

Swift's Scranton Coal \$6.50 Quality Guaranteed. JAMES SWIFT & CO. Telephone 135.

Table with columns: Travelling, Kingston & Pembroke & Canadian Pacific Railways, Home Seekers' Excursions, Dominion Day, Allan Line, Quebec Steamship Company, The Bay of Quinte Route, Daily Service.

DR. GIUSEPPE LAPPONI POPE'S PHYSICIAN PRAISES DR. WILLIAMS' PINK PILLS. In Four Cases of Anemia Their Effects Were so Satisfactory That He Will go on Using Them.



DR. GIUSEPPE LAPPONI, Physician to the Pope, who has written a letter in praise of Dr. Williams' Pink Pills for Pale People.

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You can make dirty picture frames, or any other such articles, look like new if you clean them the Sunlight way. Chop very finely a piece of Sunlight Soap and put it in a bottle with a teaspoonful of hot water, shaking it well and adding a wine glass full of spirits of ammonia. Paint the frames with this liquid, let it stay on a few minutes, then wash off with a soft brush and cold clean water, and polish with clean chamois leather. Sunlight Soap is the only soap that can be used successfully in every cleaning operation in the household.

SUNLIGHT SOAP ASK FOR THE OCTAGON BAR Sunlight Soap washes the clothes white and doesn't injure the hands. LEVER BROTHERS LIMITED, TORONTO.

GREAT CLEARING SALE OF LADIES' STRAW HATS COMMENCING Saturday, July 2. 40c. to 65c. Hats for 25c. \$1.75 to \$2 Hats for \$1. 75c. to \$1 Hats for 50c. \$2.25 to \$2.50 Hats for \$1.95. \$1.25 to \$1.50 Hats for 75c. \$2.75 to \$3.25 Hats for \$1.50. Come with the crowd, Shop early. We close at 5 o'clock every day, except Saturday, in July and August.

Spence & Co., The Leading Millinery and Mantle Store. Our Self-Opening, Square Bottom Grocery Bags made from the TOUGHEST paper in ALL SIZES and WEIGHTS. We are also headquarters for all kinds of Hat, Millinery and Glove Bags, and Flour and Cement Sacks.

Still Holds First Place! ALWAYS THE SAME LABATT'S London Ale Leads in universal popularity, because it has reached the point of perfection, being absolutely pure, faultless in quality and exquisite in flavor. JAS. McPARLAND, Agent. BUY SEPTEMBER WHEAT. We believe purchasers of Sept. wheat below 80c. will show ten points profit before the option expires. With existing conditions cash wheat is not likely to fall below 90c. during 1904, and Sept. is cheap at present prices. We buy wheat in lots of 1 M bush, and upwards on three cent margins for Sept. or 5 for July.

Recommended AS ABUILDER OF STRENGTH AND HEALTH. Coye's Bread THERE ARE MORE CANADA METAL COMPANY Stereotype and Linotype Metals used in Canada than any other.

SEALED TENDERS ADDRESSED to the undersigned, and endorsed "Tender for Supplying Coal for Dominion Buildings," will be received at this office until MONDAY, July 26th, 1904, inclusively, for the supply of coal for the Public Buildings throughout the Dominion.

Combined specification and form of tender can be obtained on application at this office. Persons tendering are notified that tenders will not be considered unless made on the printed form supplied, and signed with their actual signatures.

WHEN WE Paint a carriage we put brains as well as paint into the job. Our work is of the highest standard.

W. G. FROST, Phone 526. Queen St., above Barris. A good storage warehouse in connection.

Wood Burning Outfit We have them from \$1 up. Also An Artistically Framed Picture. Our Frames are MADE IN KINGSTON and are guaranteed by the makers.

KIRKPATRICK'S ART STORE. P. WALSH, Barrack St. is selling

SCRANTON COAL As follows: Pea, per ton, \$5.50. Chestnut, per ton, 6.50. Stove, per ton, 6.50. Egg, per ton, 6.50. Well Screened and Prompt Delivery.

H. MILNE, Only Electric Cleaning and Feather Renovating Plant in Kingston. Phone 542. 272 Bagot Street.

CAPILLI FORMA A clean, healthy tonic, produces a luxuriant growth of hair at any age, prevents grey hair, is a positive cure for HEADACHE, NEURALGIA, DANDRUFF AND ECZEMA, excellent for Mustaches and other torsorial purposes. Manufactured and sold by H.M.E. ELLER, at the Canadian Gunpowder Parlors, 251 Princess Street, Kingston.

Elephant Mixed Paints Screen Doors and Windows. STRACHAN'S HARDWARE -- Princess Street.

LET ME HAVE YOUR SALE And I will guarantee you satisfactory results. We don't brag, but perform the work. Nothing sacrificed, but your best interest studied. W. J. MURRAY, The Auctioneer.

WOOD YARD—JUST OPENED Corner of Barrack and Bagot Streets Hard and Soft Slabs constantly on hand. J. GORRIE.

GRAND TRUNK RAILWAY SYSTEM DAILY EXCURSION RATES FROM KINGSTON TO WORLD'S FAIR, ST. LOUIS, MO. \$22 (Good for 15 days). \$29.35 (Good for 30 days). \$35.20 (Good until Dec. 15th, 1904).

Dominion Day Return tickets will be issued at Single First-Class Fare. Good going Thursday, June 30th, and Friday, July 1st. Good return on or before Monday, July 4th, 1904.

