

Home Testimony

Here are hosts of witnesses who bear testimony to the extraordinary curative powers of Dr. Chase's Nerve Food. They are not people from foreign countries or distant provinces, but your own friends and neighbors right here at home, in the city of Kingston, people whom you rub shoulders with in the cars or on the street. They are constituted much as you are, have the same joys and sorrows, and suffer the same ills.

They don't speak from hearsay regarding Dr. Chase's Nerve Food, but relate in simple, plain language actual facts from their own experience. They are earnest, grateful people who have been sick and found relief and cure in this great prescription of Dr. Chase. Most of them have been disappointed with medicines in the past, many of them have given physicians every chance to cure them. Can you wonder at their willingness to give evidence in favor of a medicine which has proven itself so decidedly superior to all ordinary treatment?

The choice of a medical treatment is a serious matter to you. It is a matter of health, vigor and happiness, or sickness, weakness and misery. It may be a case of life or death. How can you better decide on the remedy best suited to your particular case than to judge from the experience of others? Study these letters. Investigate the cases most like yours. Call on these people personally, if possible. Ask them how they felt, what their symptoms were, and how Dr. Chase's Nerve Food benefited them.

We Will Forfeit \$500.00 If These Testimonials Are Not Genuine.

WELLINGTON STREET.
Mrs. Corkey, 272 Wellington Street, Kingston, Ont., States:

"I suffered a great deal with nervous headaches. In fact I was so bad that at times I took weak dizzy spells and my nervous system seemed quite undermined and exhausted. Some time ago I heard of the good results accomplished by Dr. Chase's Nerve Food and began to use it. Since I have been taking this medicine a great change has come over me. The headaches have disappeared, my nerves have been strengthened, and do not have any more of the dizzy spells. I have nothing to thank but Dr. Chase's Nerve Food for this change."

DIVISION STREET.
Miss S. L. Epton, School Kingston, Ont., States:

"For some time I have been troubled with indigestion and nervous dyspepsia accompanied with very severe attacks of headache. I procured a box of Dr. Chase's Nerve Food, and can say that I am more than pleased with the results accomplished by this remedy. It is now some time since I have had a headache at all, and my digestion has gradually become normal. I can fully recommend Dr. Chase's Nerve Food as an excellent medicine."

ORDINANCE STREET.
Mrs. John Liston, 43 Ordinance Street, Kingston, Ont., States:

"I have been troubled a great deal with indigestion or nervous dyspepsia, and subject to severe attacks of headache. Hearing of Dr. Chase's Nerve Food highly recommended I began a treatment with this remedy. I can say now that my nerves are steadier, the headaches gone and my digestion very much improved. I can speak very highly of this medicine for the above ailments, because it has proven wonderfully beneficial in my case."

CHARLES STRE T.
Mrs. T. Dalzell, 51 Charles St., Teacher, 136 Division Street, Kingston, Ont., States:

"One of my children suffered very much with headaches, caused I no doubt from over-study and a run-down condition of the nervous system. These attacks of headaches were very trying on her and I noticed that she was gradually growing weaker and more nervous. About two months ago I got her a box of Dr. Chase's Nerve Food, and since she has been using this preparation we are more than pleased with the improvement which has been made in her health. She looks one hundred per cent better, her nerves are steadier, she is not bothered with headaches and is gradually increasing in flesh and weight."

SIXTH STREET.
Mrs. Thomas Hall, 3 Sixth St., Kingston, Ont., and Whose Husband is Employed in the Locomotive Works, States:

"I have suffered a great deal with dizziness. These spells came on me quite frequently and I think the trouble arose from indigestion. After a course of treatment with Dr. Chase's Nerve Food I have been entirely free from this distressing symptom and I feel better and stronger than I have for years. I can heartily recommend Dr. Chase's Nerve Food as it has undoubtedly been a great boon to me."

