

**DO THE WORK.**  
Worthless Unless Some Stomachs Help.

to the stomach which, if the food or the stomach, is not digested, food at all. This is a far as it goes and a peptic goes only this reasoning. They argue that because their stomachs are given less work, they must be starved, just as sensible for as it is unable to do all to cut down his business capacity as it is for himself to relieve his sensible business man and go forward with the employ help for his body proper.

Stuart's Dyspepsia is naturally in the stomach. They do not cause violent disturbance of bowels. They then food and supply the nourishment and carry out the assistance and the body.

sensible is this medicine employed by many stomachs. By this food and brain get the food, they need and they nourished and they work on his work and he could not work working condition himself or employing insufficient food contain enough nutritious baby. A strong work must be proper applies to the brain.

Tablets, by reach of its work, enrate and regain its strength. Nature and wasted tissues and knits the bones which is of course the process of re-

Tablets are for lists at fifty cents a one article that is not tried to sell some of that "just as qualified merit and universal demand for men within the reach

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Paper pants, cheap at

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Ugill Nov. 30th, 1903, Colonist Fare From KINGSTON, as follows:

Seattle, Victoria, Vancouver, Port Land \$46.30  
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Anacosta, Butte, Helena, Colorado Springs, Denver, Pueblo, Salt Lake \$43.80  
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**PORTLAND TO LIVERPOOL**

Cambrounan, Dec. 5, Dec. 5  
X x Nomadic, Dec. 12, Dec. 12  
X x Normandie, Dec. 19, Dec. 19  
X x Touraine, Dec. 26, Dec. 26

1904.

X x Ottawa, Jan. 2, Jan. 2  
X x Nomadic, Jan. 9, Jan. 9  
X x Normandie, Jan. 16, Jan. 16  
X x Dominion, Jan. 23, Jan. 23  
X x Touraine, Jan. 30, Jan. 30

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Must Bear Signature of *Dr. Wood*

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Very small and as easy to take as sugar.

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FOR HEADACHE. FOR DIZZINESS. FOR BILIOUSNESS. FOR TORPID LIVER. FOR CONSTIPATION. FOR SALLOW SKIN. FOR THE COMPLEXION.

CURE SICK HEADACHE.

**Dr. Wood's Norway Pine Syrup**

Cures Coughs, Colds, Bronchitis, Hoarseness, Croup, Asthma, Pain or Tightness in the Chest, Etc.

It stops that tickling in the throat, is pleasant to take and soothing and healing to the lungs. Mr. E. Bishop Brand, the well-known Galt gardener, writes:— I had a very severe attack of sore throat and tightness in the chest. Some times when I wanted to cough and could not I would almost choke to death. My wife got me a bottle of DR. WOOD'S NORWAY PINE SYRUP, and to my surprise I found speedy relief. I would not be without it if it cost \$1.00 a bottle, and I can recommend it to everyone bothered with a cough or cold.

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**THE CHURCHES.**

**SERMONS BY REV. DR. HERRIDGE, OTTAWA**

In Convocation Hall and Chalmers Church—Rev. Dr. Scott, of Ceylon, in St. Andrew's—Strong Sermon by Canon MacMorine.

Rev. Dr. Herridge, of St. Andrew's church, Ottawa, the silver-tongued preacher to the Capital, officiating at the Sunday afternoon service in Convocation Hall. His discourse on "The Handicaps of Life and How to Overcome Them," was one of the most vigorous he ever delivered here. Dr. Herridge chose as text Judges viii, 20: "But the youth drew not his sword for he feared because he was yet a youth." The text was singularly applicable to the subject, showing as it does the indecision of youth, and the failure to trust in one's power to overcome.

If there were no handicaps in life, the preacher said, we would degenerate into a race of imbeciles. Handicaps are essential to the progress of mankind. Though young men may have physical weakness, yet a resolve will carry many a one through undertakings which even Samson could not accomplish, for the greatest things in life are not done by physical giants. Men bearing the burden of infirmity have become immortal. The handicaps in mental handicaps. We are prone to blame God for our dullness, when the fault is our own. The great bulk of the world's work is accomplished by men and women of average ability, who have added to their ability firm resolution. The world is not made for us—we have to make it for ourselves. Opportunity is a companion we may walk with—always, if we but do our duty, for opportunity is not an angel which seldom comes near us. We conquer circumstances by nothing less than our own fearless resolution.

