They become flabby, for want of

They lose Tone, tension, -and the

The Bowel Muscles then need to

Nerves that control them grow tor-

pid and less sensitive to the stimu-

be wakened up, just as Excreise, or

a Cold Bath, wakes up and stimulates

This is just what Cascarcis will

They act like Exercise, or a Cold

Cascarets are a Tonic to the Bowel

Bath, on the Muscles that surround

and work the Bowels and Intestines.

Muscles, and strengthen Peristaltic

Action-the other name for which is

. . .

fluid of the Bowels, as Cathartics do.

They do not waste any precious

They do not relax the Intestines

They simply stimulate the Bowel

And, the Exercise these Bowel

Muscles to do their work naturally,

comfortably, and nutritiously

Exercise, just as your Arm would.

lating friction of food on them.

a torpid drowsy man or woman.

do.-10 cents a Box.

"Bowel-Work."



Head and shoulders above everything elseand two good feet to spare.

The only time a corn or bunion is the source of any pleasure is when you get rid of it. For a better understanding

ask for Blue Jay

The "Best" Drug Store.



Baby's Own Soap

is a guard against all skin troubles in children. It cleanses, softens, soothes and prevents chafing and sores. IT IS AS GOOD FOR THE OLD AS THE YOUNG. ALBERT TOILET SOAP CO., MFRS.

SPECIAL TO TOURISTS

Dinner, Evening and Carriage Custumes, Tailor-Made Gowns, Trousseaux, Shirt Waists, Suits, etc. All orders executed with neatness and dispatch. Popular prices. Dressmaking Parlors, 251 Princess St., Cor. Sydenham, Kingston.

CANNED SALMON PACKED

ALL HEALING OINTMENT

PRICE, 25 CENTS. WILL CURE Burns, Frozen Limbs, Cuts, Salt Rheum, Broken Breasts, Children's Sore Heads, Boils, Blood Poison and Bealing Fingers. SOLD BY DRUGGISTS.

How to Keep Cool

Is one of the "burnquestions of the Do not worry yourself soe much by waiting for the dressmaker. Come direct to our Ready-to-Wear department and make a selection.

Linen Voile Skirts, made in upto-date style, will wash and at the same time keep a good appearance, worth \$2, for 98c.

White Waists, in dozens of different styles, from 50c. to \$3

Pretty Print Wrappers, worth \$1.25, for 95c.

White Underskirts, lengths 38 to 42 inches, at close prices, 50c. to \$4 each.

If you want something swell in Ladies' Lisle Lace Hose, Tan shades, just ask to see ours. They are beauties.

Newman & Shaw

Is a good

time to buy

your WINTER COAL!

There's a Saving!

JAMES SWIFT & CO. Telephone 135.

Regained Health and Beauty by Use of Pe-ru-na.



Toronto, Can., writes: "I wish to express my gratitude

to you for giving to suffering hu-Peruna. I was an invalid from catarrh of the liver. I was despondbad taste in my mouth in the morning, my tongue was coated a dark brown and my breath was very bad at times. I was subject to sick? headaches and vomiting. My bowels \ vere irregular and I was wretched. doctored for some time without becoming much better and finally. at the suggestion of friends I tried Peruna. The result was magical and within four months I was completely cured." -- Miss Louise Moore.

HOUSANDS of women suffer from A systemic catarrh. This is sure to produce such symptoms as cold feet and hands, sick headache, palpitation of the cures by removing the cause. Peruna

'Then begins a series of experiments ful disfigurements. with medicine. They take medicine for sick headache. They take medicine for Never Looked So Well nervous prostration, for palpitation of the heart, for dyspepsia. None of these medicines do any good, because they do not reach the cause of the complaint. Peruna at once mitigates all these symptoms by removing the cause.

Systemic catarrh is the trouble. Systemic catarrh pervades the whole system, deranges every organ, weakens every function. No permanent cure can be expected until the systemic catarrh is removed.

