

**BE UPRIGHT IN STATURE**  
We Have The Finest  
**- SHOULDER BRACE -**  
Shown Ladies' or Gents'. Perfect, Easy Fitting.  
**Perfectly Comfortable TRUSSES**  
Our Trusses are all we claim for. They have perfect control of the rupture and yet do not cause the slightest inconvenience. Are you satisfied with the one you are wearing? If not call and see our stock. Prices most reasonable.

**The "Best" Drug Store,**  
L. T. BEST, Chemist and Optician.  
124 Princess St. Phone 59.  
Mitchell's Old Stand.  
Quick Delivery.

**NOW IS THE WINTER OF YOUR DISCOUNT**  
If you are trying to get good hair out of your head, our hair is hand-scrubbed and uniform. One-ton order will bring you back a large lot of DRY SLABS for sale.

**Booth & Co.**  
Phone 188.

**MUSIC! MUSIC!**  
**MISS BLYTH**  
FORMERLY OF WATERTOWN, N.Y., will open a studio for music at her home, 140 Union St., on May 11th. A limited number of pupils desired. Call Thursdays.

**Cook's Cotton Root Compound.**  
The only safe and effective medicine on which women can depend. Sold in two degrees of strength. 10¢ per box for ordinary cases. 25¢ per box for special cases. 50¢ per box for severe cases. Ask for Cook's Cotton Root Compound; take no substitute.  
The Cook Medicine Co., Windsor, Ontario.

**FOR SALE OR TRANSFER.**  
THE CHARTER OF THE KINGSTON Ladies' College. Apply to Mrs. Aeneas, at the College, Barrie St.

**How Does This Shrike You?**

**TO-NIGHT!**

We will sell you a Dollar Cambric Shirt, any size, pretty pattern, 1 Linen Collar, 15c., any size and style, and a good stylish necktie worth 25c. This combination to-night for only 10c.

Special values in Corsets at 50c., 75c. and \$1. See the Tape Girdle on sale at 35c.

Specials in Tan Hosiery for Ladies and Children, cotton or cashmere, in all sizes, very cheap.

1,000 yards of Taffeta Ribbon, all silk, 3 inches wide, pretty shades, special value at 20c. To-night, special per yard 15c.

1 dozen Boot Laces, or 3 papers Pins, or 6 dozen Agate Buttons, or 1 pair Curling Tongs, or 2 dozen Curtain Pins, or 1 dozen Collar Buttons, or 3 cards Mending Co., or a 15c. Blouse Waist Set. Your choice to-night for only a nickel (5c.).

**Newman & Shaw**



**REAL ESTATE Bought & Sold.**

**The Open Door**  
To successful investment or speculation through

**REAL ESTATE**  
through our office. Our long experience in this line of business, coupled with unusual facilities for prompt information, place us in position to let you in on the GROUND FLOOR.

**F. BOND, 63 Clarence St.**

**G. A. BATEMAN**  
INSURER OF MARRIAGE LICENSES, LIFE AND FIRE INSURANCE BROKER.

Office, 61 Clarence Street

# Slaves to Spring Catarrh Restored to Health by Pe-ru-na.

## SPRING THE TIME TO CURE CATARRH.



MISS LYDIA HERZIGER

Miss Lydia Herziger, Grand Recorder of American Daughters of Independence, writes from Neenah, Wis., as follows:  
"I have used Peruna now for four years, each Spring and Fall, and it keeps me perfectly well and strong."  
"I am able to continue working and do not have to take a three months' rest, as I used to do every year. This is a great comfort to me, as I was not able to afford such a long rest."  
"I find that it is a great preventative for colds and coughs and soon rids the system of all disease and is an admirable medicine. I can honestly endorse it."—Lydia Herziger.



