

Blue Jay Bunion Plasters

Head and shoulders above everything else—and two good feet to spare.



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 sore.

SPECIAL TO TOURISTS

USE "MAPLE LEAF" THE BEST CANNED SALMON PACKED

MOTHER BEND'S OINTMENT ALL HEALING PRICE, 25 CENTS.

How to Keep Cool

Is one of the "burning" questions of the day. Do not worry yourself so much by waiting for the dress-maker.

White Underskirts, made in up-to-date style, will wash and at the same time keep a good appearance, worth \$2, for 98c.

Newman & Shaw

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

NOW Is a good time to buy your WINTER COAL!

There's a Saving! All branches of Dentistry skillfully performed. Nitrous Oxide Gas used for extraction of teeth.

A PRETTY CANADIAN GIRL Regained Health and Beauty by Use of Pe-ru-na.



Miss Louise Moore, 86 McGill St., Toronto, Can. writes: "I wish to express my gratitude to you for giving to suffering humanity your wonderful medicine, Pe-ru-na."

THOUSANDS of women suffer from systemic catarrh. This is sure to produce such symptoms as cold feet and bags, sick headache, palpitation of the heart and heavy feelings in the stomach.

PERUNA cures catarrh wherever located. Female catarrh is the most beautiful-destrating disease in existence. Pe-ru-na cures by removing the cause.

RUBBER STAMPS We have been at the same address, since 1911. Also Stencils, Steel Stamps, Co. party Seal, Rubber Alphabet Sets for printing price cards.

MUSIC! MUSIC! MISS BLYTH

FORMERLY OF WATERTOWN, N.Y., will open a studio for music at her home, 149 Union St., on July 13th. A limited number of pupils desired. Call Thursdays.

SUMMER SESSION KINGSTON BUSINESS COLLEGE

For Teachers and others during July and August. Head of Queen St., Kingston, Ont.

George F. Dalton

Office and Residence, 64 William Street Telephone 373.

CRESCENT WIRE WORKS T. PARTRIDGE

Manufacturer of Ornamental Fencing, Railings, Flower Stands and Wire Works of all kinds; also agent for Wire Edge Ready Roofing, cheaper and better than shingles.

SANITARY PLUMBING!

When you are in need of plumbing or heating work of any kind, call on us. We will give you the best workmanship and material guaranteed to be the very best.

MARRIED MEN WON.

INTERESTING BASEBALL MATCH AT NEWBURGH

New Organist Secured for the Methodist Church at Newburgh—Many Visitors in the Village—Preached to the Foresters.



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.

FERROVIM

It makes new blood. It invigorates. It strengthens. It builds. BONE AND MUSCLE.

A DISASTROUS STORM.

Swept Over Amherst Island, Causing Great Damage.

SANITARY PLUMBING!

When you are in need of plumbing or heating work of any kind, call on us.

DENTAL

DR. A. F. KNAPP, B.A., L.D.S., D.D.S. 19 Montreal St., Cor. Princess St. Phone 652.

Dr. Brock's Celebrated Female Periodical Pills... The "Best" Drug Store has secured the best quality of this remedy.

SPORT REVIEW.

Notes On Baseball, Lacrosse And Other Sports.

Miss Sutton, the American tennis champion, threw her match in the English championships.

The chestnut pacing mare, Jessie C., 2,103, is said to be performing under a false name in the slow coaches at the Ontario harness meetings.

Over the Thames course at Henley, on Saturday, the Westerns defeated a strong Cambridge collegiate crew, having led all the way.

TAKEN TO HOSPITAL.

Death of a Highly Respected Resident of Newburgh.

Newburgh, July 3.—Miss Carrie Monahan, seriously ill for several times, went to St. Vincent de Paul hospital, Brookville, for treatment last week.

Aged British Peers.

There are seven peers in the British house of lords whose combined age reach 623 years.

1,000 Islands And Rochester.

Steamers North King and Caspian leave daily except Monday for 1,000 Islands and Gannaque, leaving at 10.15 a.m., calling at Alexandria Bay and Gannaque.

Fifty-nine Norwegian men have been rescued from drowning by Capt. Miles of Grimsby.

SCHOOL RESULTS

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 Wilshire, Edna Little, Freddie Ward, May Riley, Edith Arnish, Clifford McKane, Willie Perryman, Evelyn Freeman, Gerrie Peters, Richard Grimshaw, Mildred Compton, Eva Reynolds, Earl Reynolds, Mary Gates, Melburn Swartman.

Honor certificates—December, Clifford McKane, Lila McCammon, Frank Grass, Mary Gates, June, Clifford McKane.

Promoted at Christmas.—Fred Knapp, Roy Gibson, Jennie Newman, Kenner Third to Junior Fourth.

TWO LADS INJURED.

One Broke Collar Bone—Other His Arm.

Piston, July 4.—Monday was observed as Dominion Day by Pictouians. 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 Napanea.

This Is From Ireland.

A large lump of butter has been found buried in an Irish bog. No one knows how old it is.

Petition Six Miles Long.

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

Seven shepherds drove a herd of 14,000 sheep from Managua, in Queensland, to North, in New South Wales, a distance of 900 miles, without losing a single animal.

How to Exercise the Bowels.

A Health Habit.

DO you know that the Bowels work Mechanically? Well they do! Physicians call this "Peristaltic Action."

But, Old Dr. Cascaret calls it just "Bowel-work." This is how he explains it. You've seen an caterpillar creep. First it draws up its hind half towards its head.

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

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

This Poison makes a Gas, that injures your system more than the food should have nourished it.

MY CASCARET POCKET MY WATCH POCKET

They become flabby, for want of Exercise, just as your Arm would. They lose Tone, tension,—and the Nerves that control them grow torpid and less sensitive to the stimulating friction of food on them.

They do not waste any precious fluid of the Bowels, as Castor Oil does. They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.

They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously.

They are purposely put up like Candy, so you must eat them slowly and let them go down gradually with the saliva which is, in itself, a fine natural Digestive.

They are put up purposely in this, flat, round-cornered, Enamel box, 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 Cascaret can never hurt, and can always do good, in strengthening the Bowel Muscles against the unusual strain they are some days sure to have, from over-eating, or lack of exercise.

Whenever your tongue is even slightly coated.

Whenever your breath is under suspicion.

Whenever your head feels dull or dopy.

Whenever Digestion seems a trifle slow.

When Heartburn, Belching, Colic, Restlessness begin to show themselves, take a Cascaret from your vest pocket or purse.

Sold by All Druggists—10 Cents a Box.

You can try Cascarets FREE before you buy. Write for Free Sample and booklet, "The Cause of Constipation," best ever printed on the subject. Address Sterling Remedy Company, 374 St. Paul Street, Montreal.

PUBLIC CONFIDENCE

ELLIOTT BROS.

77 Princess St. Telephone 35.

LABATT'S ALE & PORTER

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.

THE CANADA METAL CO., TORONTO.

We Carry in Stock Ingot Copper, Antimony and Tin

Our grand total of army expenditures from imperial and Indian funds for 1904 is \$23,192,100, as compared with \$24,758,920 for 1890-1.