This is exactly what Peruna will do Clean skin, clean mucous membranes, summer months. these are the true source of beauty and



Peruna cures catarrh wherever located. Female catarrh is the most beauty-destroying disease in existence. Peruna heart and heavy feelings in the stomach. strikes at the source of all these hate-

As Since Taking Pe-ru-ma Mrs. Mary A. Brown, 48 Wells Ave.,

Dorchester, Mass., writes: "Every one that looks at me says, 'I never saw you look so well as you do now.' I then told them I have been taking your medicine. I thank you for the kind letters I have received from you. I will always praise Peruna and Manalin."-Mrs. Mary A. Brown.

Dr. S. B. Hartman, President of The Hartman Sanitarium, of Columbus, O., Good health is the basis of beauty, gives advice to women free during the

All correspondence held strict con-



We have been at it, same address, since 1891 Also Stencils, Steel Stamps, Co'pany Seals. Rubber Alphabet Sets for printing price cards. White Enamel Letters. &c. Write us, we'll do the rest. C. W. Mack, 9-11-13 King St. W., Toronto.

MUSIC! MISS BLYTH

FORMERLY OF WATERTOWN, N.Y. will open a studie for music at her home. 140 Union St., on May 11th. A limited number of pupils desired. Call Thurs-

CHARACO CCOCION

For Teachers and others during July and August KINGSTON BUSINESS COLLEGE

LIMITED

Head of Queen St., Kingston, Ont. All commercial subjects taught. Students admitted at any time. Expert professional teachers in charge. Write for catalogue and terms. . B. McKAY, H. F. METCALFE, President.

MEDICAL.

George F. Dalton B.A., M.D., C.M., M.R.C.S., (England)

L. R. C. P., (London). Office and Residence, 64 William Street Telephone 378.



ing, Railings, Flower Stands Wire Works of all Swept Over Amherst Island, Causkinds; also agent for Wire Edge Rea-

275 KING STREET.

seating work of any kind, we can give ou what you want at prices that will suit you with workmanship and material guaranteed to be the very best. We make oo charges for estimates on plumbing or Jobbing work solicited and promptly

A & J. JAMIESON. **'PHONE 287.**

DENTAL DR. A. F. KNAPP, B.A., L.D.S., D.D.S. 19 Montreal St., Cor. Princess St.

All branches of Dentistry skilfully per- summer months. Visitors: Mrs. Ada supplies oxygen to purify the blood, 1,000 Islands And Rochester. formed. Nitrous Oxide Gas used for ex- and daughter, Renfrew; R. G. Girvin, phosphorous to develop the brain, traction of teeth.

Dr. Brock's Celebrated Son, Kingston, J., Roddick left on better by using Ferrozone; try it—
Friday for Port Hope to visit his now. Fifty cents buys a box of fifty

Store has second sole agree for the "Best" Drug Store has secured sole agency for this great

A TONIC FOR ALL. It makes new blood It invigorates It strengthens

It builds

BONE AND MUSCLE Used with the greatest advantage by all weak people. Prevents fainting, makes pallid cheeks into rosy ones. " Dayis & Lawrence Co., Ltd., Montreal.

IT IS A PARASITE

That Causes Itching Scalp, Dandruff, and Finally, Falling Hair. and the dandruff that annoys are the work of a parasite hidden in the scalp. That parasite must be killed to cure that will do that is Newbro's Herpicide "Destroy the cause, you remove

C. H. Reed, of Victor, Idaho, says: alling hair several years. Two bottles of Newbro's Herpicide completely cured us, after several other preparations had failed to do good." Makes hair grow; glossy and soft as silk, Hundreds of other testimonials just as strong. Sold by leading druggists. Send 10c. in stamps for sample to the Herpicide Co., Detroit, Mich. G. W. Mahood, special agent.

A DISASTROUS STORM.

ing Great Damage.

