RAW WINDS AND WET WEATHER cause the Colds that cause Pneumonia and Consumption. . . . . .

Shiloh's Consumption Cure

cures the cold, heals the lungs and makes you well. SHILOH cures Consumption and all Lung and Throat Troubles; and Coughs and Colds in a day. Positively guaranteed. 25 cents. . .

Write to S. C. WELLS & Co., Toronto, Can., for a free trial bottle.

Karl's Clover Root Tea Cures Headache

RUGS OF ALL KINDS.

RICH HANDSOME RUGS in every size but not necessarily expensive. In Smyrna we show every size, from the smallest up to the full room size. These Rugs are exactly alike on both sides, have a rich deep pile and are almost everlasting in wear. ROYAL WILTON RUGS in rich deep colour effects. Axminster Rugs in three different qualities to cover everything from the smallest nook to the largest room. A splendid showing of ART SQUARES in wool and cotton, in all sizes and very handsome patterns, making altogether the largest and most beautiful collection of Rugs ever shown.

R. McFaul
Kingston Carpet Warehouse.

PARLOR SUITES. — Our Upholsterers have been working on Parlor Suites since January 1st, and we now have an immense stock, the best we ever had. We wish to reduce the stock somewhat, and on Parlor Suites only, until March 10th, will give same prices as during February sale. Those who bought anything during February will know what that means. Only until March 10th.

REPAIR WORK—Upholstering Parlor Suites, Couches, or renovating Mattresses. Why not do this at once, before we are so busy that it becomes hard to keep engagements? We will do all this work cheaper now just to get it done before the rush comes on.

CARPETS—New English stock of Axminsters and Brussels, just in.

CURTAINS—Just passed through the customs, a very large assortment of Swiss and Irish Lace, Chenille and Tapestry, just in from United States looms. Our stock is double what it was last year.

Yours,

T. F. HARKISON CO..
UNDERTAKING, ETC.

THE FINEST PIPE MADE.
G.B.D. PERFECT SHAPES. BEST FINISH.
Guaranteed not to burn.
Sold in Vulcanite, Horn or Amber by
Wm. BAKER.

Cook's Cotton Root Compound is successfully used monthly by over 10,000 Ladies. Safe, effectual. Ladies ask your druggist for Cook's Cotton Root Compound. Take no other, as all Mixtures, pills and imitations are dangerous. Prepared, No. 1, $1 per box; No. 2, 10 degrees stronger, $3 per box. No. 1 or 2, mailed on receipt of price and two 2-cent stamps. The Cook Company Windsor, Ont. Nos. 1 and 2 sold and recommended by all responsible Druggists in Canada.

No. 1 and 2 are sold in Kingston by all responsible druggists.

R·I·P·A·N·S

There is scarcely any condition of ill-health that is not benefited by the occasional use of R.I.P.A.N.S Tabule. For sale by Druggists. The Five-Cent packet is enough for an ordinary occasion. The family bottle, 60 cents, contains a supply for a year.

GUARDIANS OF OUR HEALTH

IMPORTANT MEETING OF THE BOARD OF HEALTH.

To Have Sewers Carried Out Into Stream—Want Military Hospital for Small Pox Reserve—Want to Have Power to Infect All Barber Shops.

The board of health met yesterday afternoon in the city clerk's office. Present: John McIntyre, in the chair; Capt. Gaskin, R. Meek, J. R. Donaldson, mayor Shaw, mesical health officer Fee and sanitary inspector Gordon.

Capt. Gaskin called attention to the presence, at the foot of Princess and Queen streets, of very offensive matter, which was poured into the slips from the drains. He insisted that some use should be made of the iron pipes which were made years ago and meant for the carrying of the sewage into deep water.

Mr. Meek desired a search to be made for the report which directed those pipes to be made, and meanwhile he moved that the council be asked to reconsider the matter and report at an early date.

The chairman reported that he had been unsuccessful in his attempt to secure an isolated building for use as a hospital in the event of smallpox breaking out. The house on the smelter lot would do, but the people of Cataraqui ward objected. The ideal place was the old military hospital beyond Fort Henry.

Capt. Gaskin understood that the objectors to its use were the owners of summer houses in the vicinity, and not the military college people.

Mr. Meek said the reason assigned was that the building was too near the military college, and the inference was that its management protested.

