges compare badly with the short, thick grasses of the Alberta ranges. What has already occurred in Montana is destined to occur here. That is to say, the adjacent irrigated farms will be called on to furnish in great part feed during the winter, for the stock that in earlier days found abundance on the ranch will have to be supplied.

Our range is as yet not over-stocked, and the range steers have ample room to roam, in consequence he is in prime condition to export in the fall. The irrigated farm is not now needed to furnish winter feed, that it will be in the near future is conceded by those conversant with conditions, but it has nevertheless, an important place to fill at present. It can carry these steers that are not in condition for exportation until late winter or spring and there is never a lack of demand for beef.

Why is the irrigated land better suited to do feeding than any other farm east or north? Because, there we have the mild climate where it takes very little to keep up the body heat. Owing to the condition mentioned every sphere of growth left on the farm is, during the winter, utilized as pasture, instead of being wasted. Another reason, which is now important, is the fact that much more can be raised on the irrigated land than can be raised on the unirrigated farm. We believe that one year with another the average yield per acre in southern Alberta will be larger than in the districts lying east and north. Taking the average yield of the various farms for the past ten years in Montana, and comparing them with the average yield in states farther east where irrigation is not practiced, it will be found that Montana has had without a single exception a higher average yield for each year.

In the United States book of agriculture for the year 1900, the following statistics may be found: The average yield per acre of wheat, for the last ten years in Montana is 25.3, while for the same period in North Dakota was 12.7 bushels; in South Dakota, 10.4 bushels. A comparison of the yield of oats, barley and potatoes will give a similar result.

We prophecy, therefore, that, with the larger production per acre of feeding stuff made possible with irrigation together with the natural advantage of climate, Southern Alberta is destined in the near future to be one of the largest feeding grounds in Canada. I have touched on but one of the phases of agriculture enterprise made possible by the introduction of irrigation. The sugar beet industry has reached a light stage of development in irrigated lands. For by the absolute control of the soil moisture, the quality and quantity of produce bane be more radically influenced than by the intelligent control of the beets as high grade and consequently valuable crop is the outcome. The sugar beet factory is now under way—a short distance south of Lethbridge and it is proof positive that capital has confidence in the possibilities of southern Alberta.—HUGH W. DONALDSON.

BREATH OF THE NORTH.

Beauty, the One Keynote of Nature.

By a Banker.

The torrid zone, though abounding in many beauties unseen in colder, temperate climes—its graceful palms, richly flowering tropical shrubs, brilliant, many-hued orchids and forest climbers; its brightly painted birds and butterflies; with many another endowment of bounteous nature, who in those regions has showered down her gifts with such lavish nand—yet the most beautiful and graceful of all that favored zone never sees one of the moods of nature—the vitry landscape after a heavy night-mist has frozen upon the trees and shrubs, and has transformed the leafless vegetation into perfect visions of surpassing beauty.

The graceful queen of the woods, her pendent symmetrical boughs now adorned in dazzling whiteness, every twig and spray robed in shining crystals, depending in hanging wreaths almost down to the snow-covered ground; spruces, clothed in a mantle of snowy spangles; the sturdy oak, and branching ash, every bough and sprig masked in a covering of sparkling frozen rime; lofty tufted elms, the more humble maple, and the dark heavy alder, all now are transformed into glistening, frosted silver; while the hedgerows glitter and scintillate in the low rays of the morning sun; the still upstanding fronds of the now hibernating ferns at their feet being now metamorphosed into graceful crystalline feathers of exquisite and quite startling beauty.

The outstretched landscape is all now veiled beneath its snowy shroud; with here and there great wreaths of piled up frozen snow; while the icebound river has disappeared from view, hidden beneath the all-investing niveous mantle.