Stella, July 3,-A terrific wind Briscoe spent Sunday at Mr. Baker's. It was accompanied by thunder, light- Miss Valleau, Napanee, spent Friday damaged, roofs blown off, and barns Knight, Napanee, spent Sundgy with moved off, their foundations. One relatives in the village. Mrs. John barn was blown down. Orchards also John Hinch and daughter, Madge, suffered, and grain was badly dam- Centreville, spent Monday at Dr. Beeaged by the hail. Messrs, Preston, man's. Dr. Beeman spent a day in Patterson, Howard and McFern have | Kingston last week, Mrs. Smith and purchased a new threshing outfit, with | children, Toronto, spent a few days wind stacker attachment. R. Sanders | last week at William Dunn's. met with an accident. While cutting wood his hand coming in contact with a circular saw, cutting off three fingers. R. Fleming, while working on a building, fell from the scaffold, re- must be a food as well. There is one ! was taken to Kingston General Hos- tonic-it aids digestion, promotes as- reach 623 years. Lord Gwydyr Tuesday last. The cottages on Stella | rozone which contains exactly what and the Duke of Rutland, 87. Point are now being occupied for the a run-down system needs. Ferrozone Hamilton; Miss A. Stevenson, Roches- iron to harden the muscles. No wonder ter: Miss E. Sanders, Buffalo: Mrs. it makes such vigorous men and wo-

remeds \$1, mailed on receipt of price Taleum powder, violet perfume, equal to the best in tins at 10c, each, McLeod's Drug Store,

IMTERESTING BASEBALL

New Organist Secured for the Methodist Church at Newburgh-Many Visitors in the Village-Preached to the For-

board of the Methodist church met

'July 1.—The trustee

MATCH AT NEWBURGH

Thursday to engage an organist There were five applications for the out nomination, it was found that Miss Theresa Young, A.T.C.M., was the unanimous choice. Miss Young comes highly recommended as a musi cian of the first rank and will, doubt, be an able successor to the retiring organist, Miss Thomson, has presided with much grace and skill, at the organ for the last year. The new organist will assume herluties the first Sunday in August. Mrs. Mears will preside till then. Rev. J. Gandier preached a very impressive sermon to Court Newburgh No. 417, I.O.F., in the Presbyterian church on Sunday evening, Sixty candidates wrote on entrance here last week, a smaller number than usual.

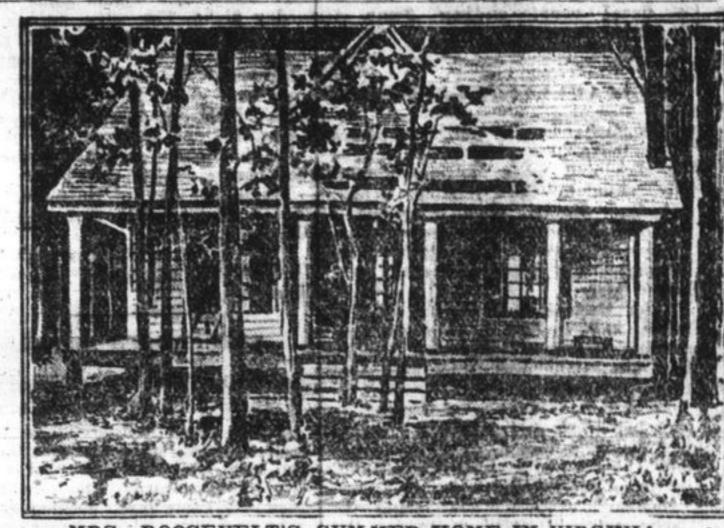
Notes On Baseball, Lacrosse And Other Sports.

The value of the Buffalo Derby next year will probably be increased to \$10,000. It was \$6,000 this year. Ottawa went under badly in the ricket match with McGill on McGill campus, being beaten by 103 runs on

The chestnut pacing mare, Jessie C. 2.101, is said to be performing under the Ontario harness meetings. The next tournament of the Royal anadian Golf Association will be held in Ottawa in 1906. The association has

now thirty-three clubs on the rolls.

Galt cinched the association football championship by defeating the Westmounts of Montreal, by a score of two to one at Galt on the holiday, winning the round by four to two. Alfred Mylne, the young Glasgow de signer who produced the lines for Zoraya, the Worts' candidate for the Canada's cup challenger, is to design Lipton's challenger for America's cup. The Orillia Canoe Club held a regatta off Couchiching Beach Park, which was viewed by about 2,000 people. The regatta brought forth the best of the Rama Indians and the O. There are twenty-three candidates C.C., and although the latter were writing in junior leaving here this | not in the best of shape, nevertheless



MRS. ROOSEVELT'S SUMMER HOME IN VIRGINIA.