The chairman was inclined to believe, with Capt. Gaskin, that the protestants were the cottage owners, though both gave J. D. Thompson credit for the generous offer of his summer house for hospital purposes if it would be suitable.

Eventually the board decided to again ask the government for the use of this building, and Hon. Mr. Harty will be invited to join the board in making a representation of the case to the minister of militia. The city engineer will be asked to prepare a plan showing the distance of the hospital from the college.

Milk inspection came in for some consideration. Mr. Gordon, sanitary inspector, reported that the dairies were being visited, and that the result of his observations and those of Dr. Fee would be embodied in the report. Incidentally it transpired that the inspector did not have names of those who supplied milk to the dairy school through the Clarified milk company, and the board thought that these should be supplied. The milk is not sold for domestic purposes, but the butter from it enters into local consumption, and the city solicitor will be asked to look into the by-law and suggest such an amendment as will cover the case.

Dr. Fee, at the request of a citizen, reported that a facial eruption had followed a shave which he had received in a city tonsorial establishment. The chairman said he had heard of this case, and of a couple of others, and had written to Dr. Bryce, the secretary of the provincial board of health, as to what could be done in the matter. Dr. Bryce responded that the municipal act would have to be amended, and he suggested that it should require the adoption of antiseptics in barber shops, and the prohibition from service of all who were sufferers from tuberculosis. Mr. Meek said the barbers who valued their business would see the wisdom of protecting their customers in every way. It had been suggested that barbers' shops should be inspected, but there was no provision in law for that. The mayor said he was aware that some barbers were using antiseptics, and so protecting the people all they could. Eventually the provincial board of health was requested to give this matter the attention it deserved.

Mr. Donaldson asked when the annual inspection and cleaning up of the city would begin.

Mr. Gordon answered in April or May. Mr. Donaldson said the impression was that the inspection was not followed up and cleanliness insisted upon.

Mr. Meek said that things went well until Mr. Gordon went out on his work of assessing, and that some one should take up and finish the sanitary service.

Capt. Gaskin was anxious that the city should be thoroughly cleaned, and the mayor said the police should push in that direction, what Mr. Gordon could not. The matter will be referred to the police commissioners for their respectful consideration.

The chairman reported that he had been looking into the matter of garbage barrels being carted through the streets without a covering. He found that the city council had jurisdiction in the matter.

The chairman was requested to communicate with the city council and request that a by-law be passed, compelling all garbage barrels to be covered while being carted through the streets.

Medical health officer Fee's report for January and February were submitted, showing that during these months these cases of contagious diseases were reported: January, measles, 17; diphtheria, 4; croup, 1; scarlet fever, 1; total, 23. February, measles, 20; diphtheria, 4; scarlet fever, 4; typhoid fever, 1; total, 29.

Good Organizing Work.

Thomas A. Gillen, who has been in Lanark, Carleton Place and other northern towns, organizing for the Sons of Scotland, has returned to the city. He did good work during his absence from the city, adding a lot of new members and putting new life into the Scottish lodges.

Has Paid The Bill.

No. 2 company, A.M.C., sued by Mrs. Tasker, Toronto, for $45 for meals alleged to have been served at Toronto during the visit of the duke and duchess of York, has paid the account in full.

Pure maple syrup in bottles at Redden's.

INCIDENTS OF THE DAY.

Newsy Paragraphs Picked Up By Reporters on Their Rounds.

Monkey Brand Soap will clean a house from cellar to roof, but won't wash clothes.

Self-raising buckwheat flour at Redden's.

Queen's college examinations in medicine will begin two weeks from to-day. The arts examinations will begin ten days later.

The Beechgrove-Frontenac hockey club will have its first annual dinner on Thursday night next. Invitations have been issued for the event.

The machinists' union held a pleasant smoker last evening in union hall, Wellington street. A most enjoyable time was spent by the workers in iron.

A fox hunt on the ice is suggested ere the sun weakens the ice bridge. The last race took place about ten years ago, J. M. Theobold's stag hound capturing the fox.

The finance committee of the city council will have to provide the $300 which last year's council granted the 24th of May celebration committee, but which was not paid over.

The congregation of the First Baptist church has been offered $3,500 for the present church property. A year or two ago an offer of $4,100 was made. The property is held at $5,000.

