AN EASY WAY

To Keep Well.

It is easy to keep well if we would only observe each day a few simple rules of health.

The all important thing is to keep the stomach right and to do this it is not necessary to diet or to follow a set rule or bill of fare. Such pampering simply makes a capricious appetite and a feeling that certain favorite articles of food must be avoided.

Prof. Wiechold gives pretty good advice on this subject; he says: "I am sixty-eight years old and have never had a serious illness, and at the same time my life has been largely an indoor one, but I early discovered that the way to keep healthy was to keep a healthy stomach, not by eating bran crackers or dieting of any sort; on the contrary I always eat what my appetite craves, but daily for the past eight years I have made it a practice to take one or two of Stuart's Dyspepsia Tablets after each meal and I attribute my robust health for a man of my age to the regular daily use of Stuart's Tablets.

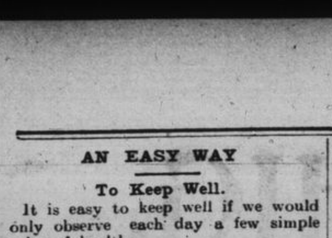
My physician first advised me to use them because he said they were perfectly harmless and were not a secret patent medicine, but contained only the natural digestives, peptones and diastase, and after using them a few weeks I have never ceased to thank him for his advice.

I honestly believe the habit of taking Stuart's Dyspepsia Tablets after meals is the real health habit, because their use brings health to the sick and ailing and preserve health to the well and strong."

Men and women past fifty years of age need a safe digestive after meals to insure a perfect digestion and to ward off disease, and the safest, best known and most widely used is Stuart's Dyspepsia Tablets.

They are found in every well regulated household from Maine to California and in Great Britain and Australia are rapidly pushing their way into popular favor.

All druggists sell Stuart's Dyspepsia Tablets, full sized packages at 50c. and for a weak stomach a fifty cent package will often do fifty dollars worth of good.



Office Typewriting Desks.—We carry a full line, $4.50 up to $40.

Desk and Typewriting Chairs and Stools in good variety.

Revolving Book Cases, $6 to $10.

Elastic Book Cases.—We have the best American patent extension Book Case, made in sections. You buy one or two sections, and add a section at a time as you need it.

Inlaid Linoleum.—Pattern goes through to back, the best made, $1 and $1.15 per yd.

Scotch Linoleums, 40c. and 50c. per yd.

Floor Oil Cloth, 25c., 30c. and 35c.

In these lines we carry some entirely new and handsome floral and tile patterns.

Our Balmoral and Brussels Carpets are pleasing our customers, both in pattern, colors and price.

Visit us at any time.

Yours,

T. F. HARRISON CO.

Undertakers, etc.

Telephone Nos. 90-91.

Cook's Cotton Root Compound.

Ladies' Favorite,

Is the only safe, reliable regulator on which woman can depend "in the hour and time of need."

Prepared in two degrees of strength. No. 1 and No. 2. No. 1.—For ordinary cases is by far the best dollar medicine known.

No. 2—For special cases—10 degrees stronger—three dollars per box.

Ladies—ask your druggist for Cook's Cotton Root Compound. Take no other as all pills, mixtures and imitations are dangerous. No. 1 and No. 2 are sold and recommended by all druggists in the Dominion of Canada. Mailed to any address on receipt of price and four 2-cent postage stamps. The Cook Company, Windsor, Ont.

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

COTTON DOWN COMFORTERS

Filled with the best quality snow white carded Cotton, 2 yds. wide and 2½ yds. long,

$3 EACH.

These Comforters are in all respects equal to the best Eiderdown at a very much lower price.

R. McFaul

Kingston Carpet Warehouse.

UEL LOG.

CALL AND SEE IT AT

STRACHAN'S HARDWARE

FOR SALE.

ICE YACHT, ONE YEAR OLD. APPLY P.O. Box 88.

THIRD MEETING

OF THE PROHIBITION CAMPAIGN HELD

In the City Hall—Address by W. W. Buchanan, Toronto — Presented the Subject in an Able Manner.

