Few People Realize the Importance of Good Digestion until it is Lost. Many people suffer from dyspepsia and do not know it. They feel mean,

out of sorts, peevish, do not sleep well, do no. have a good keen appetite, do not have the inclination and energy for physical or mental work they once had, but at the same time do not feel any particular pain or distress in the stomach. Yet all this is the result of poor digestion, an insidious form of dyspepsia which can only be cured by a remedy specially intended to cure it and make the digestive organs act naturally and properly digest the food eaten. Bitters, after dinhelp the trouble; they don't reach The new medical discovery does. It is called Stuart's Dyspepsia Tablets and is a specific for dyspepsia and indiges tion. It cures because it thoroughly digests all wholesome food taken into the stomach, whether the stomach is in good working order or not.

Stuart's Dyspepsia Tablets by digesting the food, instead of making the worn out stomach do all the work, gives it a much needed rest and a cure of dyspepsia is , the natural re-

sleepless, don't make the common mistake of supposing your nervous sys tem needs treatment and fill your sto much with powerful nerve tonics which make you feel good for a little while only to fall back farther than ever. Your nerves are all right but they

are starved, they want food. Nourish them with wholesome every day food and plenty of it, well di gested, and you can laugh at nerve tonics and medicine.

But the nerves will not be nourished from a weak, abused stomach, but when the digestion has been made per fect by the use of this remedy all ner yous symptoms disappear. Who ever heard of a man or wo-

man blessed with a vigorous digestion and good appetite being troubled with their nerves ? Good digestion means a strong neryous system, abundance of energy and

capacity to enjoy the good things of Stuart's Dyspepsia Tablets will certainly set your stomach and digestive organs right; they can't help but do it because they nourish the body by

digesting the food eaten, and rest the You get nourishment and rest at one and the same time, and that is all the worn out dyspeptic needs to build him

up and give new life to every organ and added zest to every pleasure. Stuart's Dyspepsia Tablets are a God send to the army of men and women with weak stomachs, weak nerves and justly merits the claim of being one of the most worthy medical discoveries of

CIFTS FROM ENGLAND.

Eiderdown quilts in Silk, Satin, teen, and all Sateen, which we will ed and through them the other classes sell at about one third less than the anteed to be filled with the very best customs and their language, could get quality of Norway Eider Down, and will wear a life time. A more handsome a European or American. and pleasure-wivin- gift could nowhere

Here are a few of the prices. All Silk Prilled \$25, for \$18 All Slik Plata \$ 0, for \$15 Sateon and Satin \$15, for \$10 Sateen and Satin \$20 for \$9 All Sate-m \$9, for \$6 Remember, no two of these quitts are alike, so the first choice will be the

Kingston Carpet Warehouse.

useful and ornamental furniture for wise



holders, Hanging Hall

Christmas Rugs, Easels, Comforters, Cushions, etc.

TUESK THIS large size, good finful, only \$3.50. We of these; they are \$25 each. Carpets, Linoleums, | concluded the preacher.

Sweepers,

All Racks. make good presents. Hall Racks, similar to cut, large bevel mirror, glove drawer, 4 hat and coat brass pins, well finished, only \$4.50. We have 8 only of these. Jardiniere Stands. Cabinets. Medicine fancy Tables and Chairs, Parlor Cabi-

nets. Chiffoniers. Ladies' Dressers, etc. See our selection. Open until 9 HARRISON CO. TELEPHONES 90 AND 91.

UNDERTAKING, EMBALMING. A Cosy Bright Fire

Is an aturaction for every one. The cheery glow and immense heat of our coal will itself felt with pleasure during the cold weather. It's just the kind to cook with, too. Let us all your bin with

'Phone 133, Foot of West Street.

LIFE ly anticipated, occupied the pulpit in Rethel Congregational church on Sun-

ly anticipated, occupied the pulpit in

day evening. After the conclusion of

the devotional exercises, which were

conducted by the pastor, Rev. D. N.

Morden, Mr. Wilson preached a very

interesting sermon from the words

scheld the city and wept over it.'

ways drawing nearer and nearer to

the souls of those who desired Him.