St. Andrew's Highland cadet corps had a well-attended drill last evening. It is rapidly getting into shape. The members will soon be supplied with rifles, uniforms and other accoutrements.

A sewer opening is badly needed at south east corner of Union street and University avenue. The spot is low and the sidewalk is covered by about a foot of water. Pedestrians have to make use of the road.

At a meeting of the christian endeavor union, held on Thursday night, Miss Barney, vice-president of the union, was given charge of the arrangements for the social in Sydenham street church, on March 24th.

The game of shuffleboard has been introduced into the Y.M.C.A. game room, and has become very popular. The board was made by physical director Bews and caretaker "Charlie" Wright.

Harrison company will make special reductions to those who will have their mattresses, parlor suites and other repair work done this month. They wish to get all possible done this month before the spring rush.

The Trusts and Guarantee company, limited, 14 King street west, Toronto, has been appointed administrator of the estate of John Hewitt, late of the township of Puslinch, Wellington county, who died in September, 1899, leaving a widow and six children. The estate amounts to about four thousand dollars ($4,000), and consists principally of farm property.

Every Herring

Must hang on its own gill, and every tub must stand on its own bottom. We judge of nuts by their kernels, and lasses by their hearts; not that we undervalue facial beauty, we don't still a fair face may turn out a foul bargain. Every herring must hang on its own gill. The world was never so practical as to-day. Can't, humbug, facing both ways, are doomed. A gentleman living in Westmeath suffered severely from bronchitis. His sister urged him to take Eastern Balm. He was disgusted, and used strong language. She persisted. One day he surprised her by saying, somewhat testily, "Give me some of Croskery's Eastern Balm." Result: Since then he will use no other.

Plenty Of Work In Advance.

It is said that if the locomotive works could be enlarged to make it possible to turn out such an increased quantity of work, that they have contracts enough on hand, or could easily secure them, to turn out one engine a day for two years. Increased space is greatly needed by the company.

Artillery Short Courses.

The first of the short courses at Tete de Pont barracks is over, and the eight in attendance left for their homes to-day. On Monday, another short course begins with Lieut. Fields of the 15th field battery and two men in attendance.

Style Is Important.

Young men who are stylish,
Whose make up is complete
Buy their hats from
George Mills on Wellington St.

MANY DON'T KNOW.

Lack Of Right Food Is The Cause Of Sickness.

It is hardly fair to blame the doctor for not curing his patient when the patient attempts to live on food that furnishes the wrong vind of nodrishment. When sickness comes on it is a pretty good sign that the food is not keeping the body up. There are thousands of cases where a change in food alone has brought the sick one out into a prime condition of health.

As an illustration. A lady in Riverside, California, says, "After ten years of service as a teacher, during which time I suffered three or four attacks of la grippe, I finally found myself a physical wreck. Medical treatment would help my strength and vitality temporarily, but I would always go back.

Husband and I moved to California in the hopes that this genial clime would restore me. I got better for a little while but in a few months became so weak and debilitated that we were in despair.

Finally through the influence of a friend I changed my diet and began using Grape-Nuts and Postum Coffee. I used Grape-Nuts at two of my meals each day and have gained fifteen pounds in weight and the increase in strength is really wonderful.

I am back to the healthy, good feelings of my girlhood days. I enjoy Postum better than any beverage I have ever used. My friends remark on my improved condition and I am impelled to write this letter with profound gratitude, hoping that many others may be induced to go and do likewise. I have proved that health is the natural consequence of properly selected food. Please do not use my name but I will be glad to reply to any inquiries." Name furnished by Postum Co., Battle Creek, Mich.

GENERAL REVIEW OF SPORT

THE WATERTOWN, N.Y., BASKETBALL TEAM WON.

The Matched Horse Race Won by Theobald's Hermes — Queen's Athletic Committee Nearly Out of Debt.

A baseball team is being organized at Ogdensburg for the coming season.

In the second race of the Bay of Quinte ice yacht club at Hay Bay, the Mischief won.

It will cost the Montreal hockey team $1,400 to dispute the Stanley cup ownership.

An international exposition of sportsmen will be held at St. Petersburg during May, 1902.

Only four of the twenty-one horses W. C. Whitney has in training in England are American-bred.