And even within our homes the gelid breath of winter sometimes limns pictures of exquisite loveliness upon our window-panes; which, when magnified and photographed, are found to be marvellous imitations of various features of nature and productions of art. Here may be a forest of pines, erect and lofty, some towering high above their fellows; some, as if torn down by a hurricane, lying prone upon the ground, while at the foot of the fir-covered hill is a veritable stretch of the ever restless ocean, the curling, foaming waves crested with those tufts of wind-blown sprays which herald a coming storm. Here is a screen, formed of incurved feathers of perfect form and symmetry, suddenly blending into a display of shooting stars and meteors, some having a geometrically ornamental nucleus, followed by long spangled trains. Here is a piece of lacework of striking designs; or a series of many-sided crystals; or an arched stalactitic cavern; while on other panes may be seen countless other fanciful and delicate designs, and land and sea-scapes, too varied to describe.

And if we cast our eye around the entire realm of nature, we shall find that beauty—sometimes, it is true, wild and rugged, but nevertheless always attractive and grand—is the one key-note of her working. And we may be sure that if, in the minutest work of the great Creator such grace and symmetry is ever displayed in the most glorious of His creations, heaven itself, the ideal and imposing beauty is on a scale of such stately magnificance and grandeur as to be altogether outside the scope of our limited imagination. But, alas, how many crowd down the broad road, and will never enter the glories. For only those who serve and obey the God of heaven, and whose sins have been expiated through faith in His Son, who bore the punishment due for Him, will enter therein.

Opposed To A Contest.

The prominent local conservatives are opposed to a contest for the seat for the Ontario legislature, claiming that there is nothing to gain by opposing the liberal candidate. They say that no prestige would be lost by allowing the seat to go by acclamation. One prominent conservative stated this morning that the local party required to keep all their energies to fight for the seat in the general elections, now within hailing distance.

Had To Stop Over.

The hockey team of the Kingston bicycle club suffered defeat at the instance of the Picton team, at Picton last evening, in a Q.D.H.L. match. The score was 5 to 0. The Kingston boys went by train to Napanee and drove from there to Picton. It was intended to return the same way so as to catch the midnight train at Napanee, but the snow storm interfered with this arrangement and the Kingstonians were obliged to remain at Picton all night.

Could Not Get Aboard.

Frank Meagher, who took a number of horses from Kingston to Halifax for service with the second Canadian mounted rifles, has returned home. He tried to get aboard the transport that sailed a day or two ago, but the watch kept was too strict and he failed.

Shakespeare Recital.

Miss Rankin, of Montreal, Canada's favorite contralto, will assist the Queen's university dramatic club in their entertainment on Friday evening, January 31st, in the Grand opera house. Plan opens at Uglow's on Wednesday morning, January 29th.

The conservatives of West Durham will likely protest Robert Beith's election.

THE WINNIPEGERS WON IT.

THE FIRST GAME IN SERIES FOR THE STANLEY CUP.

A Fast And Furious Game—The Wellingtons Had the Best of the Play in the First Half, but Could Not Stand The Pace.

Winnipeg, Jan. 21.—The Vics have successfully retained their laurels during the first game for the Stanley cup.

The teams both went on the ice with a determination to put up the best game of which they were capable. It had been decided to play the first game under Ontario rules and the next under Manitoba rules. To even things up the Wellingtons agreed to change their uniform and wear Winnipeg's sweaters for the first game, and play in their own uniforms on Thursday night. It was a tight game from the start. After seven minutes and ten seconds' play the Wellingtons scored the first goal in a peculiar way. Brown threw out a hot shot on goal which Mag Flett got. He got confused and passed back to Roddy, Roddy, got his stick on the puck, when McKay made a dash at him, and hitting Flett's stick caused the latter to throw the puck right back into the Vics' net. The cheers were deafening when Hill, of the Dukes, put another goal through in seven minutes. The Vics' supporters began to look very disgusted. It awakened the Vics up, however, and after fifteen and a half minutes' fierce play Scanlan managed to put the puck past Morrison, making the score two to one in favor of the Dukes. The bell rang a few seconds later.

In the second half the Vics had the best of it, the Dukes playing near the defence, with occasional brilliant rushes. Cadham, of the Vics, scored first goal in five minutes and seven seconds. Wood scored again two minutes and five seconds later. The Dukes then made a rush down the ice and McKay evened the score in seven minutes, with an easy shot from about twenty yards out, which went between Brown's feet. After that the play was of a very hot description, principally in the Dukes' end of the rink. Morrison was called on to stop shots repeatedly. Scanlan managed to get one through in four and one-half minutes, and Wood in ten and one-half minutes later. The stars of the Dukes were Smart and Morrison, the former's rushes being most effective. Some of Morrison's stops were marvellous.