Another handicap of youth may be that of doubt—a period when youth fears to draw the adjusted sword. The productive periods of the world have been periods of faith. If we have the courage to strive after what we believe to be true, we make doubt narrower and narrower. One's conduct should be in accordance with what is clear, with what is believed to be true. Then there is the handicap of evil habit, it is a handicap only when we fall a victim to it and will not draw the sword upon it.

**At St. James' Church.**

In St. James' church last evening Canon MacMorine, D.D., delivered a particularly strong sermon on the text: James i, 22: "Be ye doers of the word, and not hearers only, deceiving your own selves." The speaker first mentioned the fact that the writer of the Epistle of James was unknown, then being of the name, and some insisting that there were three. The epistle is full of practical suggestions, and does not, like the writings of St. Paul, abound in profound theological truth; it deals more with practical questions of every day life. Some find it difficult to reconcile some of the writings of James with those of St. Paul; the writers dealt with different classes of Christians, hence the difference in the tone of their writings; one dealt with the ripened fruit, the other with the root. Some professed Christians fill themselves full of theology or scripture, but it fails to purify their lives. The highest object of religion is to bless us and lead us to God. The speaker closed by advising strict self-examination and a giving up of habits that are not in keeping with Christian teaching.

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Always Grow Strong and Have a Rosy Complexion by Using

**FERROZONE.**

Ferrozone is by long odds the best tonic for pale-faced girls and exhausted women. It forms the right kind of blood and tissue for rebuilding the system. It replaces tiredness by energy and vim, and adds nerve force and staying power. Miss Dorothy E. Leduc, of Chester, gives the following convincing evidence of Ferrozone's power:

"My work compels me to rise early in the morning, and work ten hours daily as a saleslady. Last spring I was run down, lost my color and fell off in weight. I seemed to lack ambition and the life was out of me. A friend recommended Ferrozone, and I took one tablet after meals with wonderful results. Ferrozone brought back my complexion and has given me new strength and abundance of energy and spirits. I would advise all young ladies to use Ferrozone."

Mrs. H. G. Wilder, of Dexter, says: "My daughter was not very well last summer, and lost her strength completely when the hot weather came. I gave her Ferrozone and am glad to say it did wonders. After six boxes were used my daughter was strong, and looked the picture of health. I can recommend Ferrozone to all mothers, both for themselves and daughters."

Go to your druggist to-day and get a supply of Ferrozone. Price 50c per box, or six boxes for \$2.50. By mail from The Ferrozone Company, Kingston, Ont.

**Spent Over \$2,000 Doctoring.**

Joseph Pomerville, of Stillwater, Minn., after having spent over \$2,000 with the best doctors for stomach trouble, without relief, was advised to try a box of Chamberlain's Stomach and Liver Tablets. He did so, and is a well man to-day. For sale by all druggists.

**Hon. Alfred Littleton,** the new secretary of state for the colonies, is said to have made an impression on some merchants who waited on him regarding affairs in West Africa.

fortune, just as the Prodigal Son, to gain material success, but, said the speaker, their life will be a failure unless they first seek the kingdom of God and His righteousness.

Dr. Herridge had a word to say of the churches, who did not seem to be anxious to receive the returning prodigal. There was room for more friendliness, he said, for the black sheep as well as the white ones. Christ showed it, and we must do it if we are to be His disciples.

**An Eloquent Sermon.**

It was a large congregation that listened to Rev. Mr. McKee, a student of Queen's College, in Sydenham Street Methodist church last evening. It was a sermon that made one sit up and listen with both ears, and then go home with the feeling that he had heard a sermon far more than ordinarily good. While the clergyman's voice is not strong, his words are earnest and distinctly enunciated, his subject matter well arranged and his thoughts clothed in beautiful and impressive language. The subject last night was "Spiritual Warfare," or "The Three Great Enemies of Man." From Ephesians vi, 2, came the text "Put on the whole armour of God that ye may be able to stand against the wiles of the devil." Paul, who wrote this to the Ephesians, was now languishing in a Roman prison, and the preacher, Paul's supreme aim was to win the world for Christ. His fight was over, he was in the land of the living. Now when he could not wield the mighty sword he took up the still mightier pen. He would have made a good war correspondent, such vigorous and descriptive language did he use.