Upper Canada college are junior champions of the O.H.A., having defeated Stratford by 11 to 10 on the round.

This year's plate race will be the forty-second renewal of the event, which was established by queen Victoria in 1860.

"One of the greatest faults of the young catchers of to-day is working their pitchers too fast," says a veteran baseball player. "They catch the ball he has thrown and throw it back to him even before he recovers from the throw."

The Kingston Limestones were the first team to win the O.H.A. junior championship, defeating Galt in 1893 by 12 goals to 1. Then Kingston dropped out, and ever since has allowed the western teams to squabble over that honor.

Frank J. Corrigan, who organized the old, original Pony baseball team, has returned to the city from Gananoque, and will remain here this summer. The Ponies are being re-organized, and Corrigan will probably play short stop with them the coming season. He is a fast player, and would be a strong addition. The Ponies will put a strong team in the field this year.

Speaking of the Smith's Falls-Frontenacs contest, the Smith's Falls World says that the best work of the Kingston players was "the remarkable shooting of Rogers and the phenomenal work of "Dick" Mills in goal. His work was certainly the best ever witnessed here, and was sufficiently clever to place him in the ranks of the best goal-keepers now in the game anywhere."

The report of Queen's athletic committee to be presented to the alma mater society this evening shows that the receipts for the year were $2,461.-13, and expenses $2,389.97, leaving a cash balance of $71.16. Last fall the athletic committee was much in debt, but the students came to its aid and contributed $550. The total indebtedness now has been reduced to $85.84.

Smith's Falls World: Smith's Falls would ask no better referee than "Jim" Sutherland. The reason he gives such good satisfaction in that capacity is because, aside from his knowledge of hockey, he is a gentleman. Therein lies the secret of good clean sport. The Frontenacs were always welcome here—they always will be. Last night's game made the friendship stronger than ever.

Everything is now arranged for an all-Canada team to make a tour of England, Ireland and Wales. The only thing left to do is to pick the team, and that is a difficulty which will require the most careful handling. The teams the Canadians will meet will be Belfast, Dublin, Glasgow, Edinburgh, Howick, Oxford university, Cambridge university, London Scottish, Black Heath, Swansea. The trip will take about six weeks of playing, which means from departure from Canada to return roughly about two months. The team will leave at the end of November, when the men are all in shape.

Watertown Team Won.

The return basketball match between the Y.M.C.A. teams of Kingston and Watertown, N.Y., was played in the gymnasium of the local association last night. The attendance of spectators was very large, and they witnessed a fast and interesting game of basketball. The teams were:

Watertown—Lyons and Burnstein, forwards; Barter, centre; Touchette and Judd, defence.

Kingston—Miller and Mercer, forwards; Coyle, centre; Moxley and Colhoun, defence.

James Bews, physical director, made an impartial referee. The visiting teams were giants compared with the local players. At the close of the first half the score was four to four. Good basket ball was played during the second half. Fast play resulted in quite a number of fouls. The Watertown team did good work, and scored well. At the close the score was eleven to six in favor of the visitors.

After the game the Watertown team was entertained at lunch in the association parlor. The ladies' auxiliary served refreshments in abundance, and a social hour was spent. The visitors were a manly lot of fellows and would be welcomed back again.

Won By Hernes.

The matched race on the ice yesterday, between Livery Lad, owned by R. E. Wilson, and Hermes, owned by J. M. Theobald, attracted almost as large a crowd as attended the big races the day previous. The purse was $50, contributed equally by the two horse owners. The conditions were that owners must drive. Hermes had a snap, winning three straight heats. Alderman Harkness acted as starter, and J. Smith, G. W. Bell, V.S., and L. Guess were judges. Mr. Theobald is elated over the success of his beautiful trotter.

Perth Took The Match.

The Frontenac hockey club returned this morning from Smith's Falls and Perth. The local team met defeat again last night, Perth winning out in the second half by three goals to one. The teams in the Ottawa valley are playing as good hockey as that put up by the Wellingtons. The Frontenacs were well treated while away. Kingstonians will be treated to a very speedy game on Monday night, when Perth play a return game here with Frontenacs. The local team will be greatly strengthened, as the team that went away was only picked up at the last moment. Powell met with a slight accident while in Smith's Falls, receiving a cut over the eye, which required three stitches.