After the game the Wellingtons said they were not in the least discouraged and felt their chances were very good. They had the strange ice and lack of practice against them, and think that by Thursday night they will be in better shape. They got equally as much applause and they evidently had many staunch friends in the audience. Several players were ruled off for various offences during the game, but there was no kick coming on that account. The referee gave the greatest satisfaction to all.

Death Of Mrs. W. J. Robertson.

A most lamentable death occurred last evening, when the spirit of Mrs. William J. Robertson, Stephen street, was called to its earthly reward. Sad indeed are the circumstances, as the deceased was only a bride of a little over four months, and death came as a severe shock to her large circle of friends and acquaintances. A heavy cold was contracted shortly after New Year's, followed by la grippe, which finally developed into erysipelas, and despite the best medical aid and attention, death claimed the loving young wife. The deceased was a devout attendant of St. Mary's cathedral, and a member of the league of the Sacred Heart, and Holy Family. Mrs. Robertson was a daughter of Capt. and Mrs. O'Connor, West street, and to them and the sorrowing young husband are extended heartfelt sympathy.

SPOT HIM.

Perhaps Coffee Is Getting Its Work In On You.

People who think they can digest coffee and yet are sick half the time might learn a valuable lesson in health and get some happiness out of life if they would make up their minds to quit coffee and take Postum Food Coffee.

You can trace the results so accurately as to leave no possible doubt of the cause of the sickness and the reasons for the return to health.

A lady from Blue Mountain, Miss., gives her experience. She says, "I always used to drink milk, but in '98 I went down to the southern part of the state to teach school and boarded in a family of coffee drinkers. I began drinking one half of a cup at a meal. The habit grew on me and I increased the amount.

Gradually I became nervous, my complexion grew sallow and yellow and finally my stomach would frequently throw off the food. I gradually ate less and less, depending upon the coffee to keep me up. Finally I concluded that the trouble was malaria, and the doctor advised me to leave that part of the country. So I went back up to the hills in the hope of getting better. Instead of that I got worse. Palpitation of the heart set in and I got so weak I could scarcely work.

I took a great many remedies but found no relief. I went to the mountains in California, for two months without improvement. I was thoroughly discouraged about my condition, when one day a friend said, 'Why don't you give up coffee?' 'Quit coffee,' I said, 'Why that is about all I live on.' She begged me to try leaving it off and use Postum Food Coffee.

I did not have much faith in the experiment, I had tried so many things without benefit, but I decided to yield to her entreaties. In less than two weeks after I had quit coffee and began using Postum the pall of ill health left me and I began to sleep as sound as anyone. My complexion improved, and my stomach began to regain its strength.

Now, after three months' use of Postum, I feel as well as I ever did. I would not be without Postum Food Coffee and will never drink another drop of coffee. It came too near killing me." Mrs. Vera Deniat, Blue Mountain, Miss.

INDIGNANT ATHENIANS.

Think Little of Brockville Sports —News of The Village.

Athens, Jan. 21.—All Athens was full of indignation on Saturday evening as a result of an article in the Brockville Recorder about a game of hockey, which did not take place here on Friday evening between the Collegiate institute team and our local team. On January 11th the Crescents II. of this place journeyed to Brockville and met defeat at the hands of the collegiate juniors, by a score of four to two. A return match was decided upon here for Friday evening, January 18th, but as the game was about to be called, and the collegiate team showed themselves, three of the local champion team of Brockville, viz., "Granites," were to be found among the college team, whereupon Athens placed two of the senior team with the juniors upon the ice. Then Brockville flunked and refused to play, and no game took place. The managers of the local team, offered to play the same teams as played in Brockville, but evidently, they were looking for a "sure thing," and would not play. The article referred to called our local team "farmers," but when our same seven "farmers" went to Brockville we were manly enough to pay our hotel bills and restaurant bills, and leave like gentlemen, something that cannot be said of the collegiate team when they left Athens on Friday evening. Fair play is all Athens wanted, but they were not "Rubes" enough to be fooled by the "smart set" of Brockville.