He beheld the city; so will He look

into our souls. What brought Peter

back to his place? Jesus looked into

he might catch the eye of Christ.

Christ wept over the city. There are

tears in the eyes of Jesus. Why? It

might be wrong theologically, but for

his purpose in this instance the speak-

er thought it was right, that Christ

is looking down upon us to-night

with love and tender pity in his eyes.

Why should he shed tears? They say

there is no sorrow in heaven, yet

who died that we might live.

Much Interest By Young Men.

attracted large numbers of young men

to the Y.M.C.A. special meetings. Yes

terday, when F. G. Lockett announced

the first hymn, scores of young men of

eagerly for the coming message. After

Mr. De Long had sung an effective

solo, Evangelist Margrett stood up.

home to the very heart of his youth-

ful audience. The theme was: "The

Mad Bargains of Life," wonderfully il-

lustrated by pathetic instances that

had touched the speaker's own life. It

Life's Memories." Mr. Margrett

ly be packed full with young men.

St. Mary's Cathedral.

All the services in St. Mary's cathe-

dral yesterday were largely attended.

The singing by the choir was very

corated with flowers and illuminated

with colored lights and burning tap-

ers and presented a beautiful appear-

ance. In the evening the office of the

Forty Hours was brought to a con-

clusion. The host was carried by the

rector of the cathedral in procession

fice, and afterwards the benediction of

the Holy Sacrament was imparted.

The service was solemn and impres-

sive. The Te Deum was sung. There

were a very large number of strangers

Bishop At St. Mark's.

The bishop of Ontario preached at

St. Mark's church vesterday morning.

A good congregation was present not-

withstanding the severity of the wea-

ther and the long drives many were

obliged to take. The bishop's sermon

was most eloquent and earnest, treat-

ing in an able manner of the second

advent. During the service a hand-

some brass altar desk, given by Miss

G. Patterson, and a book, of altar

services, bound in Turkey morocco,

given by Mrs. Catharine Patterson,

were consecrated to the use of the

Church Items.

At Chalmers' Sunday evening service

Makes A Correction.

asked to make a correction of a mis

take in its social column of Satur

evening for St. Mark's church, at

Archaeacon Worrell's house, Miss Wil-

mot was credited with being in charge

of a "card" table. It should have

been "candy" table. There were no

eards. 'It is not St. Mark's style.

The Case Postponed.

The suit of a number of landowners

of Leeds and Lansdowne against the

Gananoque Water Power company, was

to have been tried at the present non-

jury sittings of the high court, but

limited to three days, it had to be

postponed. The case would take at

Little Time Lost

Magistrate Farrell was less than

hirty seconds in dispensing justice at

the police court this morning. He fined

John Murray 83 and costs for drunk-

On Saturday a Wolfe Islander was

run in by the police, but after sober

ing up a little, was allowed to depart

'Bibby's.' Gloves. "Bibby's.'

Fawne's English gloves for Christ-

mas. Lined or unlined. Mocha, Suede

Christmas Dressing Gowns.

suit all tastes. English make, \$6.75 to

Fancy 15c. biscuits, Marshmallow.

New York neckwear at Oak Hall.

Writing folios at R. Uglow & Co.

Prices to suit all purses, patterns to

enness and closed court.

with friends.

Bibby Co.

\$20. Jenkins.

Gilbert's.

ve witness are to be examined.

least a week for hearing, as seventy-

Justice McMahon's time here is

day. In referring to the musical

The Whig has very naturally been

around the aisles of the sacred edi-

The altar was magnificently de-

there must be sorrow in the heart of

HAS BEEN WELL RECEIVED IN JAPAN

found in the gospel of St. Luke xix, Great Revival Swept Over The The speaker compared the city to a Provinces Early in 1901-The man's soul. Christ, he said, was al-Christian Forces Growing in

Rev. Y. Hiraiwa, president of the Japan conference of the Methodist church, spoke in Queen street Methodist church on Sunday evening. Mr. Hiraiwa is a gentleman of great ability and an interesting speaker. At ner pills and nerve tonics will never is just fifteen years since he visited the city previously, speaking also in Queen street church.