Mrs. Roosevelt's summer home in Albemarle county, Virginia, was a part of the beautiful Springfield Farm, owned by W. N. Wilmer, of New York. The Springfield farm consists of about 500 acres altogether, but Mrs. Roosevelt's purchase comprises only fifteen acres and a small house. This dwelling, by Mrs. Roosevelt's order, has had a rock chimney added to it, and a porch has been built around the dwelling. Mrs. Hoosevelt bought the property so that when she wishes a week or so of rest she can go to the little retreat among the Vir-

ginia mountains, which is so accessible to Washington. week. Principal Flack, Napanee, is the they came out in front in every event presiding examiner. Principal Nesbitt | The races were the preliminary work out for the club for the big regatta s presiding examiner at Bath Saturday afternoon the married and on August 7th, and from now on the single men played baseball at the Iclub will hold semi-monthly regattas palace grounds, the married men win-Over the Thames course at Henley ning by twenty-five to six. The game on Tuesday, the Vespers defeated a was very interesting, notwithstanding strong Cambridge collegiate crew, One the score, George Thomson, "the having led all the way. The struggle Jimmy Bannon," of the team, played was a sharp one, and both crews first for the Benedicts in his old-time i showed the effects of it. style. All the pitchers were effective ! Marvin Hart, of Louisville, knocked at times, overthrows being largely re- ! out Jack Root, of Chicago, in the mensible for the large scere of the twelfth round of a fight for the winners. Wilfrid Sutton picked a few heavyweight championship. The bet

Ryan going to left field, Sidney

Littlewood umpired the game to

everybody's satisfaction. The teams

Benedicts-Moore, c.; W. B. Dunn, 3b.;

Thomson, Ib.; P. D. Shorey, 2b.

Ballard, r.f.; Brown, c.f.; O. P. Wal-

ker, -Lf. Bachelors Wears, c.: H.

Reid, r.f.; Boyce, c.f.; F. Ryan, 1.f.

The Tonic Of Health.

Must be more than a stimulant-

Women form one-fifth of the stu-

dents at Swiss universities,

"hot" ones and figured in a couple of | ting odds were three to one in favor fast double plays, with F. Shortts. of Root, The punch which compassed George Walker, in sliding to third the downfall of the Chicagoan was a base, in the first half of the first inn- short, powerful jobt of the right arm ings, collided with W. Shorey, at the to the body. The blow was delivered base, badly spraining the latter's with terrific force, and caught Root ankle and forcing him to retire. Hert while he was coming up. Root reeled, Paul took his place at third, Frank tottered and fell in a heap.

TAKEN TO HOSPITAL.

Death of a Highly Respected Resi-

dent of Newboro. Newboro, July 3 -- Miss Carrie Mon- cement walk and broke his arm in two ahan, seriously ill for some time, places. Mears, at the parsonage. Mr. and place to the Methodist church, Friday, visiting T. D. Scriver, Mrs. Files, husband and two sons,

Baughan's house on Main street. J. county, a former resident of Newboro, E. Shorey, Canifton, paid a flying was renewing acquaintances in town Myself and wife had dandruff and visit to his mother, Mrs. S. Shorey, last week, William Welsh, who injured yesterday. Miss Grace Dougan, Kala- his hand while working at the mill a dar. Miss Shorey. Tamworth, and few days ago, is improving. A. H George Wellbanks, Gosport, are spend- Tett and J. Lynett attended the doing their holidays at their respective minion day celebration in Gananoque. A large number of tourists are fishing The Presbyterian Sunday school and camping on Newboro lake. Miss held their annual picnic at Beaver Ripley spent a few days at her home Lake, Saturday. The day was fine in Portland, R. P. Tett left Monday and a large crowd thoroughly enjoy- on a business trip, to Monfreal. He ed themselves. Division court was will shortly open a large boot and