The prohibitionists held their third campaign mass meeting in the City hall on Tuesday night, when a good sized audience was present to hear an address by W. W. Buchanan, Toronto. The chair was occupied by John McIntyre, K. C., who impressed upon his hearers the fact that at least 213,042 votes must be polled in favor of the new liquor act, else no prohibition legislation would be enacted. He explained that the prohibitionists might have a majority of 50,000 over their opponents, but if they did not get the required number, the majority would not count.

Mr. Buchanan, the noted temperance advocate, delivered a forcible and convincing address, and his candor and fairness would find favor even with his opponents. He first denied the statement, attributed to him by a local paper, that he had expressed sorrow over so many liberal temperance men not working in this prohibition campaign. He declared he never made such a statement, and believed that the very opposite of it was true.

Dealing with the needs of the temperance cause, Mr. Buchanan declared that it was not a Joshua that was required, for in Canada there could be picked hundreds of Joshuas capable of leading the temperance forces. What was needed was a body of trained men and women for a Joshua to lead. The people, he said, should welcome the experiment about to be made, after a long period of theory. It was a splendid time for unifying all efforts at temperance reform. He believed that this was a movement in which we would be able to unite all those who desired to promote sobriety.

The speaker then considered the prohibitions, the permission and the penalties of the act. The new law would prohibit the sale of liquor for beverage, but would not prohibit its manufacture or importation. There was not total prohibition. He claimed that the prohibitory laws in Kansas, North Dakota and Maine were as successful as any other laws, and no law was fully enforced or obeyed. The people in those states are well satisfied. Mr. Buchanan declared it was foolish to say that prohibition did not prohibit. In Kansas, the democratic party had all along been opposed to prohibition, but since the law had been so well observed and the people quite determined to keep it, this party at the recent elections declared itself in favor of the law.

Dealing with the question of enforcement, the speaker claimed there was every reason to expect the carrying out of the law. When it was enforced so well in the various states, how much better would it be enforced in Canada, where we have responsible government? In conclusion, the speaker referred to the objections of the liquor men, whom he showed to have no vested right to sell.

After the address, a solo was rendered by Miss Bailey, and then the meeting concluded with the national anthem and the benediction.

DEATH

To Bar Rooms And Treating — Save The Youths.

Supplied by the Local Prohibition Committee.

On the monument in memory of John B. Gough are the following suggestive words, written by himself and engraved there at his request: "I can desire nothing better for this great country than that a barrier high as heaven should be raised between the unpolluted lips of the boy and the intoxicating cup."

"First the young man takes a drink, then the drink takes a drink, then the drink takes the man."

Those who did not hear W. W. Buchanan, Esq., last evening missed one of the clearest and strongest unfoldings of the "Liquor Act of 1902," that could be presented. Utterly puerile and weak are the arguments of would-be defenders of the bar-room.

If citizens are anxious to gain information and vote on conscience and principle, they should seize the opportunity of hearing these temperance advocates.

To-night at the Crusade headquarters, corner Princess and Bagot street, workers on the voters' list meet at eight o'clock.

To-morrow night every man interested in his ward or subdivision will meet at same place for the same purpose. Volunteer scrutineers are asked to report at our rooms.

Died In A Field.

Pembroke Observer.

Terribly sudden was the death of Christopher Crozier, Ross, which occurred last week. He had been troubled for some years with a heart affection, but of late seemed to be in the best of health. He was pitting potatoes in the field in company with a boy, when he suddenly fell to the ground. The boy ran to the house for assistance, but Mr. Crozier survived but a few seconds after those in the house reached him. Deceased was born in Ireland sixty-five years ago, and came to Canada with his parents when ten years of age. In young manhood he married Miss Eliza Guest, who survives him, together with five sons and four daughters. Deceased was a Methodist. He was highly respected by the whole community. Interment took place in Ebenezer cemetery, at Haley's.

Fall Importation Of 1902.

Prevost, of the New York clothing store, Brock street, has received all his fall importations for order work in his tailoring department. His ready-made department is well assorted and a large assortment to choose from. For low price and durability he defies competition.

The First Contract.

Messrs. Sullivan & Langdon, contractors, returned this morning from Ottawa, where they closed the contract for the new armouries at London. The Kingstonians had the honor of making the first contract with the new minister of public works, Hon. James Sutherland.