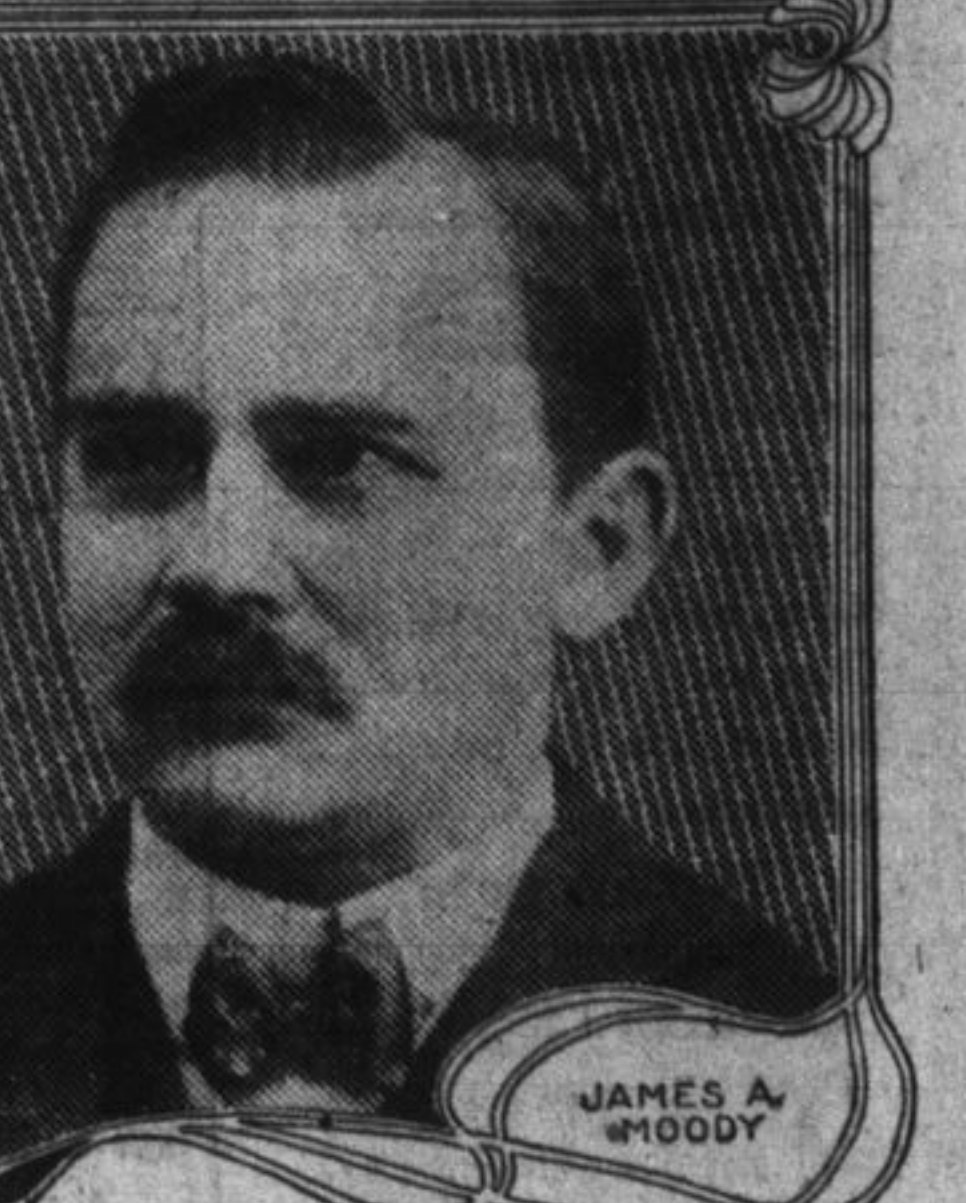
HON. W. G. HUNTER

Pe-ru-na invigorates Mind and Body. Takes Pe-ru-na Every Spring.  
Hon. Wm. G. Hunter, Ex-member North Carolina Legislature, writes from the Census Office Building, Washington, D. C., as follows:  
"The greatest family medicine ever discovered, in my opinion, which comes from experience as well as observation, is Peruna."  
"The most common affliction to humankind is a bad cold. Peruna drives it out of doors, wards off catarrh, invigorates and gives fresh strength to mind and body. I give Peruna my unqualified endorsement."—Wm. G. Hunter.



MISS TILLY MARX

Miss Tilly Marx, 421 14th St., Milwaukee, Wis., writes:  
"I am pleased to endorse Peruna, as I found it very efficient in ridding my system of a severe cold and catarrhal trouble, after I had tried many other remedies without getting relief."  
"I took Peruna for two weeks, when I was much better, and in two weeks more I was entirely rid of the cold and catarrh. I shall take it every spring as a tonic, as I found that it made me much better in every way."—Tilly Marx.