ALLAN LINE LIVERPOOL AND LONDON DERRY FROM MONTREAL. Tunisian, Fri. July 1, 4 a.m. 8 p.m. Ionian, Fri. July 8, 9 a.m. 9 p.m. Bavarian, Fri. July 15, 3 a.m. 8 p.m. Parisian, Fri. July 22, 9 a.m. 8 p.m. First Cabin, \$70 and upwards, according to steamer. Second Cabin, Liverpool and London, \$37.50, \$40, and \$42.50, London, \$5.50 extra. Third Class, superior accommodation, Liverpool and London, \$15, \$15, \$15, \$15. Through tickets to South Africa.

QUEBEC STEAMSHIP COMPANY LIMITED. River and Gulf of St. Lawrence Summer Cruises in Cool Latitudes. Twin Screw Iron SS. "Campana," with electric lights, electric bells and all modern appliances.

The Bay of Quinte Route DAILY SERVICE. Rochester, N. Y., & 1000 Islands STRS. "NORTH KING" AND "CASPIAN". Commencing 26th June, leave Kingston daily, except Monday, at 5:00 p.m. for Bay of Quinte Ports and Port of Rochester, N.Y. Returning will arrive at 10:00 a.m. same days and leave for Thousand Islands, calling at Alexandria Bay and Gananoque.

STR. "ALETHA" Leaves Mondays at 5:00 p.m. for Picton and Bay of Quinte Ports. For further information apply to E. E. HOESSEY, G. P. & F. Agent, Kingston, Ont. P. Hanley, J. P. Gildersleeve, Jas. Swift & Co. Agents.

Daily Line Toronto, Charlotte, Thousand Islands, Brockville, Prescott and Montreal. Leave Kingston daily, except Monday. Going East, 6 a.m. Going West, 5 p.m. Kingston to Clayton, 1,000 Island Ports, Brockville or Prescott, going and returning Sunday only. Single fare, Kingston to Montreal and return, 60c. Saturday or Sunday. Returning, 60c. Monday. Fare, \$6.

Picturesque Rideau STEAMERS LEAVE KINGSTON ON MONDAYS, WEDNESDAYS THURSDAYS AND SATURDAYS, 6 A. M.

Better Than Ever MYERS' CELEBRATED HOME-MADE Mince Meat, Pork Sausages, Tenderloin, Braised or Head Cheese. All kinds of Canned Meats, Bacon and Ham. All to be found at 59 Brock Street. Phone 670. SKIFFS FOR SALE. NEW BEST WHITE CEDAR VARNISHED, 17 to 18 ft. Apply to A. McCorkill, boat builder, corner Gore and Ontario streets.

It would be impossible to exaggerate the importance of this opinion. Dr. Lapponi's high official position places his professional competence above question, and it is certain that he did not write as above without weighing his words, or without a full sense of the effect his opinion would have.

The "simple anaemia of development," referred to by Dr. Lapponi is of course that tired, languid condition of young girls whose development to womanhood is tardy, and whose health at the period of that development, is so often impaired. A girl, bright, and merry enough in childhood, will in her teens grow by degrees pale and languid. Frequent headaches, and a sense of uneasiness which she cannot understand, make her miserable. Just when it is time for her to leave off being a girl and become a woman—a change which comes to different individuals at different ages—her development lingers—why? Because she has too little blood. That is what Dr. Lapponi means when he speaks in the scientific language natural to him, of "the wrapper around development." Dr. Williams' Pink Pills for Pale People have the power of making new blood. They cure anaemia just as food cures hunger. That is how they help growing girls, who, for want of this new blood, often drift into chronic ill-health, or "into a decline"—which means consumption—and die. Dr. Williams' Pills could save them.

The value of Dr. Williams' Pink Pills as a nerve tonic, referred to by Dr. Lapponi, makes them valuable to men as well as women. They act on the nerves through the blood, and thus cure diseases like St. Vitus' dance, neuralgia, paralysis and locomotor ataxia. When buying these pills it is important to see that the full name, Dr. Williams' Pink Pills for Pale People, is printed on the wrapper around each box. Never take a substitute, as it is worse than a waste of money—it is a menace to health. If you cannot get the genuine pills from your dealer, write Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent you post paid at 50c. a box or six boxes for \$2.50.

News of The District On Both Sides of The Line. Miss Gertrude Pringle, Belleville, and William R. Hicks, Toronto, were married on Wednesday. Miss Bertha Crocker, and John H. Garbutt, both of Albany, were married in Belleville this week. John R. Lavell, M.P., has left on a business trip to Manitoba and the North-West. He will likely go as far as Edmonton. Miss Minnie Alma Davis, Carleton Place, and J. Arnold Gardner, Hat Portage, were married in the former place on Wednesday. The choir of St. Catharine's church, Tweed, gave Miss Martin, for three years the organist of the church, a purse of \$50 in gold.

Miss Bridget McCormick, a well-known resident of Belleville, is dead after a long illness. She was a staunch Roman Catholic. Frank Larkin, a Tyndinaga farmer, was seriously injured by being dragged half a mile by a runaway team, which took fright at the G.T.R. crossing. James Buckley, only son of William Buckley, Tyndinaga, died Wednesday, aged twenty-eight years. He had been a sufferer from organic troubles for some years.

MATHIEU'S NERVINE POWDERS The best cure for headache—either nervous or bilious. 18 powders for 25 cents. Guaranteed no opiate! Combined with Mathieu's Syrup of Tar and Cod Liver Oil they form a ready remedy for Grippe and Feverish Colds. Sold everywhere or sent postpaid by The J. L. Mathieu Co., Proprietors, Sherbrooke.

Hair-Food Falling hair, thin hair, gray hair—starved hair. Feed your starving hair with a hair-food—Ayer's Hair Vigor. It renews, feeds, nourishes, and restores color. Don't grow old too fast!