PERSONAL MENTION.

Movements Of The People—What They Are Saying And Doing.

Justice Britton is in the city on a business trip.

Mrs. Squire, Division street, has gone to Brantford on a visit.

David R. Welbanks has been appointed janitor of the Picton postoffice.

Sergt. Slater, "A" field battery, visiting relatives in Toronto, has returned home.

Dr. Ryan and J. J. Behan speak on C.M.B.A. matters in Peterboro on Saturday next.

Recent Gananoque visitors to the city included Mrs. McCammon, Mrs. O'Niell and daughter.

Edward Hammond, wine clerk in the Albion hotel, ill for some weeks, returned to labor yesterday.

Mr. and Mrs. W. Y. Boyd, Gananoque, are guests of their daughter, Mrs. C. W. Lane, Gore street.

Mayor Emery and wife returned to Gananoque yesterday after spending Sunday and Monday in the city.

George Ryan, Gananoque, is opening up a jewellery store in the factory town. It will be located in the Fullerton block.

Mrs. N. J. Dingman, Mrs. Joseph Blanchard, and Miss Wemp, Kingston, are guests of Miss Carroll and Miss Chadd, Picton.

Mrs. Briden has left for Adolphustown to attend the funeral of her brother, H. H. Allison, who died after two days' illness.

Mr. and Mrs. W. C. McDonald, Earl street, left at noon to-day for a trip to Chicago, St. Paul, Minneapolis and other western points.

The induction of Rev. G. R. Beamish as rector of the parish of St. Thomas church, Belleville, will take place on the evening of November 25th.

W. J. Tighe, a commercial man, has opened a fancy goods store at Smith's Falls, and has removed his family there. He is a son of Rev. Stearne Tighe.

Bombadier Parker, "A" field battery, is to be transferred to the garrison at Quebec, and Bandsman Wolfe, of the Quebec garrison, will be sent to Kingston.

Dr. John Graham, who spent the past three weeks in the Maine woods, returned to the city yesterday en route to his home in Indiana. He succeeded in killing five fine deer.

Gr. Green, of "A" battery, R.C.F.A., will complete his term of enlistment one month from to-day. He will take his discharge, and go to Chicago, where he has secured a good position.

Miss Effie Cook, who resides on the Front Road, entertained her friends to a pleasant party last evening. Two vanloads of young people drove out from the city, and passed an enjoyable evening with music, dancing, games, etc.

MARINE INTELLIGENCE.

Notes Regarding the Movements of Vessels.

Craig's wharf: Steamer Niagara up.

Walsh's wharf: Schooner Suffel from Oswego with hard coal

Capt. Roys has exchanged the steamer Rival for the Belle Ritchie.

Soward's wharf: Schooner Clara Youell from Oswego with hard coal.

Six vessel loads of hard coal have come to Kingston during the past two weeks, in all about 1,500 tons.

M. T. company elevator: Tug Thomson from Oswego with one hard coal laden barge for Montreal, and cleared back with one light barge.

The damage to the schooner Katie Eccles, which was sunk at Lake Port, will not exceed $100. Repairs are now being made in Davis' dry dock.

Proud Of The Y.M.C.A.

The other evening while twenty-five ambitious lads worked away at the Y.M.C.A. "night school," several prominent citizens happened in. They looked at the sight—twenty-five fellows, who had toiled all day, spending the evening, not at the opera, dance hall or in any pleasure, but preparing themselves to fill larger and more responsible position in life. Finally one turned around and said: "Aw, that's the finest work the Y.M.C.A. has done since it started."

A BULL DOG

Is Easier to Shake Off Than the Coffee Grip.

A lady of St. Paul, Minn., never drank anything but cold water until she was married and then commenced to drink coffee.

She says, "About one year after our marriage, my husband began to complain of a distress in his stomach and I had such dizzy spells after each meal, that we had to see a doctor. We drank coffee three times a day, but did not imagine that coffee was causing all this distress. The doctor said that both our livers were out of order, gave us some medicine, and told us that we ought to break off drinking coffee. We stopped it for a while, but missed the hot drink so much we went back to coffee. In five years' time I lost a complexion that was faultless and gained a very bad stomach, and my husband's stomach was ruined. He thought he had cancer of the stomach, or something worse, but we had formed the habit of coffee drinking, and like drunkards found it no easy matter to break off, although we knew it was killing both of us.

