Breathing Disease.

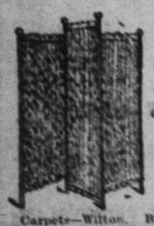
Infectious diseases are breathed into the system from those affected with disease or from bad smells; yet how many women breathe daily the offensive steam from common soaps made from rancid fats, and keep their hands for hours in such solutions, and the clothing from such soap suds is worn next the tender skin. No wonder disease and eczema are prevalent! Users of Sunlight Soap—Octagon Bar—know the difference between that and the pure, healthful smell from the vegetable oils and pure edible fats in Sunlight Soap. 208

7th FEBRUARY SALE.

Many Are Taking Advantage of This and Buying Now for Future.

This Golden Oak Circle Glass, 12x8 China Cabinet, large size. Regular $22. Feb. only $17.50. 1 China Cabinet. Regular $55, reduced to $44. 1 China Cabinet. Regular $23, reduced to $21.

Revolving Book Cabs. Regular $10. Solid Oak, reduced to $7.50. 4 special book racks. Regular $1.75, for $1.



Screens. 3 leaf, large size, any color or fillings, special purchase for Feb. Only 75c. Only 24 to offer and only 1 to each customer. Other lines all reduced.

Carpets—Wilton, Brussels, Balmorals, Wools, Unions. All reduced in line with our furniture. Many are selecting their patterns and having them held until April or May. We do this. You save money and have the advantage of our new lines, arriving each day.

11 Centre Tables, 24x24. Solid Oak. Regular $2. Feb. Special $1.40. 10 small tables, 12x12, with shelf. Clearing at 35c. 2 Solid Oak Parlor Tables for $3.75. Regular price $6. 2 Mahogany Parlor Tables, $3.75. Regular price, $6.50. Last year's patterns, but good quality and design. Above prices cannot be repeated.

T. F. HARRISON CO.

COMFORTERS

—AT—

25% Discount

We have in stock a large number of Comforters in Eiderdown, Cotton-down, Wool, Batting, etc., which we do not wish to carry over till next season, so we are willing to sell them at a sacrifice.

$2 Comforters for $1.50.
$3 Comforters for $2.25.
$4 Comforters for $3.
$4.50 Comforters for $3.35.

And so on, through a long list of prices.

These are all new goods and excellent values at regular prices.

R. McFAUL.
Kingston Carpet Warehouse.

Cook's Cotton Root Compound.

Ladies' Favorite, 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 boxes postage stamps. The Cook Company, Windsor, Ont.

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

NOTICE

Is hereby given the public that we purpose making it warm for all persons using my Coal next winter. Your order is solicited.

P. WALSH,
55-57 BARRACK STREET

Sanitary and Scientific Basis.

Clarified milk and cream is prepared for delivery with the greatest care. Always ready, always pure, sweet and palatable. Try a sample and be convinced that our product will give you more pleasure and satisfaction than you can get elsewhere. Phone 307 your order, or purchase from any of our drivers twenty quart tickets for $1.

EASY VICTORY

OF QUEEN'S OVER YALE IN NEW YORK.

Queen's 7, Yale 2 — Beechgroves Meet 'Varsity III in Belleville To-night—Local Team Curling Matches.

Queen's hockey team played on the St. Nicholas rink, New York, last night, and had no trouble defeating Yale, the score resulting 7 to 2. Six years ago they played on the same rink, and won from Yale by 3 to 0, this victory giving them the title of Intercollegiate champions of America. To-night Queen's play Princeton.

Club Curling Matches.

The senior curling matches at the Kingston rink last night resulted:

Rink No. 1—E. C. Mitchell, W. F. Webster, E. Lyons, S. R. Bailey, skip—9. W. Campfield, A. McNaughton, C. D. McFarlane, W. S. Ellis, skip—11.

Rink No. 2—J. M. Elliott, J. Almon, Dr. Knight, F. Shaw, skip—7. W. H. Dalby, H. Youlden, Dr. Haig, W. Leslie, skip—23.

To Play Baseball.

To-morrow night the sergeants and officers of the 14th Regiment will meet in the armouries in a friendly indoor baseball match. It will be the second meeting of the teams and a spirited contest is expected. The officers have never been defeated, but the sergeants say that on this occasion they will meet their Waterloo.