Mr. Hiraiwa spoke about his own conversion and the present condition of the church in Japan. He referred to the coming of Roman Catholic missionaries to Japan about 300 years ago under Francis Xavier, and to the success they met with; their subsequent banishment, and the crushing the Saviour as He sees the course out of Christianity, after which Japan some of His children pursue. Christ became the "Hermit Nation." Then in | continued the speaker, came near un 1873 Japan had been opened up to the city. He comes near, at again. Soon after Christian mis- times, unto our souls, and it is ar When you are nervous, run down and sionaries had come in again, The awful thing to be ignorant of His speaker himself had belonged to the nearness. It is inexcusable. His life "gentry" class of Japan. He had was spent for us. What have we been sent to the Imperial university, done for Him? Surely we should de having a deep hatred of Christianity. vote our little day on earth to Him While there he began, in order to be able to argue against Christianity, to attend a Bible class. Finally he muct Rev. Mr. Cochrane, one of the first missionaries sent out by the aethodist church. By him he had gradually become convinced of the truth of Christianity, and had finally been bapd tized. Shortly afterwards he had exserienced conversion. For a time had been a teacher of science in one of the colleges, but had finally been convinced that he should enter the min istry, and so had been ordained. The speaker gave some interesting parti culars of the present state of Chris tianity of the Japanese empire. 1960 there were 42,000 Christians the land-not a very large number,

but, considering the difficulties and hindrances that had to be encountered there was reason for gratitude and gratification at the result. Many the Christians were of good standing and education. The speaker of the House of Representatives in the perial Diet was a Christian, who, at the beginning of a session, might always be seen to how his head in silent prayer. Six or seven other members were also Christians. A bil against tobacco smoking by young people had been introduced by one of the Christian members two years ago and had become law. Of late a great revival has been held among the Christians of all denominations, twenty two denominations having participat ed. It began on February 20th, 1500 In five months 15,440 persons either were converted or made enquiries. In the evangelization of Corea and China, Japanese missionaries must bear an important part. The present was the time to Christianize Japan, if it was We received this week one case sample to be saved from infidelity. The Chi Sa- | nese educated classes must be convert and the Japanese, understanding their

Sydenham Street Church.

Missionary services were held Sydenham street Methodist church esterday. In the evening, Rev. Dr. Ryckman was the preacher. His address was clearly and earnestly delivered. The text was Psalms xxxvii, y9, and also St. Luke xvii, 20, "The kingdom of God cometh not with observation." Missions he regarded as the great foundation of the vast kingdom. God was building up for to the eye any more than is the growth in the material world of rees, or fruit, or flowers. The spiritual kingdom is not visible, but God is the superintendent and will see that | Paul's church next Sunday morning. ch life is a link, each doing his litconstantly praying for ourselves, yesterday. but praying for others, giving to others as the gospel commands, "Give | Rev. Mr. Macgillivray preached the and it shall be given you." In On- last sermon of his series on "The tario alone there are yet thirty-seven | Spirit of the Age in Relation to Rein the districts of British Columbia religion were coming close together, and the Yukon. Next year there is to recognizing the Saviour as King of be an emigration of 70,000 people to men. The spirit of doubt in this age, the North-West, 20,000 of these United he said, was really a spirit of faith, Staters. That means 700 congrega- or a spirit of an enquiring mind. tions in one year. Methodists must not be behind in sending their missionaries out. Last year Sydenham street church gave \$970 for missions let it be at least \$1,000 this year,

During the offertory, Mrs. E. D. Kerr sang a solo, "Send Out Thy Light," in a pleasing manner.