We kept a grocery store at the time, and a lady called one day and asked for Postum Food Coffee, saying—My children like it; will not drink anything else, and I know it is good for them because they never have trouble with their stomachs.' This interested me, and I told her about my bad stomach. She told me how to make Postum and we began its use ourselves.

After drinking it three times a day for a week, I felt much better and my husband declared that he felt like a new man. We have drank Postum for four years and have never had one particle of stomach trouble since, and I have lost that sallow, yellow color I so much disliked, and the whites of my eyes are as clear as ever again. I know it is because we left off drinking coffee and drank Postum. I can eat anything and everything, and never know I have a stomach. My stomach used to say I would ruin our coffee trade because I told all my friends what Postum had done for us." Name given by Postum Co., Battle Creek, Mich.

SPORT REVIEW.

DUQUETTE JOINS THE SYRACUSE BALL CLUB.

Limestones Will Have Had no Match for Three Weeks—Frontenacs Will Play Senior Hockey — How Queen's Teams Stand.

Hamilton has decided to enter an intermediate and junior team in the O. H. A.

The old Kingston Granite rugby team of 1899, could whip either of the Ottawa champion teams.

The New York Jockey Club will endeavor to settle the indebtedness of the Buffalo Jockey Club.

Guy Curtis has no intention of going to Pittsburg, Pa., to captain a hockey team in that city.

The Toronto Star says that the yachtsmen are delighted to visit Kingston for a rendezvous regatta.

Powers, the fast half-back of the Ottawa Rough Riders, may go with the all-Canadian rugby team to Britain.

The Albert College association football team, of Belleville, defeated Picton, on the latter's grounds, by three to two.

The annual American Intercollegiate gymnastic contests will be held in the New York University gymnasium on March 27th next.

The Winnipeg Victoria hockey club has challenged for the Stanley cup. It wants to play in Montreal between January 10th, and 20th.

Duquette, who formerly pitched for the Kingston Pony baseball team, has signed with the Syracuse team of the New York State League for next season.

If the Intercollegiate hockey union is formed, Kingston will still have a senior team in the O.H.A. "Jim" Sutherland's Frontenacs will soon be organized.

The betting in Kingston on the Canadian rugby championship match on Saturday, between Ottawa Rough Riders and Ottawa College, is in favor of the former.

It has been suggested that 'Varsity could play in the Intercollegiate hockey league, and also play off with Wellingtons and St. George's for Toronto championship.

There is a movement afoot to organize Morrisburg, Iroquois, Brockville, Prescott, Cardinal and Kemptville into an intermediate section of the O. H. A., as they find senior company too fast.

A six days race is on in Philadelphia, and a dozen pedestrians are galloping around a track that requires seventeen circuits to make a mile. It eight stay through till Saturday night they will divide half of whatever may be taken at the gate in the meantime.

Queen's football club's trunk, with both teams uniforms, had not arrived from Toronto last night. It had been held for excess weight by the railway company. As a result the players have been put to great inconvenience, and have had scarcely any practice.

A soggy track made the race between the trotting champion Cresceus and Cyclist Walthour, at Atlanta, Ga., a mere exhibition. The first mile heat was pulled off at 2.22½ for the bicyclist and 2.32 flat for the horse. It was quite evident that Walthour had the matter in his own hands all the way.

Despite the fact that Cresceus failed to lower his record of 2.02½, horsemen are unanimous in the opinion that, with a season's proper training, with little or no stud service, the great son of Robert McGregor is the sure 2.00 horse. His two miles in 4.17 stamp him as the fastest, gamest and most powerful trotting machine ever foaled.

Under the Burnside rugby rules the man who first receives the ball when it is snapped back shall not carry the ball forward beyond the line of scrimmage unless he has regained it after it has been passed to and has touched another player. If he does so the ball will go to the opponents on the spot. The wings, before the ball is put in play are not allowed to take hold or touch one another.