PATRICK STREET.
Mrs. L. Whalen, 60 Patrick St., Kingston, Ont., and Whose Husband is an Engineer, States:

"As a remedy for nervous, sick headache and indigestion arising from exhausted nerves, I consider Dr. Chase's Nerve Food an excellent treatment. I have used this treatment myself for the above ailments, and judging from the benefits which I have derived from it I can recommend this remedy very highly for any one effected as I was."

BARRIE STREET.
T. J. Maloney, Foreman in the Broom Factory and Who Lives at 368 Barrie Street, Kingston, Ont., States:

"I was all run down in health, had no energy, was very nervous and had lost considerably in weight. I then began using Dr. Chase's Nerve Food, and have found it the best medicine that I ever came across. It built me up wonderfully so that my health at the present time is excellent. It toned up my nervous system and made me feel like a new man. I can fully recommend Dr. Chase's Nerve Food."

PINE STREET.
Mrs. James Hurst, Grocer, 159 Pine Street, Kingston, Ont., States:

"I frequently had distressing dizzy feelings in my head in the morning and suffered a great deal with pains in my back. About two months ago I began a treatment with Dr. Chase's Nerve Food, and it was not long before I noticed a great change in my condition. I rest and sleep well now, and get up refreshed in the mornings. The pains in my head and back do not bother me any more. I am firmly convinced that this preparation is thoroughly and permanently curing me, and that my system is much benefited by its use."

RIDEAU STREET.
Mrs. J. Page, 51 Rideau Street, Kingston, Ont., and Whose Husband is a Fireman, States:

"I was all run down in health and as a natural consequence I was very nervous and subject to dizzy spells. I began using Dr. Chase's Nerve Food about six weeks ago and have found it most beneficial in my case. It has toned up my nervous system, built up my health generally and entirely freed me of those distressing dizzy spells. I can recommend Dr. Chase's Nerve Food as a very superior medicine."

JOHNSTON STREET.
J. W. Groves, a Soldier, Living at 268 Johnston Street, Kingston, Ont., States:

"I have suffered a great deal with pain in the small of my back and my nerves have been very unsteady. Since having used several boxes of Dr. Chase's Nerve Food I can say that I found this remedy most helpful to me. My nervous system has been entirely disappeared and I feel better in every way. I hope that others who see this statement of my case will be equally benefited by the use of this excellent medicine."

VICTORIA STREET.
Mrs. T. Harrison, 734 Victoria Street, Kingston, Ont., and Whose Husband is a Fireman, States:

"For some time I have been troubled with pains in my back which bothered me a great deal. At times I had dizzy feelings in my head and would suffer from severe headaches. I can heartily endorse Dr. Chase's Nerve Food because it has entirely freed me of those distressing symptoms and so built up my system that I now feel real well."

LANDSOWNE STREET.
John McKegg, Carter, 19 Lansdowne Street, Kingston, Ont., States:

"I was so nervous that I would start up without any cause and seem to have no control over my nerves. I also suffered from a weak back which came, no doubt, from my being exposed in all kinds of weather and consequently from my kidneys being out of order. Since having used Dr. Chase's Nerve Food my system seems to be much strengthened, the sudden startings have ceased to trouble me and I am relieved of the distressing pains in my back."

DR. CHASE'S NERVE FOOD

For every symptom and every ailment which is the result or accompaniment of exhausted nerves or thin, watery blood, Dr. Chase's Nerve Food, is a positive, thorough and reliable cure. It is a tonic and is gently laxative, regulating perfectly the action of the digestive organs and building up the system by instilling new richness into the blood and new vigor into the wasted and depleted nerve cells. 50c. a box, 6 boxes for \$2.50. At all dealers, or Edmanson, Bates & Co., Toronto.

THE CITY BEAUTIFUL.

WHAT IMPROVEMENT ASSOCIATIONS CAN DO.

Industrial Booming Has Failed—Make Kingston A Residential City For The Wealthy—A Summer Hotel to Attract Wealthy Visitors, a Beautiful City to Make Them Permanent Residents.