Rev. Henry Wilson's Address. Rev. Henry Wilson, of New York ity, a man who needs no introduc tion to Kingstonians, among whom he labored for so many years and to whom his visits are always pleasant

A Medicine A Miracle

TABLETS are not one of the wonders of the world. They are not the discovery of some marvellous man, made in some mysterious land. They do not drive Doctors to despair, and Undertakers into insolvency. THEY ARE ONLY A' THOROUGHLY HONEST AND GOOD REM-EDY FOR CERTAIN COM-MON AILMENTS which never

should be neglected. An unsurpassed nerve tonio A blood maker and purifier A gentle but effective laxative Not a cathartio

50 Tablets, 25 Cents

QUEEN'S RUGBY CLUB ELECT

OFFICERS.

41. "And when He was come near He Frontenacs For Pittsburg, Pa.,-Merrill a Prince of Cover-Points - Inter-Year Hockey Matches at Queen's.

First Vice-President A. A. Macdonald resigned his office in the O.H.A. and A. H. Beaton was elected to succeed him.

his face, and that one look from Him The Ottawa Valley Hockey League was sufficient. Man should pray that has been re-organized. The league will consist of Amprior, Pembroke, Renfrew and Almonte. Harry Pulliam, a Pittsburg news-

paper man, has been appointed presiden, and secretary-treasurer of the National Easeball League. The Pittsburg (National League)

Basepall Club will have a \$500,000 home by next fall, if not at the beginning of the season of 1903, Arrangements are being made hold inter-year hockey matches this

may be brought upon the ice. Saturday afternoon at Belfast, and Frontenacs will be quite safe play ing in Pittsburg, Pa., so long as they don't associate on the ice with known rofessionals. That is the decision of the Canadian Amateur Athletic Union. A joint challenge has been issued by For two Sundays A. Margrett has

for a cable match next spring to defend the Rice trophy. about twenty years of age awaited It has been decided to hold the an qual intercollegiate rowing races be-Cornell, Columbia, Pennsyl vania, Wisconsin, Georgetown and and one of the most telling heart-stir-Syracuse over the Poughkeepsie Highring messages heard for years shot

the clubs of Oxford and Cambridge

Universities to the chess clubs of Har-

vaid, Yale, Princeton and Columbia

land course, June 26th, 1903. "Jim" Sutherland intends to pick up a fast hockey team to take to Pittsburg, Pa. The Canadian teams that now go across the line have to play their utmost to defeat the crack required no close observer to notice aggregations of Canucks who reprethat the appeal when finished had been sent the United States on the ice. effective; the very silence of the room With a season's training "Chaucer'

told the story. Miss Mabel Bailey Elliott would make without doubt the brought the service to a close by singbest hockey goal keeper in the couning very sweetly "I sat Alone with try. His baseball alertness behind the plate fits him to guard the posts. He hold the concluding service next Sun has never played long enough in one day, when the building will undoubtedposition to become proficient. Canadian cover-points in Merrill, who

played with Queen's for the past six farmers' interests to trade in the years. His peer at that position has city as extensively as he once did. vet to be found. Merrill is now doctor, and at present at his home in the Capital, where, no doubt, he will Kent declares that the wholesale trade be seen on the ice this winter. Queen's, Rugby Football Club has elected these officers: Honorary | re

sident, Dr. W. T. Connell; president, G. B. McLennan; vice-president, W. T Pannell; captain of first team, M. E. Branscombe; captain of second team, A. E. Mahood; sresetary-treasurer, S. Squire: assistant secretary-treasurer,

The Beachgrove-Frontenacs for 1903 elected these officers Friday night Honorary president, Rev. Fr. Donald; honorary vice-president, James Sutherland; president, Dr. C. Barber; vice-president, Dr. W. Merriman: second vice-president, W. R. Dick: manager, Dr. C. K. Clarke; secretary-treasurer, Thomas Reer.

Profe-sionals may practice with amateurs and play friendly matches in presence of spectators, but must not play when admission money is collected. The latter point seems to constitute the professionalism. Isn't that strange? Is there contamination only That is a bit of wonder at Oneen's hockey practices in which 'Chaucer' Elliott takes part.