held here yesterday, Judge Madden shoe store in the Vickey store, Drumpresiding. James J. Shorey spent | mond street. Sunday in Rochester, W. W. Adams | The Newboro Masonic lodge with a spent Sumlay at his home in Russell. number of ladies a and the Newboro Ross Briscoe, Galt, is visiting his Masonic brass band, went to Merricks grandfather. Walter Briscoe. Miss ville, on the steamer Aleta, Friday and attended the installation of of storm passed over a part of Amherst W. J. Geddes and wife, Deseronto, ficers and banquet at that place Island on the evening of June 25th. spent Saturday at Peter Fairbairn's. Misses Bella and Katie Landon are visiting friends at Alexandria Bayning and hail. Several buildings were at William Sutton's. Mrs. Charles N.Y. Over forty candidates for the entrance examination to high school wrote in the public school on Wednesday and Thursday. Mr. Humes, Westport, was examiner, Mrs. A. J. Hart and family, Prescott, are spending a few days in town. Miss Bessie Lewis is recovering from her recent illness. Miss Hunt, Portland, was visiting

> friends here last week. Aged British Peers.

ceiving a deep wound in the arm. He medicine that is both a food and a house of lords whose combined ages pital. A number of children from the similation, converts food, into nu- 95:L ord Field, 92; the Earl of Crandifferent school sections attended the triment that builds up nerves, blood, brook, 91; Lord Masham, 90; Lord entrance examinations at Bath on brain and bone. That tonic is Fer- Gimthrope, 89; Lord Brampton, 88

Steamers North King and Caspian leave daily except Monday for 1,000 Islands at 10.15 a.m., calling at Alex- celebrate this year its diamond jubiandria Bay and Gananoque, Returning lee, the seventy-fifth anniversary of steamer leaves at 5 p.m. for Bay of its independence from the Nether-Quinte ports and Rochester.

Miss Sutton, the American tennis THE PROMOTIONS MADE BY THE TEACHERS.

> The Children Who When School Resumes Will Go Up Higher-Generally Good Work Done.

Rideau School.

Part I to Part II-Kenton McAdoo. Beatrice Wiltshire, Edna Little, Freddie Ward, May Riley, Edith Arniol Clifford McKane, Willie Perryman, Evelyn Freeman, Gertie Peters, Richard Grimshaw, Mildred Compton, Eva Reynolds, Earl Reynolds, Mary Gates, Melburn Swartman.

From Part II, Junior to Part II, Senior-Lila McCammon, Helen David son, Beatrice Davidson, Harold Lee, Frankie Lawson, Cyril Brightman Alma Freeman, Herbert Saunders Peter Cornelius, Irvine Bruce, Sidney Reid, Stanley Arniel, Ethel Lake. Honor certificates-December, Clifford McKane, Lila McCammon, Frank Grass, Mary Gates; June, Clifford Me-

II to Second-Clifford Me Bruce, Gladys Sherbino, Gwendoline Mordon, Bertha Perryman; Phelaney Black, Ross Hamilton, Stanley Friend Gladys Hunter, Robert Cor-

Promoted at Christmas-May Thorn

ton, Mabel Timmerman. Second to Junior Third-Eric Wilt shire, Beatrice Gates, Roy Friendship, Lottie McCammon, Irene Attwood, Freddie Mellouham, Eva Mack, Bryce Davidson, Evelyn Sinclair, Gordon Veale, Mildred Pettit, Alex. Ferguson Jennie Lewis, Lola Bushell, Eddie Monterief, Maude Pettit.

Honor certificates-Clifford Mcllqu ham. Honors at Christmas-Freddie Mellguham, Clifford Mellguham, Mildred Pettit, Jennie Lewis, Charlie Grass, Ross Hamilton, Gladys Hun-

ter. Janie Weaver. Junior Third and Senior Third. Olive McKane, Joseph Ryder, Beath Morden; Ethel Gates, Marion Filtz, equal: Myrtle Chown: Herbert Thornton. Willie Townsend, equal: Annie McCammon, Roy Rutherford, Fillion, equal; Louise Jones, Georgie Ferris, Herbert Mcllquham, George Geary, Walter Gates, Russell Bruce, Walter Curzon, Fanny Peters, Howard Kennedy, Nicholas Timmerman, Willie

Promoted at Christmas. - Fred. Knapp, Roy Gibson, Jennie Newman Senior Third to Junior Fourth. Bert Couper. Honor Certificates.-Ethel Gates

Olive McKane, Joseph Ryder, Russell

Certificates Awarded at Christmas. Annie McCammon, Ethel Gates, Willie Townsend, Walter Gates, Bertha Weaver, Wilhelmina Grass, Beath Morden, Howard Kennedy,

TWO LADS INJURED.