Will Take A Scratch Team.

K.B.C. Ramblers have been billed to play at Perth, Friday night, but are unable to go. The cadets, intercollegiate intermediate champions, kindly consented to take their place, if permission of the college authorities could be obtained, but this was not possible. An effort will be made to get a scratch team together to give Perth a match.

Sport In General.

The Kingston curling team skips who played in Napanee to-day were W. B. Dalton and Col. Drury.

Joe the Ghost, owned by Joseph Theobald, Watertown, N.Y., races again to-day with Bateline.

Montreal curlers won the Gordon cup at Utica, N.Y., defeating the United States teams in an international match by 19 shots.

Crescens, the famous trotter, was to attempt to lower his ice record at Ottawa to-day. He was to cup a quarter second off the record.

The first exclusive automobile speedway in America has been completed at Lakewood, N.J. It stretches for about a mile and a quarter through the pine woods, and is eighty feet wide. Members of the Gould family pay half the expenses of building it.

It is declared by a well-known citizen, who witnessed the Belleville K.B.C. Ramblers' match here, that the person who hit Brown, of Belleville, did not belong to Kingston. He informed the rink authorities immediately afterwards that the man was a stranger.

The Beechgroves left this afternoon for Belleville, where they meet Varsity III in a sudden death semi-final match. The Kingston team will be the same as that which defeated Cobourg. A large number of supporters accompanied the young hockeyists who are under the care of Dr. Clarke.

St. George's hockey team are champions of Toronto, having defeated Varsity in overtime by 11 to 8. First Wellingtons trimmed St. George's, then Varsity defeated Wellingtons, and now St. George's turn around and win from the proud collegians. Everything seems to be topsy-turvy so far this year.

K.B.C. Ramblers are unable to fill a date in Perth on Friday, and have asked the champion Royal Military College hockey team to take their place. The Perth team is badly in need of a licking, and it's the general opinion that the seven from Navy Bay can just about give the Perth bunch all they want, both of hockey and scrap.

A liberal speed limit is contained in an automobile ordinance adopted by San Joaquin county, Cal. It limits the rate on roads to twenty-five miles an hour; when within 500 feet of a horse attached to a vehicle, the speed must be reduced to four miles an hour, or, at the signal of the person in charge of the animal, the machine must be brought to a full stop.

The Toronto Wellingtons are not new at the defaulting business. It will be remembered that two years ago, the first of the finals between the Wellingtons and Queen's was ordered played in Toronto, and the second in Kingston. The Hogtown team kicked up their heels and defaulted. The championship thus reverted to Queen's but the latter refused to accept it and asked the O.H.A. executive to reverse the dates. This was done and Queen's lost the championship. The Wellingtons are a childish aggregation, and have to be humored.

Well Known.

You know our boots and shoes wear well, and our prices are the lowest in the city. Wear Abernethy's shoes.

Buckwheat flour.
Pancake flour.
Maple syrup, maple sugar.
Fresh haddock, 5c. lb.
Fresh herrings.
Best potatoes, in bags, $1.20.
Cooking eggs, 13c.
Fresh eggs, 20c. Crawford.

The late Dr. Smythe carried $30,000 of insurance, an evidence of deep concern for those about him.

Colds

How will your cold be tonight? Worse, probably. It's first a cold, then a cough, then bronchitis. Colds always tend downward. Stop them quickly with Ayer's Cherry Pectoral.

J. C. Ayer Co., Lowell, Mass.

A FINE PROGRAMME.

Arranged For a Coming Convention in Ottawa.

The programme prepared for the convention of the Eastern Ontario Good Roads Association, to be held in Ottawa March 12th and 13th, is highly interesting. On Thursday morning the discussion will be devoted to the best methods for township councils to adopt in managing roads. Speakers will be present from several townships which have commuted statute labor. On Thursday afternoon Warden Kerr, of Huron county, will describe how his county secured several hundred miles of leading gravel road. Professor J. A. Holmes of North Carolina will describe the macadam, gravel and other roads built in various states. Hon. F. R. Latchford will speak regarding the million dollar grant for roads. Highway Commissioner Campbell will speak.

