



Indigestion and nervousness are often the result of hurried meals.

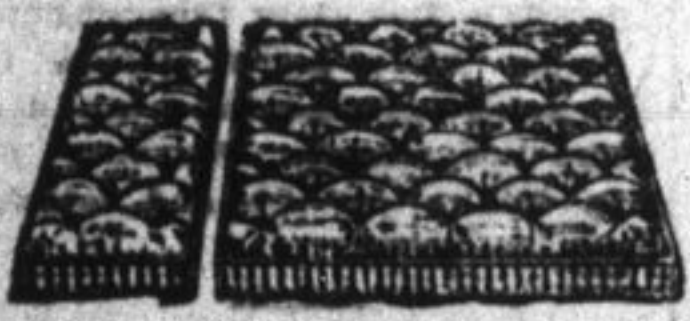
Abbey's Effervescent Salt

stimulates and tones the digestive organs enabling the stomach to digest perfectly.

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.

R. McFaul Kingston Carpet Warehouse.



MATTRESSES—An important item in life's work. We sell the PINOLA MATTRESS, made of pure sanitary fibre and cotton batting, etc.

T. F. HARRISON CO. UNDERTAKING, ETC.

COOK'S COTTON ROOT COMPOUND is a most valuable remedy for all ailments of the skin.

P.A.N.S.

condition of ill-health the commonest cause is indigestion.

IS BEGINNING TO AWAKE CHINA'S ATTITUDE TOWARD RELIGION CHANGES.

The Upper Classes Now Respect The Missionaries—An Address by Mr. Beauchamp, a Missionary of Cambridge, England.

Mr. and Mrs. Beauchamp, returned missionaries from inland China, were to have spoken in Brook street Methodist church last evening.

It is interesting language Mr. Beauchamp described the life and characteristics of the Chinese.

There were hopeful signs for the evangelization of China, the speaker said. The conditions there were similar to those in Japan.

The citizens of Enterprise and the surrounding district are overjoyed with the prospect of a branch railway being built in that vicinity.

An order arrived from the post-office department, yesterday for weighing the mails at the local office.

Simply prepared and easily digested. Different and better than any other canned beef.

Only a Dollar. You can buy a new hat, for a dollar or more.

With every pair of shoes one scholar's companion, complete with pencils, pens, rulers, etc., at Abernethy's.

New maple syrup at Redden's.

A CLEVER COMPANY. Are Artists of The Very First Quality.

If the vacant seats had represented the audience, and the audience the vacant seats at last night's performance of Eugene Cowles' opera and concert company at the Grand; there would have been a comfortable sum in the box office.

Next Wednesday evening will be the occasion of the first visit to the Grand opera house, of the Hanlons, with their production of pantomime.

Influence Of Conditions.

The prospects are that there will be little building operation in Kingston this summer.

Pure Maple Syrup.

We have just received the first new maple syrup from the province.

A Deserter Secured.

Frederick Renfrew, Belleville, deserted from "A" battery, and went home.

Pocket Fitting Prices.

On head fitting hats. Get one of our solid comfort derby hats at \$1, \$1.25, \$1.50, \$1.75, or \$2, and make your head feel glad.

Name And Fame.

Selling hats has brought them fame. Their spring stock is now complete.

Given Away.

With every pair of shoes one scholar's companion, complete with pencils, pens, rulers, etc., at Abernethy's.

Rain Coats.

Words could not make them better or more stylish. Livingston Bros.

Auction Sale—Brown gelding three-years-old, 15-3, 15/16 pounds, Saturday, 22nd, at 2 o'clock.

"COFFEE HEARTS."

Coffee drinking frequently affects the heart and many cases of heart trouble are relieved or entirely cured by leaving off coffee and taking on Postum Food Coffee.

A good illustration is that of a lady who says, "I was troubled, for many years, with my heart and at times would become unconscious. The children have many times run for the neighbors to come in and restore me by putting my feet in hot water and rubbing me."