Newark Dog Show.

The American Field, of Chicago and New York, in its issue of to-day has this to say regarding C. H. Corbett's beagle judging: "The beagles were the feature of the show. There were over one hundred entered. At Newark the quality was comparatively higher than at New York, and those that were not shown had no possible chance to win. The large number of high-class dogs shown was a marked compliment to C. H. Corbett, whose work was very satisfactory. Mr. Corbett is a practical beagle man, and hunts a good pack regularly. So it was but natural that he looked at these little hounds with an eye for a workman. Still he did not despise that quality of beauty which the best of these hounds possess. He hunted out the pretty little fellows that were fit for their work, and among these he distributed the ribbons. But there were practically no rough-looking beagles in the show. Take all the prize winners out and there would still be left a good show of beagles. There was another interesting thing about the beagle classes. The judge had not seen the dogs before, and the people were curious to see how he would place them. The ring in which they were shown was small and unsuited for the purpose, and as the competition was very close it was a most difficult task for the judge to make his selections. But he got along well and did not disturb the status of some of the best ones that have met before."

AT THE Y.M.C.A.

A Good Talk On D. L. Moody's Work.

Prof. James McConaughy, of the D. L. Moody seminary and Mount Hermon college, at Northfield, Mass., addressed a largely attended gathering in the Y.M.C.A. building last night. He will probably go away with a very poor idea of a portion of his hearers, but with a very good idea of their ability to annoy a speaker. Several times he was obliged to call for order, but his request was ineffective. The noise in the back of the hall prevented every one there from hearing the lecturer. A number of people gave up the attempt and went home. There are some boys who could profitably be excused from the building on such occasions.

The lecturer's subject dealt with the life and work of the great evangelist, Rev. D. L. Moody. His early efforts in christian work were outlined. It was one of the causes of his success that he went for people where he knew no one else would go for them; he found them, and by his influence helped them. He gave them a chance to better their positions and to make themselves more useful in the world. The abiding work established by Mr. Moody at Northfield, where the bible is the principal subject of study, was fully explained by the speaker. The course was one open to all young people who wished to advance and grow into better and nobler men and women. The lecture was profusely illustrated by stereopticon views of Mr. Moody, his mother, his first Sunday school class, the buildings he erected at Northport, their surroundings, etc. Mr. McConaughy handled his subject well, and drew many good lessons from the life of the great evangelist.

Grossmith At The Grand.

Grossmith was here last night. He is gone to-day and people are wondering if he is not living on a past reputation. He was here ten years ago, when entertainments by monologists were in their infancy. He was then considered the top-sawyer; now Canadians have come to the front and generally are more pleasing entertainers than the Englishman. His specialties largely appertain to across the water matters, and thus he does not get closely in touch with his audiences. He is, however, clever, witty, and his extravagances of the frailties and eccentricities of human nature are amusing. His skits were well presented and his satire on love songs exceptionally good. The large audience laughed quite merrily at times, but there was not the whole-souled cheeriness evinced as when Smiley tickled the ribs of a Canadian company. Grossmith gave no encores; he promised to do so when next he visited Kingston, which, by the way, he spoke of as "a beautiful little city, about which I have driven to-day." Life in a flat in London, a college student's antics, and the major's song were very vividly caricatured. The extravaganza of "Somebodies and Nobodies" was decidedly amusing.

Appeal Will Follow Appeal.

The verdict of justice Lount on the appeal of the Light, heat and power company against the arbitrators' award is being patiently awaited, and some fine morning in the near future it will come. 'Tis said that the company will accept nothing but a verdict in its favor, and will carry the case to the appeal court, the supreme court and finally to the privy council, if necessary. No expense will be spared in that regard. Under such circumstances it will be two years before the matter is finally settled. Meanwhile it is hardly likely that the company will expend any money on the plants, beyond keeping them in running order.

Will Have A Debate.

A week from to-night the members of the local commandery, knights of the grip, will take part in a debate, the subject of which is: "Resolved, that country boys are greener in the city than city boys are in the country." The affirmative will be upheld by Charles Maund and George Robertson, while the negative will be upheld by Fred. Oberndoffer and Alexander Jack.

Fine $2 Hats.