The general public will be invited to the Thursday evening meeting, at which it is expected Sir Wilfrid Laurier, R. L. Borden, and other leading politicians will be present. An address, illustrated by limelight views, will be given by Professor Holmes, showing roads built in the states by convict labor.

Friday morning will be devoted to the consideration of the cost of constructing various types of bridges. County Councillor Morris, of Elgin county, which has built a number of modern bridges, will be on hand, as will engineers from railway companies, cement companies, etc. The railway companies have granted reduced rates to the convention. Every county and township council in Ontario is invited to appoint delegates and should send them.

WOMEN'S ILLS.

Promptly Relieved and Cured By Dr. Williams' Pink Pills.

Dr. Williams' Pink Pills are woman's best friend. They enrich the blood, tone up the nerves, and strengthen the vital organs to perform their functions regularly. They bring the rosy cheeks and shapely forms that tell of good health and happiness. To the growing girl they are invaluable. To the mother they are a necessity. To the woman of forty-five they mean relief and ease. Dr. Williams' Pink Pills are the best medicine that science has devised for women at all periods of life. These pills succeed when all else fails. Thousands of grateful women endorse the truth of these statements. Mrs. John White, Sabanatien, Ont., says: "It gives me pleasure to bear testimony to the great value of Dr. Williams' Pink Pills as a cure for the ailments that afflict so many women. I suffered greatly and the periods were very irregular, but thanks to these pills I am now quite well and free from the pains that made my life almost a burden. I cheerfully give my experience for the benefit of suffering women."

Remember that substitutes cannot cure and see that the full name "Dr. Williams' Pink Pills for Pale People" is on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed, post paid, at 50c. per box, for six boxes for $2.50.

DEATH OF MRS. BYRNE.

An Old And Estimable Resident Passed Away.

The death took place Tuesday of Mrs. Ann Byrne, relict of the late Simon Byrne, at her home on Montreal street. The deceased, though born in Ireland, spent nearly her entire life in Kingston. She was a person of estimable traits, kind, generous, baritable and sympathetic, and her death is deeply mourned by a wide circle of friends. She is survived by three sons and four daughters, one—on Patrick, is a guard in the Kingston penitentiary, another, William, is residing in New York, and the third, Simon, is in the employment of Brock & Halliday. Of the daughters, Mrs. (Capt.) John Ryan, Grove Inn, is one. Katie and Mary reside at home and the fourth is a resident of Montreal.

The funeral will take place Thursday morning at nine o'clock to St. Mary's cathedral, where a solemn requiem mass will be sung for the repose of the soul of the deceased.

HOW BROCKVILLE DOES IT.

Exacts a Large Deposit From All Outsiders.

"The Kingston city council ought to go to Brockville to learn how to deal with transient traders," remarked a merchant yesterday. He had been in Brockville on business and, being interested in the subject of transient traders at home, had made enquiries and found that an outsider desiring to open business there must first deposit with the town treasurer, as a guarantee of good faith, $250. This money the town retains for three years, when it is returned, if the merchant remains and he is still a ratepayer of the town.

This may keep away a sincere intending merchant, but for everyone lost that way it yields a double blessing, inasmuch as it keeps out fake merchants, who do incalculable harm to the merchants who pay taxes and help to keep the wheels of the municipal machinery in motion.

Appointments Of Captains.

Capt. J. A. Walsh, Ogdensburg, will command the steamer Sir Henry Bessemer, of the Pittsburg Steamship company, one of the largest and finest carriers on the lakes.

Capt. George E. Talbot, Oswego, will command the steamer Monteagle this season. The Monteagle was purchased by Downey & Co., Oswego, about two months ago. She is now in winter quarters in Milwaukee.

Demand Of The Painters.

Painters have demanded from employers $2 a day with a workday of eight hours, the new schedule to go into effect on March 1st. Trouble is looked for over the demand.

Maple sugar and syrup.
Fresh herrings.
Fresh haddock, 5c.
Cooking eggs, 13c.
Roll butter, 20c. Crawford.

AID TO SCIENCE.

SAYS QUEEN'S IS NOT DENOMINATIONAL.