MR. JAMES A. MOODY

Mr. James A. Moody, Ex-president Board of Education, Mineral Co., W. Va., writes from 514 Massachusetts Avenue, N. E., Washington, D. C., as follows:  
"My family have used Peruna for several years past with excellent results and I take pleasure in testifying to its superiority as a remedy for catarrh."  
"Every spring that dreaded disease will show up in my family and we always turn instinctively to Peruna to ward it off."  
"It has never yet failed, and I never lose an opportunity of recommending it to my friends."—James A. Moody.

### Spring Catarrh.

Almost every one has come to believe that spring is a season that brings derangements of the body dependent on blood impurities. This belief is an old one, is nearly universal, and has arisen, not as the result of the teachings of the medical fraternity, but has been learned in the bitter school of experience.

**Nervous Depression.**  
Depression of the nervous system at the approach of spring is a fertile source of blood impurities.

There are general lassitude, dull, heavy sensations, continual tired feelings, with irregular appetite, and sometimes loss of sleep.

**That Tired Feeling.**  
That tired feeling, which is the natural result of the depressing effect of the weather immediately after the invigorating cold of winter, quickly disappears when Peruna is taken.

### The Proper Remedy.

Peruna meets every indication and proves itself to be perfectly adapted to all their varied peculiarities. Peruna invigorates the system, rejuvenates the feelings, restores the normal appetite and procures regular sleep.

**Do Not Delay.**  
Get a bottle of Peruna when the first languid feelings make themselves apparent in the spring. Take it according to the directions on the bottle. Continue this treatment through the first months of spring.

This course of treatment is no experiment; it is as positive in its results as any fact of science can be.

**A Spring Tonic.**  
Almost every body needs a tonic in the spring. Something to brace the nerves, invigorate the brain, and cleanse the blood. That Peruna will do this is beyond all question. Everyone who has tried it has had the same experience as

of local militia corps, makes the following paragraph of interest:  
"Welcome additions to the equipment of the headquarters of almost a dozen military districts last week were six carloads of the long-expected and much discussed gun machines have been placed under the direction of the militia department at important military points from one coast to the other. Although the present is only a preliminary distribution, the guns will go a long way in providing opportunities for thorough instruction in marksmanship in the various militia camps fortunate enough to possess them. In all some two hundred sub-target guns were sent out by the department, those militia centres fortunate enough to share in the first distribution being St. John's, Halifax, Charlottetown, Quebec, Montreal, Ottawa, Kingston, Toronto, London, Winnipeg and Victoria."

By way of varying the monotony of the customary routine practised at the weekly parades of the 14th Regiment, the officers might try a little original work. For instance, with the object of the objective post of the regiment, by companies or sections, might be exercised in advance guard work, different streets being selected for the several companies. Or, an attack might be made on some imaginary stronghold. Or, again, the regiment might be practised in outpost duty at different points throughout the city. There is sufficient duration of daylight to permit of one or two such tactics being carried out, and they would be beneficial and attractive.

Recruiting sergeants from different branches of the permanent militia forces, who have been touring the Dominion in search of recruits, have not met with general success, there being a noticeable absence of eligible material, and trouble is being experienced in filling up the different corps. This difficulty in securing recruits is an indication of the prosperity of the country. There is an abundance of work with the good reputation for good work accomplished, earned by No. 3 company, C. A. S. C., by taking to camp this season a company of as high a standard as he marched in with during the past two seasons. He is enjoying a superior lot of men, and his company is about up to strength. It has not yet been decided whether or not the company will turn out on Victoria day, but a meeting will be held.

Maj. White is determined to sustain the good reputation for good work accomplished, earned by No. 3 company, C. A. S. C., by taking to camp this season a company of as high a standard as he marched in with during the past two seasons. He is enjoying a superior lot of men, and his company is about up to strength. It has not yet been decided whether or not the company will turn out on Victoria day, but a meeting will be held.

Kingston is to have another department corps added to the garrison. A permanent paymaster's corps, to do duty for the district, is to be established, with headquarters in the staff office in the armouries.