It seems strange that the O.R.F.U. executive did not order the two Hamilton and the two Toronto junior teams to play off the middle of this week, so that the Toronto winner could have played Limestones and the Hamilton winner played Galt next Saturday, in the semi-finals, and thus have set the final match for the 22nd. When two city teams were involved in each series, it would have been an easy matter for them to have played off at once. The junior series is lingering too long for the Limestones, who do not play till the 22nd, thus not having had a match for three weeks.

If Queen's athletic committee had done the proper thing, they would have asked Guy Curtis last September to come back to Kingston and coach the college rugby teams. No one would blame him for not wishing to come at such a late date, and put the senior team in championship shape within four days. Had he been called early in the season, there is no doubt but what the veteran half-back would have gladly come back to his old haunts, and put the championship beyond the reach of either 'Varsity or McGill. As a rugby coach, Guy Curtis has no equal in Canada. Queen's should even now take steps to engage him for next season, both for rugby and hockey.

Prepared For Inspection.

The 14th Regiment enjoyed battalion drill last evening, under direction of Col. Skinner, Major Kent and Sergt. Bingham. On Monday night the company inspection will take place the uniform form being drill order. The regimental inspection will take place Tuesday night, when "dress order" will be the uniform. The regiment is well prepared for the forthcoming ordeal.

Westminster Abbey Choir.

Sacred concert in Chalmers church, under the auspices of Vocal Students' club and church choir, Thursday, Nov. 13th. Reserved seats for sale at Uglow's.

To Cure A Cold In One Day.

Take Laxative Bromo-Quinine Tablets. This signature on every box, 25c. E. W. Grove

CITY AND VICINITY.

Gives More Heat Than Coal.

No food supplies the system better with the heat it needs than Clark's delicious pork and beans.

Looking For Cleater.

Members of the R.C.F.A. and the police force were to-day on the lookout for Gr. Cleater, who escaped from the county jail Tuesday. A description of the prisoner has been telegraphed far and wide. It is certain that Cleater was assisted in his escape by some friends.

At Mullin's This Week:

1 pound of best feather strip cocoanut, 20c.
7 pound pail of pure jam, 45c.
7 pounds best rice, 25c.
6 pounds pearl tapioca, 25c.
2 pounds black Ceylon tea, 25c.
Corner Johnston and Division streets.

Has Left For Marlbank.

Adam Armstrong, and employee of McKelvey & Birch, doing plumbing work in Gananoque during the past three months, returned to the city on Tuesday morning. In the evening he left for Marlbank, where he will be employed for some time, and where his employers have considerable work to do.

Had A Fine Time.

A very pleasant party was held on Tuesday evening at the home of Miss May Cooke, "Edendale," Front Road. About thirty-five couples were present. Games and dancing were indulged in until a very early hour. Refreshments were served, after which the young people left for home, having enjoyed their outing immensely.

Penalty For Its Sale.

Circulars have been issued from the local Inland Revenue office, stating that the attention of the department has been drawn to the fact that so-called "vinegar," produced by a dilution of acetic acid, has been placed on the market. The penalty for selling this concoction is not to exceed $100, and the circular has been issued as a warning to the city dealers.

Prompt Repairing Work.

Boardwalk Repairer McVety and his assistant, Patrick Haley, have completed the work of replacing all the walks torn up on Halloween. The contract was not a small one by any means, as whole blocks were, in many instances, deprived of the walks. The repairers made rapid progress with the work, and did it in a most commendable manner.

The Uniforms Are Here.

Parades of the army service corps continue every Tuesday and Thursday evenings in the armouries. Sergt. Crockett is instructing the company. The new uniforms have arrived and as soon as marked will be issued, probably on Tuesday night next. The uniform is the "swellest" in the service and the members of the company will cut a dash when appearing on the street in the new outfit.

What Makes You Despondent?

Has the stomach gone wrong? Have the nerve centres grown tired and listless? Are you threatened with nervous prostration? South American Nervine is Nature's corrector, makes the stomach right, gives a world of nerve force, keeps the circulation perfect. A regular constitution builder for run-down people. One lady says: "I owe my life to it." For sale by Henry Wade and H. B. Taylor.—84.