Principal Gordon Speaks About Recent Methodist Resolution Presented to Premier Ross.

On being asked for his opinion on the Methodist general conference resolution presented to Premier Ross, protesting against aid being given by the Ontario government to universities that are denominational and not strictly provincial, and not controlled by the government, and responsible to the government for their expenditure, Principal Gordon, of Queen's University, replied:

"I have no hesitation in saying that the Methodist body is laboring under a mistake or misapprehension in regard to the position of Queen's, if they include the promised grant to the School of Mining in the list of grants to which they take exception. We do not regard Queen's as a denominational college, and further the School of Mining, to which the government grant was extended, although affiliated with Queen's, is under the control of a separate board of directors, and cannot in the least degree be regarded as having any denominational connection whatever. Government assistance has already been promised to the School of Mining in connection with the department of forestry, and it appears to me to be very unseemly that any pressure should be brought to bear on the government from any quarter whatever towards cancelling the promise already made in this connection. If the government had taken no action in the matter, and had given no promise or encouragement to the School of Mining here in regard to the department of forestry, one might understand the contention of those who think such a department might be more appropriately situated in some other part of the province. But it is already well known that government aid has been distinctly promised for this purpose in connection with the Kingston school—that this aid would be forthcoming on the completion of the new building, in which adequate accommodation was to be provided for instruction in forestry. This building is now ready for use and the plans were submitted to the government for approval from time to time, and each step in the course of preparation was taken on the distinct understanding that government assistance would be granted for the purpose. There is no question whatever regarding the reality of the government's promise in the matter.

"The School of Mining has in good faith gone forward towards the establishment of a department of forestry, and a course of lectures has been delivered here this session by Prof. Fernow, of Cornell University. There are several students in attendance who desire to pursue this subject of study and will be prepared to take it up next session if adequate instruction is provided. The university council, at its recent meeting took action in this matter, and from the resolution it passed it is evident that the authorities of the School of Mining, as well as the council of Queen's University, are proceeding upon the assumption that the government will not fail to fulfil their promise in assisting the department of forestry, and there is certainly no part of the province where in the general interests of the public such a school could be so advantageously located as in connection with the School of Mining at Kingston."

Cutting Into City Trade.

As showing the extent to which the country store keepers injure city trade a citizen stated yesterday that a merchant residing in a village not more than a dozen miles from Kingston last year sold over $2,000 worth of wall paper. He did not possess a stock but sold from sample, driving through the country drumming up trade. He carried wall paper merely as a sideline.

Grau Makes Hit In Toronto.

Grau's opera company played to one of the largest week's business ever done in Toronto, closing last Saturday night, and made a wonderful hit. They will present their greatest opera "El Capitan" at the Grand here tonight.

Self raising buckwheat flour.
Buckwheat flour plain.
Aunt Jemima.
Maple syrup in bottles, cans or by the quart or gallon. Crawford.

A CORKER.

But Not Much Of A Pastor.

There was an old clergyman in Central New York state some years ago who was a very powerful speaker but whose private life was by no means exemplary. Some of the more outspoken of his parishioners were in the habit of remonstrating with him regularly about this and his reply invariably was "Don't do as I do, do as I tell you to do."

It is so with a great many physicians. There are hundreds of medical men who fully understand the folly of drinking coffee and tea, who tell their patients not to drink either, yet who use one or the other themselves. But sometimes it knocks even the doctor out and he has to quit old King Coffee. A physician of Wasioja, Minn., says: "I was a liberal user of coffee from my youth and my health broke down while at college in 1866, at twenty-five years of age, but I continued to use coffee until 1898, although I was nervous, and suffered constantly from a condition known as diabetes insipidus, a condition that is well known to be due to nervousness. My weight was below par and no diet or tonic medicines were sufficient to restore my vitality and strength.

"In 1898 I became suspicious of coffee and I broke off the habit by taking up Postum. Since that time my nerves have become strong and well and my weight has increased about thirty pounds. Well healed it is a delicious, healthful drink, heavy with strength and muscle making qualities." Name furnished by Postum Co., Battle Creek, Mich.