How to attract people to Kingston so that they will spend their money, and thereby enrich our merchants and citizens in general, directly or indirectly, has been a live question with us for many years. We have been lured by promises of business for elevators and other purposes; we have lost a lot of time and energy in dealing with fake schemes and other schemes, we have read columns of matter in the daily press relating to the promotion of industrial works in order to bring workmen to the city to live, and what have we to show for it all? Most people will admit that we have achieved precious little to encourage us. And why? Let us consider our conditions and circumstances as an historic and educational center and our environs as a river and lakeside city, and ask ourselves: "Have we not been backward in the wrong way? Have we not golden opportunities right at our feet that have not been considered? We hear a great deal about the benefits to be derived from having workmen here, we hear a great deal about the advantages of having wealthy residents, but we have not been backward in the wrong way? Have we not golden opportunities right at our feet that have not been considered? We hear a great deal about the benefits to be derived from having workmen here, we hear a great deal about the advantages of having wealthy residents, but we have not been backward in the wrong way? Have we not golden opportunities right at our feet that have not been considered?"

leave more money with us than a score of families of the laboring class. We appreciate the latter, and have no wish to disparage them to the slightest extent, but merely to call attention to the fact that a city also needs the wealthy class. Who can estimate what a benefit it would be to have with us, even for a short season of the year, a number of those wealthy American families who demand the best of everything, and for which they are willing to pay handsomely? Consider what they would expend in fine dressing, in the best of living, in their social entertainments and the many other items that go to make up the lives of the leisure classes, and, if permanent residents, the many guests they would have and how much money would be left in the city at each visit. We have spent a lot of energy in booming the industrial side of the city; it has been given a fair trial and has proven a failure. Now let us turn our attention to another side of the question, and one which promises better results; let us try to attract the wealthy classes first to visit us and then to become permanent residents. In what better way can this be done than by making our city beautiful? Kingston has the educational advantages they would seek. The wealthy classes usually have beautiful home surroundings, and when they leave them either for a temporary visit in the summer, or if they change their residence, they will demand surroundings no less beautiful. A summer hotel would be of immense advantage in attracting the class of people we want as transient guests, but the City Beautiful is what would make them permanent residents. Kingston's natural beauties are unrivalled, but the city has been sadly neglected in many ways by the hand of the vandal, and by the inadequate efforts and the worst indifference of many who lack instruction and knowledge in what does to make beautiful surroundings. One has only to look around him to see eyesores and disfigurements on every hand

which could be removed by a little well-directed effort. To remedy all this we need a "City Improvement Association"—something that has done wonders in other places—to educate the public in good taste and to cooperate with the parks committee and others in suggesting how to get the best results from a limited expenditure. Good results have, in other places, been achieved by agitating this question in the press. The Springfield, Mass., Republican some time ago, published a series of articles, which have since appeared in pamphlet form entitled: "Let us Make a Beautiful City of Springfield." From this many of the ideas which follow have been taken, and modified to suit local conditions.

How To Enrich A City.

A city has problems from which a smaller town is free—problems which can be solved only by intelligent cooperation for the carrying out of broad and well-laid plans. None of us would be quite willing to see Kingston lose its distinctive beauties and become merely one great area of dismal machine-made houses. The opening of the twentieth century marks a propitious occasion for taking up these new and serious problems, and there are many signs that the time is ripe for such a work. On many sides there are indications of an æsthetic revival, which has spread along a larger part of the population than ever before. The country over, the material arts, architecture, landscape gardening, painting, sculpture, etc., which naturally developed much more slowly in a new country than literature or oratory, are seeing the dawn of the imagination. Art schools flourish; art collections multiply; people unceasingly travel to European art centers; the Pan-American exposition was a revelation to millions. New ideals of architecture and art in general are swiftly pervading the population. The era of cost iron slabs and stone and brick architecture promises soon to be a thing of the

