

# Aid" to the Bowels

Then he works them (through the nerves) till they get so strong from that Exercise that they don't need any more help to do their duty.

But Dr. Cascares wants to brighten the spot, in your Pocket or Purse, where he can regulate these Bowels. Muscles all the time, in health, and out of health.

Because, even the strongest Bowel-Muscles may be overworked.

Heavy dinners, late suppers, whiskey, wine, or beer drinking, nervous excitement, sudden exposure to cold or heat and a dozen other every day likelihoods tire the Bowel Muscles.

In such cases a little Cascares in time is worth fifty dollars worth of Treatment later on, to say nothing of the suffering, discomfort, loss of Business Energy, and rest of Social Sunshine it saves.

**PETER'S**  
SWISS MILK CHOCOLATE

The hunter who carries a ration of PETER'S SWISS MILK CHOCOLATE, can have a meal in a moment. Nutritious, sustaining, prevents fatigue.

Lamont, Corlies & Co., 27 Common Street, Montreal.

Old Dr. Cascares carried constantly in your Vest Pocket, or in "My Lady's" Purse is the cheapest kind of Health-Insurance, and Happiness - Promotion, that ever happened.

Little thin enamel Cascares Box, half as thick as your watch, round-cornered, smooth-edged, and shaped so you don't notice its presence.

Contains six Candy-tablets—Price Ten Cents a Box at any Druggist's.

Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

Big box of tablets (to re-fill pocket) at 50 cents.

Carry Cascares constantly in Vest Pocket, or Purse.

A sample and the famous booklet, "Curse of Constipation," free for the asking. Address Sterling Remedy Company, Chicago, Ill.

# Reform

and see the advance Spring fashions. Its—Spring Toping Rain Coats—endless variety.

Form not only shows models—but every very garment is faultless to the tail.

me the style you and we you every Fashion in patterns y Fit—

Kingston.

**ILITY CURED**

and indolent are the cause of more suffering than all other diseases combined. It is a disease of the blood, and its symptoms are, dizziness, headache, nervousness, depression, melancholy, and a general feeling of weakness. It is a disease that is a worry and a health consult old established physician have to experiment on you.

15 years Drs. K. & M. have treated with success all diseases of men and women. It is a secret disease that is a worry and a health consult old established physician have to experiment on you.

At Strachan's Hardware

"THERE IS A TIME FOR ALL THINGS"

Now, while prices are low, is the time to fill your coal bin with best quality SCRANTON COAL from P. Walsh's Yard BARBACK STREET.

A WARM SUBJECT

There's nothing in the world we're so much interested in as Coal at this time of the year. It may sound queer to some, but that's what we've made it. The important discoveries we have made that complete satisfaction to the customer pays best, and that the kind of business is to deserve it.

**Booth & Co.**  
FOOT OF WEST ST.  
Phone 133.

**Needs!**

There is a lot of things needed in a kitchen that you never think of unless you keep house or a tin store.

We have been supplying people with these things for so many years that we can tell pretty near what they want.

All the different shapes and styles in pots and Pans, Bread Boxes, Kettles, Sauce Pans, and the dozens of things that should be in a well appointed kitchen are here, at prices very low.

**BROS.**  
Phone 35.

## THINGS THEATRICAL

**CENTENARY IN AMERICAN STAGE HISTORY.**

Margaret Anglin to Star on Pacific Coast—Forbes Robertson to Come to America Next October—Notes on Plays and Players.

Margaret Anglin, in "Zira," will be the first anti-epidemic star to tour the Pacific coast.

Sarah Bernhardt played "Camille" before 6,000 Kansas citizens, the receipts being \$10,000.

It cost Ada Lovelace £75 not to fulfill a twelve-night engagement at Broughton, England.

"Brigadier Gerard," with Lewis Waller in the title role, has been well received in London.

Francis Wilson began the New York engagement of "The Mountain Climber," on Tuesday night.

Robert Mantell and Ben Greet are champions of two kinds of Shakespearean plays in Chicago.

The Herald Square theatre will be a vaudeville theatre for the next three years, with seats at two dollars down.

George Grossmith, Jr., and Ivan Caryll are collaborating on a musical comedy in two acts. It will probably be of a military character.

Miss Maude Adams is now in the fifth month of her remarkable engagement in Mr. Barry's "Peter Pan," at the Empire theatre, New York. She will remain there till summer.