Even if your physician does drink coffee, you had better do as he tells you to do. Give Postum a trial. That's the easy way to shake off coffee and get well and keep well.

OFF ON THE JOURNEY.

Mrs. Crumley Writes of Life on Board Ship.

Mrs. Edward Crumley and Henry Crumley sailed from Hoboken, on February 9th, for the Mediterranean. They were charmed by the elegance of the steamer on which they sailed. Mr. Crumley has received a letter from Mrs. Crumley, who charmingly describes her first impressions on board ship. It is a foretaste of what our readers may expect, as Mrs. Crumley has promised to give the Whig several letters describing her trip. After describing the features of a six course dinner, its richness and excellent service she says: "The orchestra is fine and our programme last night was worth a dollar at least. From nine till ten o'clock the orchestra played in the music room. This room is a dream of beauty. The walls and ceiling, the chair frames and piano case are all done in white and gold. The panels and frescoes are painted most artistically. Musicians' heads, scenes from famous operas and copies of famous paintings, are the subjects employed. The dining-room is fairyland in very truth. We were wakened this morning, at half past seven, by the orchestra playing a beautiful German matin hymn. It was lovely to hear the sweet, soft strains of the stringed instruments first, then gradually the wind instruments added, till it swelled out in one grand amen. At 10.30 o'clock the orchestra played "Nearer My God to Thee," and we had prayers and Bible reading, then "Jesu, Lover of My Soul," all voices joining in. A fifteen minute address followed, and then the doxology, after which there were general introductions. After a brisk walk on the promenade deck, we went to a five-course luncheon, the orchestra playing the loveliest music throughout."

Mrs. Crumley says that there are some very delightful and interesting people on board. Amongst the passengers are twenty-five ministers, a lady evangelist in the number, any amount of M.D's. and several cosmopolitans.

LIGHT SNOWSTORM.

Street Railway Tracks Were Early Cleared.

A light snowstorm set in during last night, but did very little blocking. Probably about two inches of snow fell, but the wind drifted the banks somewhat. The thermometer was a little above zero at seven o'clock this morning.

At eight o'clock Superintendent Nickle, of the street railway company, was met slowly trudging up Clarence street with a lantern. The reporter thought, like Diogenes of old, he was looking for an honest man, and presented himself for inspection.

"Where have you been?" asked the reporter.

"Out shoveling snow on the railway tracks," replied the catechised superintendent.

"When did you start out?"

"At four o'clock this morning."

"Are the tracks clear all over the line?"

"Yes, every bit of them."

And the superintendent resumed his journey to find another honest man and incidentally some toast and coffee.

THOSE SLIPPERY WALKS.

A Remedy For Them Suggested By an Alderman.

During the past three or four days the granolithic walks throughout the city have possessed a surface as slippery as a glary sheet of ice, caused by an almost invisible covering of snow on the hard, smooth facing. Walking has been a precarious task, and many an unsuspecting citizen has found himself unceremoniously tumbled into an undignified position through his feet "slipping him up," reminding one of the fact that the unrighteous walk in slippery places, likewise the righteous.

Alderman Walkem has suggested a remedy, which, if put into practice will afford temporary relief, at least, and cause hosts of blessings to be showered upon his head. His plan is to put two men to work on the walks, one with a sprinkling can and another with a pail of sand. As the water is sprinkled on the walks, the sand should be instantly scattered over them; the water freezing would hold the sand and present a rough unslidable surface.

WANT A FERRY.

Wolfe Islanders Looking For a Suitable Craft.

Wolfe Islanders are bound to have a ferry of their own if such a thing is possible. They are still working with that end in view. Five islanders were in the city Monday on business connected with the scheme. They wanted to know what the city council would do towards helping the islanders, and asked if they could be provided with a landing place, evidently being unaware of the fact that the council had adopted a resolution offering them the use of the wharf at the foot of Clarence street. They will likely either address the council again or send a communication setting forth their desires. The visitors stated that if unable to build a steamer of their own, they would send a deputation to Montreal or other eastern points to either buy or lease one, but have a ferry of their own they are bound to. They are supported by Simcoe Islanders in their stand.

A Great Snap In Clothing.