The officers of the 14th Regiment have expressed their willingness to turn out on Victoria day, providing there is a general parade of the troops of the garrison, but they are averse to turning out alone.

Officers authorized to undergo promotion examination will report to the officer commanding the Eastern Ontario command, Kingston, Ont., not later than 9.30 a.m., Monday, May 20th.

The 48th Highlanders, Toronto, will visit Hamilton on Victoria day.

Officers commanding commands, district officers commanding, and officers of the permanent staff, are not per-

### MILITARY MATTERS

#### NEWS OF INTEREST TO THE GARRISON.

**Suggestion for New Work for the 14th Regiment - Practical Work in Camp-Garrison Church Parade at Early Date.**

If the headquarters staff of military district No. 3 is further increased, additional accommodation must be provided in the armouries, Kingston. The newly formed staff now occupy the entire second flat of the south wing, and have none too much room. Major Caruthers, commanding signal corps, has taken possession of the room formerly occupied by the band of the 4th Regiment, while Coles, Young and Williams each have an office, in addition to those occupied by Col. Gordon, D. O. C., and the staff clerks. An additional staff clerk is necessary owing to the increased work.

The benefits derived by city corps from the use of rifle ranges are shown in the case of Ottawa, which sent four men to Bisley this year. Time was when Kingston men also figured on Bisley teams, but that time is only a recollection now, borne in mind by the older inhabitants. Though the Limestone City is one of the most important military centres in Canada, it does not receive that justice from the militia headquarters that is its due. For years the need of a rifle range has been pointed out, and many suitable sites have been suggested, but no apparent notice has been taken of the claims of the local corps. Kingston garrison embraces about 1,000 troops, and year in and out these men have been allowed to drift on without the most requisite of all military training—rifle practice. It would be a difficult matter the world over, to find a parallel case, and the wonder is that of four of local corps have not expressed

**SMITH'S BUCHU LITHIA PILLS.**

**KIDNEY DISEASE CURED AFTER 10 YEARS.**

**SICK KIDNEYS.**

**A CURE OF THE People's Price.**

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**ALL GENUINE**

### A Typical Case.

Geo. M. Fillmore, late 1st Lieut. 3rd U. S. Artillery, writes from 609 E. St., N. W., Washington, D. C., as follows:  
"I brought forward from winter into spring a sickening case of catarrh which was making existence miserable for me, until I was induced to try a bottle of Peruna."  
"An immediate improvement gave me hope, if not relief. I kept up taking Peruna and it has so strengthened and revived me that I am now confident of a cure. I heartily endorse Peruna for catarrhal affections and as a tonic for their weakening effects."—Geo. M. Fillmore.

**Now is Your Opportunity.**  
This failure was during the winter months. But now is your opportunity. Nature comes to your assistance at this season.

Just help her a little and she will bring you out of the quagmire in which you have been floundering so long. Give Nature a little assistance and her struggles will be vain.

### Thousands of Testimonials.

Thousands of cases might be quoted in which Peruna has rescued people from the ravages of spring catarrh, and put them on a good, solid foundation of health.

We can give our readers only a slight glimpse of the vast array of unsolicited endorsements Dr. Hartman is constantly receiving. No other physician in the world has received such a volume of enthusiastic letters of thanks.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio. All correspondence held strictly confidential.

**A NEW INDUSTRY.**  
Napanee to Have a Modern Canning Factory.

Napanee, May 13.—The work of construction on the canning factory has been begun. The work is expected to be completed about the middle of August. The main building will be two stories high, 60x100 feet, the store house two stories, 60x100 feet, the corn shed, two stories, 36 x 100 feet. The buildings are to be of frame, sheathed outside with galvanized iron, and roof covered with fire proof material. The bath room, 18x45 feet, will be of the same construction. The boiler house, 36x40 feet, will be of either brick or cement blocks. The roof will be entirely of iron. The contract for excavation has been let to Blake and Archie Mowers. Messrs. Mowers will do the stone work, and the balance of the work will be done by day labor.

Miss Jennie Marshall, Kingston, is the guest of her sister, Mrs. W. Coates, Mill street. Miss Ruby Ward, the guest of Miss Eva Kinsey for the past two weeks, left yesterday for her home in Montreal. The young men of the town gave a very delightful dance last evening in the Oddfellows' hall. Miss Saunders, Kingston, is the guest of Miss Ethel Hawley.