At the fourth annual meeting of th Trent Valley Hockey League held Peterboro, on Saturday, it was de ided, after considerable discussion Bishop Mills will preach in Stal not to affiliate with the O.H.A., bu to remain a separate organization. T In the absence, through illness, of Junkin, Fenelon Falls, was elected to become a part of the Rev. Alexander Laird, Rev. Prof. Jor president, and E. Clarry, Peterboro, whole, ere the completion of His don and Rev. Mr. Brown occupied the secretary-treasurer. It is expected that heavenly work. We should not be pulpit in Cooke's Presbyterian church twelve clubs will be represented in the league this winter.

For the first time in the history o football a regular tournament to de cide the indoor championship is to be held. The event will take place in places to be settled, thirty-seven more ligion." He showed how science and Madison Square Garden, New York, on the evenings of De ember 29th, 30th and January 2nd. The teams that will contest for this honor are strongest and best known semi-professional elevens in the vicinity of the metropolis. The arena of the Garden is so big that a gridiron can be easily accommodated, and the iron girders so high that nothing will interfere with the flying pigskin when punts are in order. The contests will be held on a specially prepared turf.

Scotchmen Want It Colder. The Scotch machinists at the Locomotive Works think that Canada not a cold place at all. "We have it much colder in Scotland," said one 'In fact we hav'na felt the cold here very much. We're waiting to see some of your blasts." The Scotchman was told that the weather last week was the coldest that would be experienced, and he seemed-disappointed.

To Cure A Cold In One Day. Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

Christmas Smoking Jackets. The most popular article for men's presents. All styles and sizes. Made in England, \$2.75 to \$7.50. Jenkins.

Rev. Alexander Laird, of Cooke's church, was much improved to-day. but it will be some time before he will be around again. 25 lbs. granulated sugar, \$1. Gil-

Christy Calendars, at Uglow's. John Williams, sailing during the Bibby Co. and tan, 50c. to \$4.50. The H. D. past season on the steamer Australia, has returned home, having laid up the steamer at Erie. Stationery boxes, at R. Uglow &

Good potatoes cheap, Gilbert's. Police Sergt. Nesbitt is enjoying a short vacation.

Christmas jewellery at Bass', Princess street. Christmas pictures, artistically framed for gifts at R. Uglow & Co's.

AT THE GRAND.

" The Wizard Of Oz."

"The Wizard of Oz," which will be at the Grand on Wednesday, is de scribed by Amy Leslie, the celebrated Chicago critic, as a veritable world of beauty, melody, laughter and delicious fascination to the eye. 'The Wizard of Oz" justifies half or the glowing eulogies paid the production by the Chicago press, local playgoers who are not too jaded or sophisticated to enjoy a clean, refined spectacle will be brimful of gratitude for this latent achievement in the field of extravaganza.

Well Known In Kingston. A recent issue of the New York Her ald contains an article that will be of interest to many Kingston readers, since it concerns a gentleman well known in this city. The article, in question states that Rev. William Russell Bennett will, on Tecember 22nd. be installed as pastor of the First Presbyterian church at Morristown, N.J., one of the wealthiest and most aristocratic churches in the state of New Jersey. Mr. Bennett is thirty-five week so that all Queen's good players | years old, and will receive a salary of \$5,000 a year, which includes the The Canadian rugby team played manse, a large allowance for books, its first match in the old country on an allowance for carriage hire and his coal. The installation services will be defeated the Ulster eleven by 11 to 8. | conducted by Rev. Charles H. Parkhurst, D.D., of New York City.

The young pastor is well-known in Kingston. Last year he rented James Mcl'arland's residence for the summer months, and while enjoying the in vigorating air of Kingston, his young wife, nee Lottie Coleman, took sud denly ill and expired within a short time. The deceased lady was a cousin of Mrs. McParland, Kingstonians, who deeply sympathized with Mr. Benett, are pleased to learn of his call to a larger sphere of influence.

Change In Trade Conditions.