No More Electrical Power.

Local electricians have lately been obliged to refuse two or three large contracts for the placing of electric lights in private residences or business places in the city. The Light, Heat and Power company cannot supply the power. Their generators are already overtaxed to meet present requirements, and it is impossible to supply any more power. The city electricians and those who desire the placing of electric lights in their residences are not well pleased over the condition of things.

A Long Session.

The management committee of the Board of Education met at 4:30 o'clock yesterday and continued in session till nearly seven o'clock. The school supply question, the reports of the officials sent to Toronto and other matters were under discussion. The business was not completed, and the committee adjourned till this evening. The question of Mr. Errett's release as teacher in the technical department of the Collegiate Institute, will then come up.

Capt. Craig Wins.

Judgment in the case of Bentley vs. Murphy has been given by the court of appeal. The action was to compel specific performance of an alleged agreement by defendants to sell and deliver to plaintiffs a steamer called the "Island Queen," at Kingston, for $5,000, payable $2,500 on delivery and $2,500 six months from the date of delivery. The trial judge (Britton) held that specific performance should not be enforced unless plaintiffs were willing to do equity by giving a mortgage on the vessel for the unpaid purchase money. There was a finding for plaintiffs against both defendants upon the contract, and a reference was ordered as to damages. The plaintiffs appealed on the grounds that damages were not an adequate remedy and that the trial judge erred as to the mortgage for the unpaid purchase money. The defendant, Capt. T. J. Craig, appealed on the ground that he and Murphy were not partners, and Murphy had no authority to dispose of his (Craig's) shares in the vessel. Held by the majority of the court, that Murphy and Craig were not partners, and Craig was not bound by Murphy's offer to plaintiffs, and did not ratify it, and the action must be dismissed as against Craig. The plaintiffs are entitled to recover against Murphy such damages as they may be able to show on a reference. The costs of reference will be at plaintiff's risk. If they do not accept a reference, they will have judgment against Murphy for $20 damages with costs on the high court scale.

Watch for our special Saturday night bargain. Dunlop's Grand Union.

DAY'S EPISODES

PARAGRAPHS PICKED UP BY OUR BUSY REPORTERS.

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

See our rubber sponges, it's a pleasure to use them. Taylor, 124 Princess street.

A pair of eye glasses, picked up on King street, await an owner at the police station.

500 overcoats for a choice, including every variety of style and price. Grand Union.

Thursday's meeting of the Frontenac cheese board will likely be the last one of the season.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder is a boon to any home. It disinfects and cleans at the same time. 30

Magistrate Farrell rested from his labors this morning. There was a blank docket at the police court.

Men's stylish tailor-made overcoats, $10, $12, $15. Get your new coat here. Dunlop's Grand Union.

A solitary tramp sought protection under the sheltering wing of Chief Baillie's brigade in the police cells last evening.

Chief Elmer, of the fire brigade, again requests that all minor fire alarms be sent to the stations by telephone message.

The firemen were called out at 7:15 o'clock this morning to extinguish a chimney blaze in the house of W. Drury, Colborne street.

Fred. Cays, son of D. A. Cays, Alfred street, has reported to the police the theft of a bicycle, taken from a shed in rear of his father's residence, Tuesday night.

The Victoria day celebration committee will meet to-night at eight o'clock in the city council chamber to wind up affairs in connection with the celebration last May.

Taylor sells Mitchell's Magic Cough Cure.

A private letter from Canton, Ohio, states that William Sherlock has rebuilt his Novelty Iron Works and that it is now in operation again. The works were destroyed by fire last spring.

This is the overcoat season, and we are in the selling to the finish. Dunlop's, the Grand Union.

The property committee of the board of education was called to meet last night, but Thomas Lambert was the only member who put in an appearance. The board will meet to-morrow evening.

A class of instruction for members of the R.C.F.A. is held in the armouries every Wednesday and Saturday nights. The instructor in charge is well advanced in his work and satisfactory progress is being made.

A special meeting of the Bicycle club was held last evening, but as the attendance was not large, an adjournment was made till a week from Friday evening. The programme for the winter will then be decided upon.