Broke Collar Bone-Other

His Arm Picton, July 4. Monday was observed as Dominion day by Pictonians. There was a general exodus from town on the various excursions-to the Thousand Islands, Glen Island, with St. Mary Magdalene's Sunday school, and with the Citizens' band to Napanee, Many drove, to Wellington and the Sand Banks. The boys' brigade of St. Mary Magdalene's church, are in camp for two weeks at Glen Island. Last week two young boys met with painful accidents in a somewhat similar way. Raymond Carter, the tenyear-old son of Mrs. James Shannon, slipped on the cement walk and broke his collar bone, Fred, Barton, son of H. R. Barton, town councillor, was pushed down, in playing, on the

Ryan, p. and s.s.; Shorts, Ib.; Sut- went to St. Vincent de Paul hospital, Miss Dorothy Whitton and Messrs. too. 2b.; Loucks, ss. and p.; W. D. M. Brockville, for treatment last week. Roy Clarke and Gustave Hall, Toron-Shorey, 3b.; B. Paul, 3b. and Lf.; Edward Landen, and E. Bell, are at- to, are visiting Dr. and Mrs. M. Curtending military camp at Kingston. rie. Mr. and Mrs. Martin and the Garnet Taylor, Montreal, is visiting The steamer Jopl took an excursion Misses Martin, Kingston, are in town his uncle, E. W. Stickney, Word was to St. Edward's church, Westport, Rev. Dr. Roblin and Miss Herberta received in the village this week of the Wednesday evening. The Newboro Roblin, Boston, are in town for the sudden death of Mrs. Rogers at brass band furnished music. Mrs. Eli summer, Miss Edna Bilton, Toronto, The itching scalp, the falling hair Verena. Mrs. Rogers formerly lived Wiltsie, a highly respected resident, is the guest of Mrs. B. R. Hepburn, here, where she was well-known. Miss , passed away Wednesday, after a ling- "Rickerton Castle:" Sidney Shorey, Thomson is visiting her sister. Mrs. ering illness. The funeral, which took Oshawa, has been in town a few days. Mr. Hoag, the guest of Mr. and Mrs. dandruff; and the only preparation Mrs. George Parker, Toronto, are was largely attended. She leaves a D. J. Barker, returned yesterday to Montreal, Mr. and Mrs. A. C. Grant, Strathcona, is moving into George Mr. Littlejohns, Highlyate, Kent Toronto, arrived Sunday to spend the summer here. Alton Wilson, a student at "Highfield," Hamilton, home for his vacation, in Glenora, Dr. and Mrs. Marshall, Belleville, are spending their holidays at Glen Island, H. A. Hamilton and T. Mayler, of the Standard bank, spent Sunday in Kingston, Rev. W. W. Maclaren and D. M. Farmer, acting manager of the Bank of Montreal, have left for a month's trip to Newfoundland, Mrs. G. W. Morden, George School, Pa., i

Clayton, N.Y., And Kingston And Ottawa, Ont.

Rideau Lakes' Navigation company teamers leave for Clayton every Tuesday, Wednesday, Friday and Saturday, at 6:30 p.m. Leave for Ot tawa every Monday, Wednesday Thursday and Saturday at 6 a.m. Swift & Co., agents.

This Is From Ireland. A large lump of butter has been found buried in an Irish bog. No one knows how old it is. It is thought

that it is at least 100 years old, pos-

sibly ten centuries. The butter is said

to be in excellent condition.