Alderman Kent does not believe Kingston's market will ever again be as large and lively as it once was. He gives a sound reason for his belief. In the years gone by the farmers and country people generally were obliged to come to the city to do their trading and to sell their produce. Now, however, conditions are changed. Good general stores have sprung up in every town, village and hamlet in the country. Some of these are conducted on a large scale, and in them the farmer can purchase any thing from a hairpin to an anchor. At the same time these country mer Ottawa has one of the princes of | chants pay the farmer a good price for his produce. Thus it is not to the But while the retail trade with farmers has fallen off, Alderman of the city has grown to a large extent. The country merchants come to the city to buy their goods from the wholesale houses. What Kingston loses in one way she gains in an-

Grand Opera House.

The Pan-American Carnival company was at the Grand Opera House on Saturday afternoon and evening, but had small audiences. Of its kind, the show was superior to any vet seen here. The first part was devoted to a miscellaneous collection of comical i lustrated scenes and some wonderful feats by a magician. A very pretty scene from "Quo Vadis" was given and another of Yukon scenery in the vicinity of Kicking Horse. The eruption on Mont Pelee was horribly rea

The display of the Pan-American buildings, especially the electrical ef fects, was very good indeed, but the best was left for the last, when the coronation of King Edward VII. was minutely presented, no detail being omitted. Then came the passing through Whitehall Palace entrance from Horse Guards parade, going to the Abbey, and the Coronation procession passing through the Canadian arch after the crowning at the abbey, the orchestra appropriately playing "The Maple Leaf Forever."

New Advertisers.

These local merchants were among the new advertisers in the Whig las Wemp, Price Co., chocolates and can

Roney & Co., clothing. D. A. Weese & Co., photographs and Clark Wright & Co., hatters and Taylor & Hamilton, hardware and

insmithing. R. Uglow & Co., books and station Rudd & Co., harness, leather goods,

Joseph Hiscock, fruits and confec-C. L. Bass, jeweller and optician, Dominion Fish Company, fish and

George Mills & Co., hatters and fur-E. Ashley, jeweller and practical op-

F. Nisbet, books and stationery.

Election Of Officers. The members of the Knights Temp

lars, Hugh de Paven's Premier Per ceptory No. 1, have elected these o icers: Pres. preceptory, W. S. Murtch; constable, A. Shaw; marshal W. T. Minnes: sub-marshall, W. I Skinner chaplein, Dr. A. W. Richard son: almoner, J. Adams; registrar, W. J. Renton; treasurer, J. Hewton; standard bearer, Dr. Hermiston; captain of the guard, H. J. Wilkinson guard, E. Ball.

D. J. MacKinnon, cheese exporter has opened an office at 18 Market street, where he will branch out into the provision business. He intends be coming a citizen of Kingston. Perkins' jam-jam. rice cake, choco late wafers, peach blow, and snowball, 2 lbs. 25.c. Gilbert's.

Christmas sweaters at The H. D Harford A. Chadwick has successfully passed the preliminary civil service examinations.

for Christmas at R. Uglow & Co's. Capers, 10c. a bottle. Gilbert's. Consult the ads'in to-nights Whig before starting out on your shopping. tour. They are as good as a guide book to a tourist. Bibles and prayer-books for diday 55 Front St., W.,

gifts at R. Uglow & Co's.

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.

Beautiful holiday books, Uglow's. Electrically lighted clocks, for night use, at Breck & Halliday's. A regular meeting of the Portsmouth village council will be held to-night. "Gengarry School Days," by Ralph Connor, now ready, at Uglow's. See our perfume atomizers and large assortment of perfumes and sachet powders. McLeod's drug store. City Commissioner Gordon has had

ing citizens to clear ice and snow from their sidewalks. W. Ward on commercial specialists and L. E. Staples on Normal schools, have been appointed examiners by the education department.

posted around the city notices warn

A good thing to buy to give away 5 lbs. of our 35c. India Blend Tea put up in a handsome tin cannister all for \$1.50. The Starr Co., 185 Wel lington street. Andrew Kennedy, engineer of the