At its meeting last night Cataraqui lodge, No. 10, I.O.O.F., decided to hold an "At Home," instead of a ball, as the younger members advocated. One candidate was initiated, and another advanced to the second degree.

For Pale, Thin Bloodless Girls

Who Are Weak, Languid and Despondent There is no Preparation so Efficacious as

Dr. Chase's Nerve Food.

The question often arises as to why Dr. Chase's Nerve Food is so remarkably successful as a treatment for the ills of girlhood and womanhood, and the answer is found in the fact that Dr. Chase's Nerve Food goes directly to form new, rich, life-sustaining blood.

Nearly all woman's ills are due to deficiency in the quality or quantity of the blood, and are permanently overcome when the blood is enriched. Dr. Chase's Nerve Food is making hosts of pale, weak, bloodless girls and women strong and healthy and will undoubtedly be of lasting benefit to anyone who uses it.

Rev. T. Brown, Methodist minister, Omemee, Ont., writes: "Dr. Chase's Nerve Food has been a great boon to one of my girls. She was thin, pale, bloodless and altogether unfit for work or exertion of any kind. She began the use of Dr. Chase's Nerve Food, and by the time she had used one box a very marked change had taken place.

"Her appetite was restored, her weight increased, her color decidedly improved and she was ready for activity of any kind. It was the best result I ever saw in so short a time. Dr. Chase's Nerve Food also restored me after a severe attack of nervous exhaustion, and I have recommended it to many persons with most excellent results."

Mrs. T. Dalzell, 21 Charles street, Kingston, Ont., states: "One of my children suffered very much with headache, caused no doubt from over study and a run-down condition of the nervous system. These attacks of headache 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."

The wonderful medicinal power of Dr Chase's Nerve Food has been demonstrated in thousands of cases. Gradually and certainly it creates new nerve cells, builds up the system, and overcomes the weakness which gives rise to nervous ailments and feelings of depression and despondency. New hopes, new confidence, new vitality are instilled into the body and health and strength take the place of disease.

Dr. Chase's Nerve Food, 50 cents a box, 6 boxes for $2.50. At all dealers or Edmanson, Bates & Co., Toronto.

Baby enjoys his bath

all the more, and his sleep is the sweeter when you use

BABY'S OWN SOAP

It softens and soothes all skin irritations, keeping it healthy and fresh.

Don't use imitations on Baby.

ALBERT TOILET SOAP CO., MFRS. MONTREAL. 3-2

Rubber Sponges!

Have you tried them?
Have you seen them?
They wear for years, lasting longer than half a dozen or more ordinary sponges.

WE PUT UP PRESCRIPTIONS.

H. B. TAYLOR,

Pharmaceutical Chemist
124 Princess St. 'Phone 59.
Successor to E. C. Mitchell.

HARRY WEBB'S

High-Grade

CHOCOLATES AND BON-BONS.

A FULL LINE OF BOXED CONFECTIONERY ALWAYS FRESH AT

E. L. EBBELS, CHEMIST and DRUGGIST,

Market Square Drug Store,
Cor. King and Market Sts., Kingston.

Our Coal is as Clean as Though It Were Washed and Brushed.

EACH LUMP STANDS BY ITSELF, GOOD solid coal—so much solid fire. After coal reaches the surface of the earth from the mines, impurities are picked out by hand. Thereafter it is screened several times before it reaches you, and dirt, slate, etc., remain have no chance, if the dealers are careful. We are very careful.

Crawford COAL THAT SUITS

Foot of Queen St.—'Phone 9.

Soft Coal

The Very Best

Call and get our printed instructions on the use of Soft Coal for furnace, range and heater.

JAMES SWIFT & CO.
'Phone 135.

A Cosy Bright Fire

Is an attraction for every one. The cheery glow and intense heat of our Coal will make itself felt with pleasure during the cold weather. It's just the kind to cook with, too. Let us fill your bin with

BOOTH'S COAL.

'Phone 133. Foot of West Street.

INVESTMENTS

—IN—

REAL ESTATE
Mining and Oil Stocks
See GEO. CLIFF,
115 BROCK STREET.