Dr. Short frequently told me that coffee was a poison to me and was really the cause of my weak heart. I could not do without the coffee though, but finally the doctor told me it was certain death if I did not give it up.

I gave a little Postum to a lady friend one day to try to bring her up. She reported that she did not like it at all. I found she boiled it only five minutes, so I gave her more and told her to boil it twenty minutes.

That was different. She has been using Postum now a long time.

I cured her daughter of liver trouble, restored her fresh, pretty complexion, and cured the mother from headaches from which she suffered severely. Mrs. M. Douglas, 4977 Plum street, Elkhart, Ind.

INCIDENTS OF THE DAY.

PARAGRAPHS PICKED UP BY OUR BUSY REPORTERS.

The Spice of Every Day Life—What the People Are Talking About—Nothing Escapes Attention.

Saturday at the Grand Union for boys' suit bargains.

The smoke of the spring bonfire is smelled in the land.

Chief Justice Falconbridge reserved decision in all the non-jury cases.

"A" and "B" batteries were exercised at Barfield this morning.

Monkey Brand Soap is a cleaner and polisher combined, but won't wash clothes.

Eastern Balm is now the staple remedy for Coughs and Colds, etc.

A number of local junk dealers lost a lot of money during the past week or two by the slump in the rubber market.

Dr. Marion Oliver, returned missionary from Indore, Ind., will lecture in Cooke's church, Friday evening, March 21st, at eight o'clock.

Large boom derrick has been constructed at the locomotive works, and erected in the yard.

Our spring buyings of boys' suits which is now all over, and we are able to show this year.

"Something tells me I've arrived," said Capt. J. Williams, of the steamer Ada Alice, Oakville, as he steamed into Toronto on Thursday night.

J. E. Freeman, of Hartington, brought to the city yesterday three boxes of books and handbooks.

The reform reading rooms, Golden Lion Club, will be open every day and evening next week and all liberals are cordially invited to make use of them.

Nice for breakfast, Aunt Jemima's pancake flour or self-raising buckwheat flour will make maple syrup.

Leighton Guess has branched out as a livery keeper, having taken over the livery stable of James McCammon and started about yesterday.

In order to raise the steamer New York, Mr. M. is to fish through the ice and borrowed an axe for the purpose of cutting a hole in the frozen surface.

Last week the publishers of The Youth's Companion, Boston, enjoyed a visit from one of their seventy-five-year subscribers, R. W. Peabody, of Chicago, now ninety-one years old.

The best ten cent book in sight is Dr. A. Conan Doyle's pamphlet, "The War in South Africa, Its Cause and Consequences."

Napoleon Newell and Edward Spooner were both charged before the police magistrate this morning with drunkenness.

Boys' stylish Norfolk suits, many patterns, all prices. Grand Union.

THE RIGHT STEP.

Every ordinary cold deserves serious attention.

It is only a step from it into grippe, pneumonia, or consumption; and it is only a short step the other way to cure the cold.

Nature and Scott's Emulsion work together to make a cold take the right step. Nature works all the time and Scott's Emulsion works if you take it.

Scott's Emulsion cures all kinds of colds.

Send for Free Sample. SCOTT & BOWNE, Chemists, Toronto.

SPORTING ITEMS.

Sullivan Will Likely Be With Providence, R.I.

The bicycle club members conduct a dance at their club rooms this evening.

Brantford golfers will spend \$600 to improve their links. A Toronto expert will lay the course.

A private letter from England says the game will be played there, and it is doubtful if the Torontos can defeat an all-England team.

To-night the second pool match will be played between the K.B.C. pool team and the Basted club.

Nominations for Officers of the bicycle club for the ensuing year are coming in freely.

H. S. Folger's Snowdon has been declared winner of the Calvin Mance trophy.

The local ice yachts are being stripped, and put away.

The champion Keystone of Pittsburgh, defeated a picked team from New York, in a game, by a score of six to one.