Steamer Myles, has returned to the city for the winter months. The Myles has gone into winter quarters at To 5 lb. cleaned currants, 25c. Gilbert's Ebony goods (all stamped geniune

n military hair brushes, ladies hair orushes, and mirrors, also cloth brushes. A large assortment to choose from at McLeod's drug store. This morning James O'Connor, late of the Club hotel, assumed manage ment of the Collender hotel, owned by Samuel Harkness. Extensive repairs

will be made to the hotel in the Miss Agnes Donoghue, nurse-intraining in Brooklyn Hospital, wh has been ill of typhoid fever for the last two months, is in the city to spend a few weeks with her mother or

University avenue. "Cecelia," F. Marion Crawford new book, for Xmas, at Uglow's. A militia order has been promulgat ed, awarding long service medals to members of the Canadian permianen force. Among members of the R.C.1 A. to receive the decoration will be Master Gunner Stroud and Regiment al Sergt.-Maj. Long.

Christmas Umbrellas. A special range of new handles with silver mounting; initials put on free, price \$1 to \$15. Jenkins.

Consumption's Small Beginning

In all this world there is not one pair of consumptionproof lungs. No lungs will stay strong unless they are constantly supplied with rich, pure, healthy blood, and you cannot have healthy blood without careful living.

The difference between a big-lunged athlete who lives carelessly and a frail person who lives carefully, is the difference between an un guarded strong box and a weaker box guarded by a good watch-dog. It is safer to trust the dog.

No matter how strong you imagine yourself to be, if you are not breathing plenty of good air every day, if you are over-working, keeping late hours, or in any way using up your energies faster than they are repaired, you are making it easier for consumption to come into your lungs. This is the small beginning.

Let your own good sense and your doctor prescribe your habits and the necessary medicine. For nourishment nothing will do you more good than Scott's Emulsion. It contains elements which you cannot get from ordinary food and is rich in the best materials for making good blood. It is taken up into the circulation without tax on the digestion.

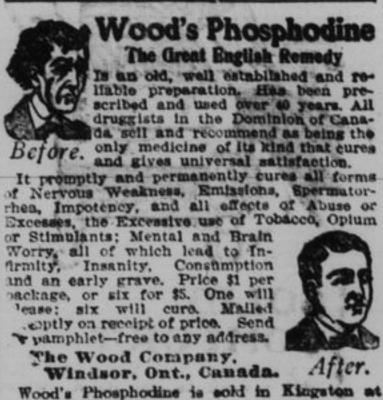
Scott's Emulsion is not a mere extract, containing imaginary "active principles" which do not exist, but is full of actual nourishment which sustains vital force and builds up the body tissues more rapidly than any other known remedy. It is always a safe, reliable help.

Every package of Scott's Emulsion bears our trade mark label of a man with a Holiday books for boys and girls big fish on his back.

We'll send you a sample free upon request.

SCOTT & BOWNE, Toronto.

Thoroughness. Prof. W. Hodgson Ellis, Official Analyst to the Dominion Government, states that "Sunlight Soap has "a thorough cleansing power, without danger to the clothing or skin." Women who want washing done thoroughly cannot use better than Sunlight Soap-Octagon Bar. Unlike common soaps, there is no damage to the clothing, and no danger to the skin; hence the saying: Sunlight Soap reduces expense. Try Sunlight Soap-Octagon Barnext wash day, and you will see that Prof. Ellis is right. He should



Chsistmas

Kodak de-Kodaks, \$1 up. French Stag and Genuine Ebony Manicure and Toilet Cases.

Work Sets and Jewel Cases. Hungarian China-a pretty rnament. Small and pretty gifts in endless variety. Rowntree's Chocolates in fancy Rowntree's and Powell's New York Chocolates, in bulk.

TAYLOR. Pharmaceutical Chemist, Princess St. 'Phone 59. 124 Princess St. Successor to B. C. Mitchell.

SHAVING GUPS

SHAVING BRUSHES Make a Suitable Christmas Present.

For Sale by

E. L. EBBELS. 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 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., really have no chance, if the dealers are careful. Ww are very careful.



Fresh Mined Just Arrived

'Phone 135.

Is hereby given the public that I purpose making it warm for all persons using my coal next win-

55-57 Barrack St.

ter. Your order is solicited.