And every hat with a union label in it. George Mills & Co., hat specialists, Wellington street.

The young man who wants every late kink in his suit will find what he wants here, $8, $10 or $12. Oak Hall.

THE OLD AND NEW METHODS

OF HEATING BUILDINGS — QUITE A CONTRACT.

From Log Fires to Exhaust Steam Carried 300 Feet Through Pipes—A New Method That Saves The Locomotive Works About Five Tons of Coal a Day.

In our grandfathers' time the houses and shops were warmed by large, open fireplaces, into which huge logs were rolled. The fire was started by means of a piece of punk, or soft, dried wood, upon which a spark, made by the sharp contact of a piece of flint against steel, was allowed to fall. But, in those early days, everyone did not possess these precious requirements, and in that case, if the fire went out, the man had no other alternative but to borrow a few live coals from his neighbor. But neighbors were few and far between in those pioneer days, and often in travelling between houses the coals had time to "go out," and another trip had to be made. Thus, perhaps, there was many a cold hour in the house before the fire was well under way again. Doubtless, remembering their difficulty, our grandfathers heaped on more logs than usual the next few nights.

That was the old way.

It is not necessary to describe the method employed in the present century, because every man who has been compelled to get up at 6 a.m. and split kindling wood, or take the ashes out of the furnace, or pay $6.-25 a ton for coal that was one-quarter clinkers, knows the system only too well to suit him. To heat a large factory with hot air costs considerable, but to heat it with hot water or steam costs considerably more. It generally requires a special apparatus, and burns quite a large quantity of coal. It is a costly system, but the only one feasible under present conditions in most of the workshops and factories in our cities.

That is the present-day system.

But a change is gradually being made that will revolutionize things, as far as the cost is concerned. Already this change has been made at the locomotive works, and it saves from four to five tons of coal a day. Which amounts to something in a year. For instance, it would pay the salaries of two missionaries in China, or it would be equal to the combined cost of the liquor licenses held by about ten of the leading hotels of the city.

Formerly the steam, after it had done duty in the powerful engine at the shops, passed off into the air as exhaust steam, while four or five tons of coal were being burned to supply new, or live steam to heat the buildings. Now all is changed. The exhaust steam has been made captive, and compelled to do this work. The plan was designed and carried out by Samuel Birch, of McKelvey & Birch's, this city, and it has proved successful beyond all expectations. All the exhaust steam, which previously went to waste, is now turned into six-inch asbestos-covered mains, which run from the engine into the boiler, tank, erecting, carpenter and pattern-making shops, and also into the stores and offices. From these mains the steam is distributed through branch mains into the various coils and radiators placed about the buildings. It travels same 400 feet each way from its starting point, and coils furthest away are just as hot as those near the power house. Any coil in the building would burn the hand that touched it, so it can be readily seen that the buildings are kept well heated by the new method.

And the best of it is, it doesn't cost the company anything, except its instalment, which is very soon paid for by the saving in coal. One receiver in each shop draws the moisture out of the steam, and sends it on as "dry steam." More than this, the exhaust steam heats the big tubular feed water heater in the engine room, so that when the water passes into the boiler it is already hot and requires considerably less coal, and consequently less work, to turn it into steam. Thus, what was before wasted on the air is now used to heat the buildings for perhaps 135 days in the year, and also saved the company [illegible] odly number of dollars.

This will be the future system for large steam users.

About Catarrh Cures.

The Reason Why Inhalers and Local Applications Are Useless.

For many years catarrh was considered to be a local disease and was treated entirely by local remedies, salves, ointments, powders sprays and inhalers, and nearly all of these gave a temporary relief, but a genuine permanent cure was very rare.

It is true the most annoying symptoms, like stoppage of the nose and throat, are purely local, but they are only symptoms and the real seat of disease must be removed.

Catarrh is a constitutional disease, a blood disorder, complicated usually with disease of the liver and to suppose that local applications of sprays, powders, inhalers, could ever reach the real cause of the trouble is ridiculous.

The sensible and successful treatment is to remove the catarrhal poison from the system by regulating the liver and purifying the blood, and this can only be done by an internal remedy, which should consist of antiseptics and remedies to act vigorously on the blood and liver.