Rev. Mr. Beamish, Brockville, occupied the pulpit of Christ church on Sabbath last, preaching missionary sermons to large and appreciative congregations. Mrs. Isaac Robson, Wiltse street, is very ill. A grand carnival took place on the rink on Saturday evening last; over 250 paid admission at the door. Several prizes were awarded to the best customed ones.

We are sorry to hear of the sudden illness of J. Knapp, of Plum Hollow. Alexander Eaton is preparing to erect a workshop on his premises on Elgin street. The saw mills are all very busy now, being well supplied with logs for a winter's work. Here's to Mr. Harty on his splendid majority!

An Armenian occupied the pulpit of the Methodist church on Sunday evening and addressed the people on the customs and sufferings of the Armenian people. He is a graduate in arts and is trying to get money to put him through college as a doctor. Aaron Green, Oak Leaf, a highly respected and prosperous farmer, has sold his farm and intends retiring to quiet life in this village. A glad welcome is extended. R. J. Greene, D.D.G.M. of the I.O.O.F., spent Sunday at his home here. George Boyce left last week for the maritime provinces in the interests of pink pills. A great quantity of ice has been harvested by Athenians this winter. It was procured principally at lake Eloida.

The Giggling Girl.

Denver Post.

If you ask her she's modest or tell her she's vain, she'll giggle,
She hasn't not the nerve that it gives you a pain,
Just giggle.

Though you may address her in serious key, stage a speech that presents no occasion for glee,
Or even for smiling, her answer will be
A giggle.

She runs to the door when her Chawley boy rings
And giggles.
While helping him take off his cold winter things
She giggles.
When seated for sparking within the bright rays
Of dollar per gas or the grate's cheery blaze,
She answers the sugary things that he says
With giggles.

In church if she catches a girly chum's eye,
She giggles,
There's no provocation, she doesn't know why,
Just giggles.
She'll arch up her eyebrows like back of the cat,
That slunkst off the dog in the rear of the flat,
And give her eyelashes a humorous bat
And giggle.

If called to the bier of a dead, silent friend,
She'd giggle,
If Gabriel's trump should bring time to an end,
She'd giggle.
If up to the great judgment bar she were led,
To link to her fate with the quick and the dead,
She'd think it was funny and shake her foul head,
And giggle.

Attending Normal School.

The Ottawa normal school opened on Monday with ninety-two students. Among the names on the list are those of Ethel Florence Alford, Athens; Mabel G. Beatty, Tweed; Viana C. Conley, Lombardy; B. Clarkson and Grace Clancy, Newburgh; H. M. Gilroy, Smith's Falls; Maude A. Grant, Brockville; Mrs. Marion E. Hare, Desaronto; Florence Mabel Husband, Newburgh; Mary L. Kendall, Brockville; Sarah Ethel Lewis, Smith's Falls; Annie S. Mackay, Cornwall; Jane Emily Noonan, Perth; Ethel Richards, Frankville; E. E. Stafford, Almonte; Mary E. Stimson, Athens; Victoria E. Steacy, Warburton; Ada Luella Taggart, Smith's Falls; Stella J. Way, Carleton Place; Mary M. Young, Perth; Howard Bain, Carleton Place; Manly Ostrander, Picton; R. J. Purtelle, Crofton; Elmer W. Ward, Bethel, Prince Edward county.

A Birthday Party.

On Friday evening, January 17th, the residence of Mrs. T. Whitney, Eric, was a scene of beauty and merriment when her daughter, Miss Libbie, entertained about seventy of her young friends in honor of the anniversary of her birthday. The home was tastily decorated with union jacks and evergreens. By eight o'clock Miss Mabel Whitney had received the guests, and they at once repaired to the parlors, where Comus alone reigned supreme. At 11:30 the guests were summoned to the dining room whose tables gave evidence of an artistic designer being lighted with numerous tapers and adorned with carnations and smilax. After supper the company graced a waxen floor till an early hour when all departed carrying with them memories of a pleasant night.

Read! Read! Read!

Jenkins' ad on front page.