Prevost of the New York Clothing store, Brock street, is offering the choice of any suiting in his window, consisting of Scotch and English tweeds, all new goods, for $15 a suit, made to order. They are worth from $18 to $20 a suit. A first class fit guaranteed.

Found The Water Pure.

Only recently, Dr. W. T. Connell, of Queen's, made bacteriological tests of Kingston water for his own information, and found it to be quite pure, and free from any typhoid germs.

The Big Snow Storm.

You will have wet feet if you don't buy your rubbers at Abernethy's, 52½ Princess street.

Every day seems to bring its troubles for the man behind the snow shovel.

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.

Buckwheat flour.
Pancake flour.
Maple syrup, maple sugar.
Fresh herrings.
Fresh haddock, 5c.
Best potatoes.
Cooking eggs, 15c. Crawford.

What was that yarn about Candlemas?

There was another blank docket at the police court this morning.

The German club met last night at the residence of Prof. Macgillivray.

77c. given away to each buyer at Wood's Fair on Thursday. Read their advertisement.

Saturated solution carbolic acid, with full directions for use. Quart bottles, 25c. McLeod's drug store.

St. James' branch of the Boys' Brigade will be revived to-morrow night. A meeting will be held in the school house at half past seven o'clock.

A number of boarders in a Bagot street boarding house will to-night conduct a dance in the Whig hall, the interior of which has been beautifully decorated for the occasion.

Representatives of local labor unions will meet at Halifax a second contingent of German machinists, coming here to work for the Locomotive works company, and will explain the strike difficulty at the works.

The New York Central railway company finding the Whig's requests for a list of boarding houses ineffectual will send a special representative to visit the city and talk to the people. Now, folks, will you be good?

The Oddfellows' fair in Watertown, N.Y., running for two weeks, has realized $5,000. Dr. C. S. Fowler won the automobile. The kisses, redeemable at $1 apiece, to be given on Saturday night, turned out to be candy ones from the confectionery booth.

PERSONAL MENTION.

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

Mrs. Bajus is visiting her parents in Belleville.

Ernest McRae left at noon for Toronto on a pleasure trip.

J. M. Theobald left for Ottawa last night to attend the horse races.

Prof. Cappon has been confined to his room for the past week but is recovering.

Mrs. James Sherman, University avenue, has returned to the city after a month's visit in Renfrew.

Rev. Mr. Brown, Stella, has been in the city for several days attending the Crossley and Hunter meetings.

The Bishop of Ontario attended the Sunday school convention at Trenton preaching on Wednesday morning.

Rev. Dr. Young, of St. Thomas, is expected in the city on Friday next on a visit to his sister, Mrs. Robert Patterson, Nelson street.

Mrs. Baker, mother of Mrs. F. R. Anglin, 163 Alfred street, has just returned from New York, where she spent the last three months.

Tested By Time.

For throat diseases, cold and coughs Brown's Bronchial Troches have proved their efficacy by a test of many years. The good effects resulting from the use of the troches have brought out many worthless imitations. Obtain only Brown's Bronchial Troches. 25c. a box.

Death At The Penitentiary.

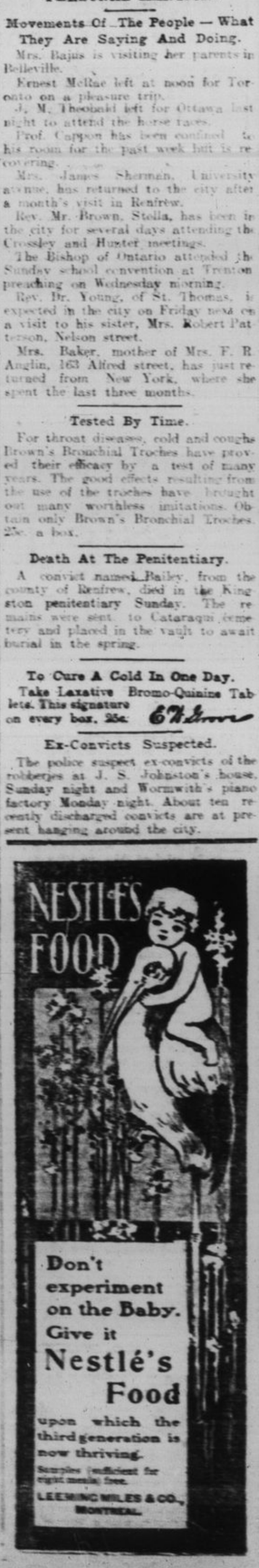
A convict named Bailey, from the county of Renfrew, died in the Kingston penitentiary Sunday. The remains were sent to Cataraqui cemetery and placed in the vault to await burial in the spring.