The best preparation of this kind which fills all the requirements of a safe constitutional treatment, is Stuart's Catarrh Tablets, composed of Blood Root, Red Gum and similar wholesome antiseptics, which are absolutely safe to take into the stomach and which act upon the liver, stomach and mucous membrane.

Stuart's Catarrh Tablets are large, pleasant tasting lozenges to be slowly dissolved in the mouth, thus reaching the mucous membrane and wind-pipe and finally reaching the stomach.

Dr. Edmondson, in speaking of the new treatment for catarrh, says: "I have accomplished the most satisfactory results in all forms of catarrh of the head, throat, bronchial tubes, as well as catarrh of the stomach and liver by using nothing else but Stuart's Catarrh Tablets. I long since threw aside sprays and inhalers as being inconvenient and at the best mere temporary make-shifts.

Stuart's Catarrh Tablets act immediately upon the liver and blood and clear the whole system of catarrhal poison. They are pleasant and very convenient to use, and they are not only the latest, but I believe them to be the best and certainly the safest treatment for any form of catarrh."

All druggists sell Stuart's Catarrh Tablets at 50 cts. for full sized package.

A little book on cause and cure of Catarrh mailed free by addressing the F. A. Stuart Co., Marshall, Mich.

NEXT WEEK'S EVENTS.

To Be Presented At The Grand Opera House.

Miss Amelia Bingham will present her production of Clyde Fitch's play, "The Climbers," for the first time in this city, at the Grand, on Wednesday, March 12th, direct from its run of 200 nights at the Bijou theatre, New York. "The Climbers" is a satire upon the prevailing craze for so-called social distinction.

The Augustin Daly company is the organization presenting "The Runaway Girl" on Thursday night. It comes direct from New York city and is composed of such artists only who reach the standard of merit demanded by that master hand in everything pertaining to the stage, Augustin Daly. There are fifty members in this organization.

Jerome Sykes will head the big Klaw & Erlanger opera company when it comes to the Grand, Friday, March 14th, in De Koven and Smith's "Foxy Quiller." The principal singers in the Klaw & Erlanger opera company include Miss Eleanor Kent, Miss Grace Cameron, Miss Almira Forrest, Miss Lillian Seville, Miss Marion Bent, Miss Marie Christie, Julius Steger, Adolph Zink, the lilliputian comedian, Harry Macdonough, Louis Casvant, Arthur T. Earnest and others. There is also a special orchestra under Sig. A. DeNovellis.

Oak Hall for hats.

"Children and Fools"

This is particularly applicable in cases where persons seriously troubled from the effects of coffee drinking and who take up Postum Food Coffee in its place, attempt to make the new beverage with a little hot water and two or three minutes' boiling. That sort of a "lick and a promise" produces a drink that is simply exasperating. It is flat and tasteless, whereas the person who will boil the Postum full fifteen minutes after the actual bubbling and boiling begins, will have a beverage that is something.

There is a point between twelve and fifteen minutes of boiling, when the character of Postum is changed, the food value is extracted and the delicious flavor which much resembles the milder and more expensive grades of Java coffee is produced.

A lady in Salem, Ore., says: "Whenever I drank coffee at night, I always passed a restless, wakeful night. Extreme nervousness and a weak stomach have followed me ever since I have been using coffee. Finally I got into such a state that my dyspepsia took the form of spasms and hen[illegible] weakness.

"I suffered intensely, and when [illegible] physician was called, he inquire[illegible] among other things, if I drank coff[illegible] and insisted that I leave it off. I d[illegible] so and took up tea, which I found [illegible] most as bad. Finally Husband brou[illegible] home a package of Po[illegible] and [illegible] tried it (strictly acco[illegible] dire[illegible]tions, for we believe in [illegible] the 'Children and fools judge of a thi[illegible] half done.')

"The new coffee was delicious a[illegible] from that day until now (which is [illegible] year) it has been our only drink [illegible] meals. My dyspepsia, spasms, etc[illegible] are things of the past. My husba[illegible] had suffered some years with billio[illegible] headaches and indigestion, but duri[illegible] the past year, on Postum Food Coff[illegible] he has entirely recovered his hea[illegible] and gained much in weight. O[illegible] friends frequently comment on our i[illegible] proved appearance and change [illegible] complexion." Name of writer suppli[illegible] by Postum Co., Battle Creek, Mich.