Twenty per cent. discount on all suits on Saturday. Bring your boys along, Ronny & Co.

The death of Henry McArthur Hunter, on Sunday, removes another of the landmarks of that township. Mr. McArthur had attained the age of eighty-four years.

**Who can have a Well-Balanced Constitution without taking BEECHAM'S PILLS**

All people subject to Bilious attacks, or who suffer from Stomachic disorders, should never be without a box of BEECHAM'S PILLS.

Their gigantic success and genuine worth are known all over the world, and the proof of their excellence lies in the fact that they are generally adopted as the Family Medicine after the first trial.

**BEECHAM'S PILLS**  
by their purifying effect upon the Blood, cleanse and vivify the entire system, causing every organ of the body healthfully to continue its allotted function, thereby inducing a perfectly balanced condition, and making life a pleasure.

**BEECHAM'S PILLS**  
maintain their reputation for keeping people in Good Health and Good Condition.

**BEECHAM'S PILLS**  
have stood the test of the most exacting experience through many years.

Prepared only by Thomas Beecham, St. Helens, England. Sold everywhere in Canada and U. S. Ask everywher in Canada and U. S. Ask everywher in Canada and U. S.

**Portsouth And Barriefiel**

Deliveries will be made without extra charge, contrary to previous announcements.

**JAMES SWIFT & CO.**  
Telephone 135.

**Should Horse Racing Be Included In the Programme of Fall Fairs?—Educative Spirit Lost in Many Instances.**

A discussion which at the present time is attracting a great deal of attention in Ontario arose over the question of the desirability of having horse races at fall fairs. Many opinions have been expressed, favorable and otherwise, without a definite decision being reached.

There is no doubt about the "drawing" ability of a good horse race and the prime object of arranging these races in connection with fall fairs is to help swell the gate receipts. In this manner, however, the educative side of fall fairs is lost sight of and the efforts of the government in seeking to advance the knowledge of farmers through object lessons presented at these fall gatherings, come to naught.

Too often the horses entered in these races are cast of trotters or runners, semi-worn out plugs, with just sufficient speed to defeat prime, every-day animals, owned by lovers of the track. These plugs encircle the goal a sufficient number of times to win the prize money and the owner carries it home. In what manner are the spectators—made up mainly of farmers—benefitted educationally? In nearly every instance horse races are run off while judging of stock, and in the process, and the crowd gathers around the race track, leaving the judges entirely alone, so that the points on which prizes are awarded are lost to those for whom they are intended to benefit. The winner of a horse race may be some old, half-blind stag, run solely to bring a little pecuniary gain to its owner, but the spectators care nothing for this and cheer it as lustily as did the Romans of old a gladiatorial champion. There is nothing educative gained.

As already stated, horse races are arranged with a view to help swell the gate receipts. But do they accomplish that object? How often does it occur that the weather turns out unfavorable and the expected crowd does not assemble at the exhibition grounds? The races are advertised; the horses are properly entered; and the small attendance demands the full cost of the programme, and the races are run off, the prize paid, and the depleted treasury is the result. It is safe to say that in the case more often than where a surplus results, and is responsible for the impoverished condition of many county and township societies. Frequently, also, legitimate prize winners on stock, farm products, etc., are taxed a percentage on their winnings in order to help pay for fifth-rate horse races.

In a manner, horse races are beneficial and if conducted from the educative point of view would be of great benefit to farmers. But where to draw the line is the question. All worn-out plugs or professional trotters, etc., should be barred, and horses which have won premiums in the judging ring only be allowed to enter in competition for prizes on the race track. This would clear the field of elements, and have an educative value, but care would have to be exercised that proper classes were arranged and the rules strictly adhered to so as to remove all possibility of crooked work, and leave competition open to those who are anxious to improve the quality of horses. Horse racing as a means of testing the ability and endurance of a horse with a view to breeding intelligently, is all right, but where it made the strongest attraction of a fall fair, to the neglect of the main educative features, it becomes all wrong, an abuse, an imposition and should not be allowed.

The Whig will be glad to present the views of farmers on this subject. Letters are solicited, setting forth opinions either for or against the practice of horse racing at fall fairs.