Vest Pocket

morning, taken regularly for a short

et you need it will insure you

Cascarets den't purge, don't

They don't act like Cathartics

scious Digestive Juice, needed

They stimulate the Bowol Muscles

This stronger action, producing

The Bowel Muscles can thus

in a short time, dispense with any

with all Catharties, and Laxatives,

is the very minute you suspect

-When your Tongue is coated

-When your Breath is not above

-When you have a touch of

than was good for your digestion.

Heartburn, Gas-bolching, Acid-rising-

in-threat, or a Coming-on-Cold.

These are all sure signs of Bowel

One "Cancaret" will do it.

fore you buy. Write for Free Sample and booklet, "The Curse of Con-

stipation," best ever printed on the

SAVES BABIESLIVES

THE ONLY PERFECT

UBSTITUTE

MOTHER'S

MILK.

MAKES BABY HEALTH

ASK-YOUR DRUGGIST

FOR IT

Our Creamery Butter is always

subject. Address Sterling Remedy

Company, 374 St. Paul St., Montrea

Sold by all Druggists-10 Cents. You can try Cascarets FREE be-

The time to take a Cascard

This is why the dose of Casarets can be lossened from time

greater nutrition from food, brings back to the Bowel Muscles greater

mix Digestive Juices with Food.



On food digestion depends Men-One's Capacity for Success there-fore depends largely on his Capacity to extract Nutrition from food. ascarets increase that Capaci

Indigestion" means food eaten

of decay to the system, in place of the

worth insuring against? on or Indigestion with

YOUNG MEN

Trousers, Fancy Vents, etc. ods, are houest bargains and

MIESON

MEANS PROLONGED STRAIN AND ANXIETY.

Weighed by an Expert-What Togo May Do.

vensky by saying, in Collier's:

The two fleets present seven Russian battleships against four Japanese—
less than two to one; two Russian arthan before it. The guns of this class of vessel have been able in the open to control the movements of torpedo lights. If they have, they may contribute effectively to the protection

fluity, the expectation is justified that to shippers to see this vast improve-to will use them with a vigor and ment. Salesmen may be assured of the attack of February 8th, 1904, and block the entrance to Port Arthur. If Rojestvensky advances shortly, conditions will be favorable for night attack; for the moon is waning, and will have little power before May 10th. Should such encounters follow, the impartial military observer must hope that the tactical precautions and the precautions and heroism to be exan instructive military lesson be will present only a miserable stamopen, I hope, to conviction, and despite the impressive potentialities of the torpedo vessel, I believe in its essential inferiority, if resolutely met sor, the scarcely less terrible fireship were almost always wrought through

panie; not by itself, but the fear it is I should certainly expect the Japanvessels of every kind, till he has fully him to bring the armored force into if pursued with minute and tedious de tail, for, like most fleets in an age of progress, both opponents are a somewhat scratch lot.

leading, if mention is omitted that two of the four are superior to any two of the seven, and two of the seven inferior to the worst two of the four. In armored cruisers also, the four. In armored cruisers also, the the weakest two of the Japanese eight. To the layman, unless specially interested, there is no occasion pursue inquiry into details of comparifessional opinions will not agree, but a warning may be given against the misleading rough estimate, based upon a count of all the guns of the same weight on both sides, irrespectage and county in Ontario of \$25 or ing them. That is a not infrequent four prizes, to be competed for by kind of computation, in former days growers within the county offering the prize, at the Fruit, Flower and

in a contemptible manner and spirit but it is radically inaccurate. Should Togo have to fight thus, two principal methods of action are open to him. He may try by rapid move ments to "out manoeuvre the Russi an," thereby either effecting a prelin inary reduction of force, or creating an opportunity "to close" at advant age; or he may, under such disposi able, close at once, throwing everyis the easier course for the admiral, as it is the most imposing; but for the suited to the circumstances of Japan. It is easier because the battle once joined there is left to the admiral litthe further responsibility till the outese fleet possess adequate manoeuvering power, its superiority in numbers enemy, appear to me to require and the facility for combination due

just as good, only the Cream is a

FINEST CHEESE MADE. The Best of Lot Ever Turned Out

foundation laid years ago by J. A. Ruddick, is becoming apparent. It has

warded to Montreal the best lot have ever handled. It is equal any made in Canada, and I will back it against that manufactured in any other district. Makers want to conton will be singled out as the leading "The reason for this improvement trons as to the handling and care of makers, We all know Mr. Ruddick die way of thinking it has been left goes among the farmers and makers

THE PEOPLE ALL

Chorus Cried, Give Us New-This word of late has been in every what the word signifies, though no one has yet been found who will deny killer of "Herpes.I's Now "Herpes" the family name of a disease caused by various vegetable parasites. A similar microbe causes dandruff, itching scalp, and falling hair; this is the microbe that NEWBRO'S HERPICIDE

AIDING FRUIT GROWING.

County Prizes at Annual Exhibition in Toronto.

The Ontario Fruit Growers' Associa tion has on hand, a scheme for de velopment of the apple industry that should meet with a hearty response. Honey show, which has become a fixed feature at Toronto. The associafruit to Toronto, and hold fruit cold storage, till date of the show about the middle of November, so

that exhibitors can show as easily a oronto as at a local fair. A delegation will wait upon count councillors at their June meetings. This exhibition offers a splendid portunity for bringing prominently become a very important source

Why Suffer From Rheumatism Balm will relieve the pain? The quick ers have shown, we may be sure it "I am a great sufferer from rheuma thing that will relieve the pain." For

Each One A Factor: Bishop Lawrence, Massachusetts.

The church should show to the world every workman that every little thing whole, and that the very humblest has

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Use SUNLIGHT SOAP and SAVE THE COUPONS.

The Coupons are the same as eash because they can be exchanged for Toilet Soaps for which you have to pay out money every week. Users of SUNLIGHT and CHEERFUL SOAPS can get their TOILET SOAPS for nothing.

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" 4 Fast Exp. 1.00 p.m. Nos. 1. 2. 3 and 4 run daily. No. 5 and 8 run daily, except Monday. All other trains daily except Sunday.

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Going May 23rd and 24th. Returning Until May 25th, 1905

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eave City Hall Depot at 8:25 p.m. F. combinations. OPNWAY, Agent B. Q. Ry., Kingston.

Royal Mail Steamers. From Montreal. From Quebec.

Bavarian, May 19, 4 a.m. May 19, 2 p.m.

Virginian, May 26, 9 a.m. May 26, 7 p.m.

Tunisian, June 2, 3 a.m. June 2, 2 p.m. RATES OF PASSAGE—First Cabin. derry, \$42.50, \$45 and \$47.50 according to steamer, London \$2.50 extra: Third Class, \$27.50—Virginian, Victor-MONTREAL TO GLASGOW. MONTREAL TO LONDON & HAVRE.

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All Styles and Prices.

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Are Very Popular This Spring

A Fancy Vest worn now and then gives your suit CONWAY. F. A. FOLGER, JR. a different appearance and makes a pleasing contrast. No good dresser can get along without a FANCY VEST, single and double-breasted-with and without New short line for Tweed. Napanee. | collars-silks, worsteds, wash goods and all sorts of

Come, see them anyway. We can show you the nicest range in the city. Perhaps you want one and don't know it.

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Live Lobsters

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will be received at this office until Friday, June 23, 1905, inclusively, for the erection of a Post Office building at Vancouver, B.C., according to plans and specifications to be seen at the Department of Public Works, Ottawa, Ont., and at the Vancouver Armoury, Vancouver, B.C. Tenders will not be considered unless made on the printed form supplied, and signed with the actual signatures of ten-

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