The three great enemies of man were: (1) The world, (2) the flesh, (3) the devil. What do we mean by "the world"? Not the natural, the social or the industrial world. The "world" is our attitude toward the things of this world—the spirit that governs life. The spirit that makes man more than God—that is the "world." Many men worship money; that is their creed. There were even clergymen in this land whose mouths were muzzled through fear of the board of management. Servility, hypocrisy, the sham of society, insincerity—these were the "worldly" things to be shunned.

(2) The flesh. There are two elements in man. A perpetual struggle is constantly going on between the lower element and the higher element, between the flesh man and the spirit man. History and literature were called upon to furnish striking examples of this.

(3) The devil. There were three tendencies of modern thought in regard to his satanic majesty: (A) The tendency to make light of the devil and heaven. Satan is a dreadful reality. (B) The tendency to regard the devil in a figurative sense, as some fearful object. (C) The tendency to regard the devil as an actual personality. The latter is the scriptural version, and therefore the correct one. Scriptural, because he appeared in person before Christ and tempted him to cast him down from a high mountain. The speaker enlarged on the objects of the devil and the means he takes to obtain his ends, and exhorted his hearers to turn to the Redeemer of mankind. Mr. McKee preached in Brock Street Methodist church in the morning.

**St. Luke's Church.**

This church was well filled on Sunday, both at the morning and evening services. At eleven there was a farewell celebration of the holy communion. Sixty-five members of the congregation partook with the rector, Rev. Canon Cooke, who is still in charge, as his resignation will not take effect until the 30th inst. His successor, Archdeacon Worrell will begin work in his new field on the 5th prox.

**Church Paragraphs.**

Misses Hinchley and Armstrong and Mr. Manhard were new soloists heard in Queen Street Methodist church on Sunday.

Charles Harvey sang "A Few More Years Shall Roll," as an offertory solo at the cathedral at evensong on Sunday.

Rev. G. H. Copeland, Port Perry, has been invited to the pastorate of the Methodist church, Campbellford. Mr. Copeland has accepted.

The Good Day Alliance is asking the church people for financial aid. The alliance will ask for a federal bill on Sunday observance.

The duet by Miss Edwards and Mr. Anglin, "In the Cross of Christ I Glory," was listened to with pleasure by the congregation in Brock Street Methodist church.

In Cooke's church last evening Allen Leunnon sang "In the Eternal City." It was his first solo in public, and he acquitted himself admirably, giving abundant promise of being a good singer.

The Pictou Gazette says that the congregation of St. Mary Magdalene must raise \$500 to pay the superannuation of Canon Loucks, and also pay the salary of the new incumbent. The parish is being canvassed to raise the sum.

Yesterday was "Stir up" Sunday, so-called from the first two words of the collect for the day, and with it is connected the old superstition that every member of the family must give the Christmas pudding "stir" for good luck. It is the last Sunday in the church year.

Rev. Dr. Antill gave Kingston a kind word in his sermon yesterday in Queen Street Methodist church. He found it better than the places he had occupied. He gave God thanks for these things. He regretted, however, that profanity in the streets was sometimes heard.

Rev. Thomas E. Scott, M.D., a missionary stationed at Jaffna, Ceylon, is here on furlough. On Sunday morning he occupied the pulpit of St. Andrew's church, and gave an interesting account of his work there. Dr. Scott graduated at Queen's as B.A. in 1875, and as M.D. in 1892, being then well fitted for a medical missionary. He has been in Ceylon for ten years. His wife is a daughter of Rev. Mr. McCallum, retired clergyman of this city.

**Haggart and Dunlop.**

The Old War Horse Rather Wary.

Toronto Star.

Hon. John Haggart and E. A. Dunlop, the enthusiastic young hope of the conservative party in North Renfrew, breakfasted together this morning at the same table in the Queen's hotel. Prominent as Mr. Dunlop has become, his aggressive young personality was unknown to the leader of eastern Ontario conservatism. Mr. Dunlop couldn't probably understand this. This is the five hundred and odd days since North Renfrew has been unrepresented.

He spoke confidentially to his provincial leader in dominion affairs, and the old conservative war horse grew wary.

"I thought it was one of those young reporters that are always trying to find out," he explained afterwards to the Star reporter, when assured of the identity of his breakfast companion. "Somehow or other he seemed to be no ordinary ambitious about North Renfrew that I got the impression that he wanted to know too much. I told him we ought to win, but it depended to some extent on the personality of the candidate."