past. There is still too much built that is ugly, too much that is sham and pretence, but the standards of taste are rising, both among architects and with the public. The difference between beauty and ugliness is being made by the people who have to live in ugly houses. In our own city there are many indications of an increased feeling of civic pride, of desire to have things beautiful. Bicycling, golf and outdoor amusements in general, which have increased enormously of late years, have awakened an interest in nature quite new to most urban Canadians, and taught us how the natural advantages of the city have been wasted. The typical Canadian of a generation ago was perhaps too near to the soil to appreciate the value of public reservations, but in this respect there has been an immense change. All these things show vital interest in the improvement and beautifying of the city. The question remains, how can this sentiment be turned to practical account? Little can be done without well-directed cooperation. The ordinary city, like Topop, "just grows." Sometimes it grows to quaint picturesque, like that which the Nuremberg authorities so jealously conserve; sometimes to rank, squalid ugliness, as in the factory towns, whereas with but little more cost it might equally well grow into a lovely, harmoniously developed city. But for this there must be unity and intelligence of plan. We lack the convenient simplicity of a paternal government which can Hausmannise a city in a day, and the unsupported intellect and the little except by way of example. His own contribution is small, and may be in discord with the equally well-meant efforts of his neighbor. (To be continued.)

You hardly realize that it is needless when taking Carter's Little Liver Pills they are very small; no bad effects; all troubles from torpid liver are relieved by their use.

LOOKING TO THE NORTH.

The Bay of Quinte Railway Extension. Deseronto Tribune. The Bay of Quinte railway contemplates an extension northwesterly from Tweed. Preliminary surveys are being made to determine the route. That portion of North Hastings which the railway is intended to enter is rich in minerals and timber, calculated to support the industries at Deseronto and elsewhere along the route; to open the way to further industrial development of existing enterprises, and encourage new ones as well. The needed enlargement of the charcoal iron furnace at Deseronto can only come through the proposed extension, which, it is understood, will bring within reach rich deposits of suitable iron and charcoal timber. The importance to Deseronto of the Bay of Quinte railway, and the additional advantages to accrue from the largely increased area of mineral timber lands, cannot be overestimated. The Strathcona and Camden paper mills, through the supply of pulp timber that will then become available, will be greatly benefited. The front townships and Prince Edward county will be benefited by the new supply of apple barrel and cheese boxes timber which the extension will afford. The gold mining and arsenic works, under way and contemplated, the vast deposits of marble, none better in the world for fire, will also be helped and developed and in turn will add to the prosperity of the front. The limit of Deseronto timber supply by water has been reached, and it is to the extension of the Bay of Quinte railway we must now look for a continuance of our growth and prosperity. It is to be hoped that the report of an early commencement of the work may prove correct.

TO REAR NEW STRUCTURE.

On Site of the Old Tichborne House in Napanee. Napanee, April 19.—John Milligan has again commenced work on the Tichborne house, this time with a settled intention of his modus operandi. He has sold twenty feet at the rear of the lot to William Ferguson, and the old frame structure is being moved back on John street sixty feet, and a brick of modern architecture to be erected on the corner, where the harned skeleton of the old Tichborne now stands. Workmen were busy yesterday moving the building, and yesterday moving was accomplished. It is said he will enclose the frame and convert it into a shop and that it is already as good as rented for a carriage shop. He has also had offers from one of the business men for the brick that will be erected. R. J. Wales is excavating for the

cellar of his new block, opposite the Gibbard furniture company's warehouse. The residents of Mill street have commenced drilling a well for their greater convenience on the property of M. B. Mills, Mill street. Thomas Mowrey, of the Brisco house, has moved into the brick house on Duane street, recently occupied by J. B. Mowers. William McNab is visiting his sister, Mrs. James Garrett, for a day or two this week. Charles Stevens shipped a cargo of fertilizer and junk to Oswego, N.Y., per schooner Mary, this week.

Carpet Cleaning

Should be done early before the rush. At Carnovsky factory, Ontario street, old, rusty carpets made to look almost new by a thorough process. Moderate prices. Carpets taken up and relaid if desired, and never injured. Phone 74.

A JOLLY BATH.

The grass, flowers and children all love a bath. Use our



FINE GARDEN HOSE

For your lawn, and you'll have the prettiest lawn in your part of the town. The children can operate it. The best rubber and workman's tip make it the ideal hose.

McKELVEY & BIRCH,
69 and 71 Brock Street.