England, does not think too much time is given to sport.

An endeavor will be made to make lacrosse semi-professional.

Census Returns Are In.

R. W. Allen, taking a census, has completed his task and handed in the report.

How He Regards It.

There are a good many dry-goods clerks in the city who would like to see a union formed.

Two Drunks Fined.

Boys' stylish Norfolk suits, many patterns, all prices. Grand Union.

PERSONAL MENTION.

Deaths of The People—What They Are Saying And Doing.

Miss Flanagan, assistant city clerk, has been unable to attend to her duties for two days on account of illness.

Dr. A. Shaw, of Philadelphia, Pa., who has been spending the past week with his parents on University avenue, returned last night.

Mrs. E. McFaul and Mrs. H. McFaul, who have been living in Lake Helen, Florida, during the winter, will return to Kingston on Sunday.

E. Gillespie, who was reported as dangerously ill in the general hospital, has recovered from his operation, and was able to leave the hospital today.

LETTERS TO THE EDITOR.

A CONVERT TO THE KINDERGARTEN SYSTEM.

A Queen's Graduate Speaks Here To-Night—The Importation of British Troops—Used To Think Kindergartens Were Only Nurseries.

Kingston, March 20.—(To the Editor): Dr. Marion Oliver, M.D., from India, who speaks in Cooke's church on Friday evening, is a graduate of Queen's and the women's medical college of Kingston, now merged in Toronto.

The gallant fighter, Sharkey, says: "Stuart's Dyspepsia Tablets remove all discomfort after eating. They rest the stomach and restore it to its healthy condition."

A Correction Made.

Kingston, March 21.—(To the Editor): In yesterday's paper you state that E. Gillespie is dangerously ill in the general hospital.

An Ex-Alderman's Opinion.

Kingston, Ont., March 20.—(To the Editor): There is one point in connection with the levying of an annual tax of \$50 on the butchers that people have overlooked.

Made A Convert.

Kingston, March 21.—(To the Editor): Open confession, I am a convert to the kindergarten system.

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Scott's Emulsion cures all kinds of colds.

Send for Free Sample. SCOTT & BOWNE, Chemists, Toronto.

Two Fine Specimens Of Physical Manhood.

No form of athletic exercise demands such perfect physical condition as prize fighting.



James J. Jeffries, the present champion heavyweight of the world, and his opponent, Tom Sharkey, in the greatest pugilistic encounter since the days of training, and the first and most important of this training was to rest the stomach in condition, and to keep it absolutely perfect.

This was not done by a secret diet, but by the use of a well-known natural digestive remedy, known as Stuart's Dyspepsia Tablets.

The advantage of the daily use of Stuart's Dyspepsia Tablets is that they keep people well, and prevent the ailments which are so common to those who are not well.

Stuart's Dyspepsia Tablets are sold by all druggists at 50 cents, and the best habit you can form is to take a Stuart Tablet after each meal.

And you'd prefer it to all other kinds if you once tried it.

JAMES SWIFT & CO. Phone 135.

Mutual Preference.

We'd prefer you to buy Swift's Scranton Coal.

And you'd prefer it to all other kinds if you once tried it.

JAMES SWIFT & CO. Phone 135.

HONEST COAL.

Coal that will give you the full value of your money is the only kind we sell.

Coal for grates, stoves, ranges, and stoves of every kind. All kinds of Wood and Kindling.

Crawford COAL THAT SUITS.

Foot of Queen St.—Phone 9.

A COSY BRIGHT FIRE.

Is an attraction for everyone. The story goes and legend has it that the first fire was made by the rubbing of sticks together.

BOOTH'S COAL.

Foot of Queen St.—Phone 9.

NEW Cocoanuts.

5 CENTS. Ripe Pineapples, Ripe Tomatoes.

A. J. REES.

Princess Street—Phone 21.

Dr. O. W. Daly's Dental Office will be re-opened in May, 1911, at the corner of...