Yes, Mr. Haggart slowly and smilingly smiled. "I believe that is what I told him, and now, when I come to think of it, he looked surprised. In spite of this, he asked me several other questions."

"The Renfrews are next neighbors to the Lanarks, you know; but I was careful; had doubts about our man's canvass, and so on. He must have thought I was mighty careful." Here Mr. Haggart chuckled as only the stalwart ex-minister of railways can chuckle. "But I told him that if our candidate didn't get too cocky and too dead sure and stayed at home and attended to his knitting, it would probably come out all right."

"So that was young Dunlop, was it? Well, I told him several things that explain why the conversation languished somewhat," and Hon. Mr. Haggart smiled mysteriously.

**A Favorite Singer.**

Sydenham, Nov. 20.—Mr. Motz, of the Newburgh high school, favored the audience in the Methodist church on Sabbath last with two solos. Mr. Motz's singing was much appreciated. Wherever he may reside, he is sure to be in demand as a singer. James Moore, Sr., has gone to Montreal to undergo an operation. Miss Mary Tovell, Eramosa, a visitor for some weeks at Dr. Tovell's, has returned home. Mr. Scriven, at one time proprietor of the Sydenham stage, is about to remove to New Ontario, having purchased land there. Some friends of Dr. Tovell's, to the number of about sixty, gathered at his newly acquired home on Friday evening. At some time spent in a social way, they left about 11 p.m.

**BETTER THAN EVER**

MYERS' CELEBRATED HOME-MADE MINCE MEAT, PORK SAUSAGES, TURKISH BREWERY or HEAD CHEESE. All kinds of Canned Meats, Bacon and Hams. All to be found at 60 Brock St. Phone 670.

In buying, note the package—The name tells the quality.

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HIGH GRADE COFFEE

It's the BEST.

"SEAL BRAND"

In 1-lb. and 2-lb. Tin Cans (air tight). Other high grades in richly-colored parchment bags (moisture proof).



**FASHION'S FORM.**

A Very Dainty Negligee—Is a Luxury.

This negligee is most dainty, and really beautiful when finished. It is not a necessity, but a luxury, and would be a very pretty idea to add to the bride's trousseau. If one is fortunate to strike a bargain in wash ribbon and an effective lace, it will not be so very expensive to make, while to buy one similar would cost a small fortune.

The whole gown is made of straps of wash ribbon and lace. Pale blue ribbon with the white lace looks very well. The ruffles down the front and around the edge and sleeves are made of very sheer dotted Swiss, and edged with a narrow lace that matches the insertions.

A pretty petticoat must always be worn with a negligee of this kind, as it does not fasten from the yoke down. No pattern is really necessary for this design, as a shirt-waist pattern can be used for the yoke and sleeves, and the rest simply hangs straight, having really no particular shape.

**The Day In Day Out Satisfaction**

That every wearer of "THE ROYAL SHOE FOR MEN" experiences is usually the best advertising the shoe gets.

Every pair of "ROYAL SHOES" that leaves our store is a sample of the best materials, the best shoe designing, and the best shoemaking that can be procured.

**\$4.50 PRICES \$5**

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For making and repairing Linings in Coal Stoves, Ranges, Furnaces, etc.

**We Have It!**

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Not Carbonated—Made from the best of Malt and Hops.

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**Heart Palpitated.**

FAINT AND DIZZY SPELLS.

**FELT WEAK AND NERVOUS.**

COULD SCARCELY EAT.

TWO BOXES OF

**MILBURN'S HEART AND NERVE PILLS**

Cured Mrs. Edmund Brown, Inverness, Ont., when she had almost given up hope of ever getting well again.

She writes: "I was so run down that I was not able to do my work, was short of breath, had a sour stomach every night and could scarcely eat. My heart palpitated, I had faint and dizzy spells and felt weak and nervous all the time. My husband got me a box of Milburn's Heart and Nerve Pills but I told him it was no use, that I had given up hope of ever being cured. He however persuaded me to take them and before I had used half the box I began to feel better. Two boxes made a new woman of me and I have been well and have been able to do my work ever since."

Milburn's Heart and Nerve Pills are 50 cts. box, or 3 for \$1.25, all dealers or

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Open day and night.

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These Are Only Samples:

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