Petition Six Miles Long. Six miles is the length of a petition promoted by the British National Canine Defence League in support the bill for the prohibition of the vivisection of dogs.

Seven shepherds drove a herd 14,000 sheep from Mamuga, Queensland to Narbi, in New South Wales, a distance of 900 miles, without losing a single animal. Belgium is making preparations to

Our grand total of army expendi-Fifty-one Norwegians have been ture from imperial and Indian funds rescued from drowning by Capt. Miles, for 1904-5 is £53,193,100, as compared with £34,758,920 for 1880-1.

How to Exercise the Bowels.

A Health Habit.

ID you know that the Bowels work Mechani-Well they do

But, Old Dr. Cascaret calls it just "Bowel-work." This is how he explains it. You've seen a caterpillar creep.

First it draws up its hind half nearly to its head. Then it stretches forward the front half, and again draws up its hind half towards its head.

Now the Intestines work the food through them in just about the same

In that way it travels.

And these Intestines are lined inside with millions of little suckers that draw the Nutrition out of food as it passes thern.

by greasing them inside like Castor But, if the food passes too slowly Oil or Glycerine. It decays before it gets through. Then the little suckers draw Poison from it instead of Nutrition. This Poison makes a Gas, that

injures your system more than Muscles are thus forced to take, food should have nourished it makes them stronger for the future, You see, the food is Nourishment er Poison, just according to how long

It stays in transit.

for this delayed passage

(called Constipation)

thach for their next task.

or any of these mixed.

another fire tomorrow.

time than it did the first.

the tiny suckers.

is to take a big dose of Castor Oil.

This morely makes slippery the

It does not help the Cause of Delay

passage for unloading the current

- It does slacken the Bowel Muscles

more than over, and thus weakens

Another remedy is to take a strong

Cathurifo, like Salts, Calomel, Jalap,

Phosphate of Sodium, Aperient Water,

It morely flushes-out the Bowels

But, the Digestive Juice, we

Now, it always takes a larger dose

It also takes a larger dose the

of "Biledriver to operate the second

third time than it did the second, and

so on till that particular kind of "Bile-

driver" becomes useless, and an-

other more drastic one must be used

All this time the Cause of Indi-

The Cause is Want of Exercise.

their power to Contract when they

The Bowel Muscles lose some of

gestion was not lack of Digestive

Juice, but lack of Bowel-work.

get too little Exercise.

with a wante of Digestive Juice,

set flowing into the Intestines through

for temorrow's natural Digestion.

What does the Cathartic do?

just as Exercise maltes your arm stronger.

increased, as with all Cathartics. Cascarota are as safe to use core

stantly as they are pleasant to take. They are purposely put up like Candy, so you must eat them slewly and let them go down gradually with the saliva which is, in itself, a

fine natural Digestive. They are put up purposely in thin, flat, round-cornered, Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

A Casearet can never hurt, and can always do good, in strengthening the Boyel Muscles against the unusual strain they are some day sure to have, from over-eating, or lack of -Whenever your tongue is even

If we almost empty the water tank -Whonever your breath is under in putting out today's fire; what shall we do when the same cause starts -Whenever your head feels dull

> -Whenever Digestion acems a -When Hearfburn, Belehing, Colle, Restlessness begin to show themselves, take a Casearet from

your vest pocket or purce.

Sold by all Druggists-10 Cents You can try Cascarcts FREE before you buy. Write for Free Sample and booklet, "The Curse of Constipation," best ever printed on the subject. Address Sterling Remedy Company, 374 St. Paul Street,



77 Princess St.

We have been striving to win the public's confidence for a long time. We have succeeded, because we do good work at moderate prices. Estimates furnished for putting in Gas, Plumbing, Heating, etc. All orders promptly attended to.

Telephone 35.

BROS .. ELLIOTT



24 . .

The real merit and superiority of JOHN LABATT'S ALE and PORTER are well known. The claim is made, supported by numerous medals and testimonials, that they are pure, wholesome beverages, superior to any made on this continent.

JAS. McPARLAND, AGENT, King Street, Kingston.

We Carry in Stock Ingot Copper, Antimony and Tin THE CANADA METAL CO., TORONTO.