Miss Legault, Belleville, is in the city the guest of Mrs. John Kemp, of the outer depot.

Nasal Catarrh Cured

By Powley's Liquified Ozone—W. H. Gould of London Makes Strong Statement.

Nasal catarrh nine times out of ten is one of natures evidences of a weakened system. It's the red flag that warns of lung trouble, wasting and consumption. Powley's Liquified Ozone will quickly rid you of catarrh and system weakness. It will make you healthy and give you the healthy man's immunity to the germs of disease.

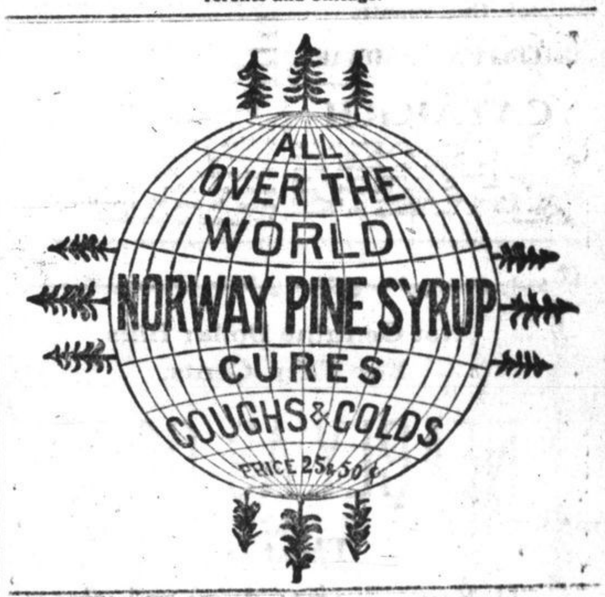
Gentlemen: For some time I have been troubled with catarrh in the nose, and general run down condition. I decided to try your remedy, Powley's Liquified Ozone, and after taking two bottles it has completely cured me. You are at liberty to use this testimonial in any way you desire for the benefit of other sufferers.

(Signed) W. H. GOULD, JR., 217 Hamilton Rd., London, Ont.

It doesn't take very long for Powley's Liquified Ozone to make its beneficial action felt. It will build the system in a remarkably short time. Local applications for nasal catarrh are best applied by atomizer or as a douche. They consist of ½ teaspoonful Ozone, ½ teaspoonful glycerine to eight parts of water. Internal doses should be taken three times a day and at bed time.

50c. and $1.00 at all druggists.

THE OZONE CO., OF TORONTO, LIMITED, Toronto and Chicago.



A Few Words on Gas.

When you receive your gas bill scan it carefully. If you think there is a mistake don't blame the gas meter. The trouble is in your burners.

Call and see the **KERN BURNER.** It will save gas and give the light you look for. Also see the Gas Consumer's Meter illuminated and we will teach you to read its face.

J. W. OLDFIN, City Agent, 253 King Street.

Open Evenings from 8 to 10 p.m.

WHY,

THE IMMENSE SALE OF "HAPPY THOUGHT" RANGES?

They sell every week of the year. Over 1,300 have been sold in Kingston.

WHY? WHY? WHY?

McKELVEY & BIRCH,

69 and 71 Brock Street.

OUR BREAD IS FAMOUS

If you have never tried it, you do not know what you have missed. Fresh baked and well baked every day.

TOYE, King St.

Pies, puddings, cake and goodies of all sorts (missionaries excepted) are intended for human use, but such good things should not be put on a bad stomach. They are nearly always made up of nourishing articles such as milk, sugar, butter, flour, etc., etc., but the combinations are too hard for any but healthy stomachs to digest.

You must use carefully selected food if you are a little below par, and the sooner you do this the sooner your stomach will heal up and get strong again so that you can eat whatever pleases the appetite.

Don't be a crank and think you can only drink hot water and eat white bread.

Use Grape-Nuts breakfast food with some rich cream, and you will discover the food will agree with the weakest stomach and supply the highest form of nourishment, pre-digested and ready for quick change into good, rich blood.

Strength (nerve strength) comes from feeding on Grape-Nuts. There's a reason. Try it and prove for yourself.

It seems good to be perfectly well and feel well fed.