To Cure A Cold In One Day.

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

Ex-Convicts Suspected.

The police suspect ex-convicts of the robberies at J. S. Johnston's house, Sunday night and Wormwith's piano factory Monday night. About ten recently discharged convicts are at present hanging around the city.



THINK IT OVER.

Something You Can See in Any Restaurant or Cafe.

A physician puts the query: Have you never noticed in any large restaurant at lunch or dinner time the large number of hearty, vigorous old men at the tables; men whose ages run from sixty to eighty years; many of them bald and all perhaps gray, but none of them feeble or senile?

Perhaps the spectacle is so common as to have escaped your observation or comment, but nevertheless it is an object lesson which means something.

If you will notice what these hearty old fellows are eating you will observe that they are not munching bran crackers nor gingerly picking their way through a menu card of new fangled health foods; on the contrary they seem to prefer a juicy roast of beef, a properly turned loin of mutton, and even the deadly broiled lobster is not altogether ignored.

The point of all this is that a vigorous old age depends upon good digestion and plenty of wholesome food and not upon dieting and an endeavor to live upon bran crackers.

There is a certain class of food cranks who seem to believe that meat, coffee, and many other good things are rank poisons, but these cadaverous, sickly looking individuals are a walking condemnation of their own theories.

The matter in a nutshell is that if the stomach secretes the natural digestive juices in sufficient quantity any wholesome food will be properly digested; if the stomach does not do so, and certain foods cause distress one or two of Stuart's Dyspepsia Tablets after each meal will remove all difficulty because they supply just what every weak stomach lacks, pepsin, hydro-chloric acid, diastase and nux.

Stuart's Dyspepsia Tablets do not act upon the bowels and in fact are not strictly a medicine, as they act almost entirely upon the food eaten, digesting it thoroughly and thus gives a much needed rest and giving an appetite for the next meal.

Of people who travel nine out of ten use Stuart's Dyspepsia Tablets knowing them to be perfectly safe to use at any time and also having found out by experience that they are a safeguard against indigestion in any form, and eating as they have to, at all hours and all kinds of food, the travelling public for years have pinned their faith to Stuart's Tablets.

All druggists sell them at 50c. for full sized packages and any druggist from Maine to California, if his opinion were asked, will say that Stuart's Dyspepsia Tablets is the most popular and successful remedy for any stomach trouble.

Iron Tonic Pills

Excellent for the blood, nervous disorders, etc., 25c. per hundred.

BEEF EXTRACT, in original 4 oz. jars, reduced to 30c.

EMULSION PURE NORWEGIAN COD LIVER OIL, large size, reduced to 50c.

CASTILE SOAP, 15c. bar.

OATMEAL SOAP, 3 cakes for 10c.

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

Our Coal Is As Clean As Though It Were Washed and Brushed.

Each lump stands by itself. Good solid coal—no 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., really have no chance, if the dealers are careful. We are very careful.

Crawford
COAL THAT SUITS.
Foot of Queen St.—'Phone 9.

WINTER SCHOOL FOR SINGERS.

MR. A. U. BRANDER,
Baritone Soloist and Teacher

Boston, Mass., will conduct a Winter School for Singers at Kingston, during February, March and April. Term to begin January 20th, at Kingston, every Monday, Wednesday, Thursday and Saturday.

Mr. Brander can also be engaged for Song Recitals and Concerts. Choir and Choral work a specialty.

Studio Golden-Lion Block.

WHO IS YOUR AUCTIONEER

W. MURRAY, Jr.

is serving nearly every body now in that line. He has a reputation for good sales, prompt returns and satisfactory settlements. You will be money in pocket by employing

W. MURRAY, Jr.

I. G. BOGART, M.D., C.M.
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