Miss Marguerite Clark has been chosen to play the Empress, comtesse "Veronique," when it is presented over the independent circuit next season.

Miss Maude Adams has been chosen to play Isabella in "Measure for Measure," at the performances by the Oxford University Dramatic Society. This is rather an "improper" play, not often seen.

Miss Margaret Anglin will be the first one of the independent stars to invade the west. Miss Anglin will appear in Chicago in her New York success, "Zira," for a three weeks' engagement, beginning Monday, March 26th.

Forbes Robertson and his wife, Miss Gertrude Elliott, will begin a tour of the United States next October in a repertoire of plays to include "Hamlet," "Othello," "The Merchant of Venice," "Romeo and Juliet," and other Shakespearean plays and "Richard III."

Frederick Harrison announces that J. M. Barry has written a new play for the Haymarket, London, and that it will be the next production at that theatre whenever "The Indecision of Mr. Kingsbury" may require a successor. The cast will include Hamlet, Richard, Shylock, Virginia, and the once declared, "but I am Lear!" Hamlet Macbeth, and, in general, roles of sentiment were not for him.

## SMALL KINGDOMS

**MICROSCOPIC PRINCIPALITIES NEVER HEARD OF.**

Waves of International Trouble Never Sweep Their Peaceful Breasts—Standing Army of 126—One Country Keeps Gun and Forty Cartridges.

Some of the full-fledged countries of the world are rarely heard of. So small are they that seldom do waves of international trouble roll across their peaceful breasts.

The smallest principality is Monaco. It has an army of 126, and there is no conscription and no taxes. The whole available ground is built over, so there is no cultivation.

This principality includes Monte Carlo, the gambler's paradise. It is on account of the immense sums left behind by visitors to the casino that Monaco is not harassed by taxation.

Prince Albert I. has not a very responsible position as ruler over six square miles. He is devoted to science, and is well-known among scientific men for his researches in marine biology. He derives an immense income from the gaming-house, and the results largely benefit his people.

Liechtenstein, a principality on the Upper Rhine, has an area of only ninety-nine square miles. John II. is its ruler, and though it practically forms part of Austria, it is not incorporated with the empire by any treaty.

This delightful little country called out 2,000 men to fight for Austria against Prussia, in 1866, but the war was over before they took the field. Normally they are still at war with Prussia, for no peace was made with them.

On the hills near Rimini and 8,000 feet above the surrounding plains, is the little republic of San Marino, with an area of thirty-three miles. It was founded by St. Marino, a pious man of Dalmatia, in the fourth century. The village of San Marino is a quaint little place with steep and narrow streets. It has an old castle where King Berengar of Lombardy took refuge in 960. By a treaty of 1873, the republic placed itself under the protection of Italy.

The army of San Marino numbers about a hundred. There are no printing presses in the republic, so that they are not troubled with copyright laws. It is governed by a council of sixty, two of whom are elected regents for six months. Thereafter they are ineligible for office for six years. For fifteen centuries "Libertas" has been the motto of the republic. The last words of its founder were: "I leave you free of all mankind!"

Another tiny republic is that of Andorra, in the Pyrenees. This little country of 175 square miles has been the cause of some heart-burning to her two powerful neighbors, France and Spain. It is under the joint sovereignty of France and the Spanish Bishop of Urgel. They each send a vicar to assist the syndic in the management of the country, but the two vicars do not always agree.

There is no standing army. Each head of a family is bound to keep a gun and forty cartridges. Every adult male must be ready when called upon to defend or maintain order in the republic. One of the most lucrative occupations of the inhabitants is smuggling.

The empire of Germany contains a large number of "pocket" states under 500 square miles in extent. One notable example is that of Lippe, which has lately sprung into fame owing to the succession dispute.

Prince George of Schaumburg-Lippe and Prince Leopold of Lippe-Biesterfeld both claimed the vacant throne, though Prince George had all the weight of the Kaiser's influence to support him. Prince Leopold has won his case. His new subjects are delighted, for they bitterly resented the Kaiser's interference.

## MISS LOUIS, EMPEROR

A girl of seventeen years in Chicago, in the possession of a beautiful voice and great musical talent, Miss Louise Boniface, William J. LeMay, Mrs. Drew and others who acted with her, rest. Yet the hundred voices back to the day of actors' birth convey scarcely a word of sense of his separation from the stage conditions, customs and people of to-day. In his later years he had outlived the great measure of his powers and popularity. In his prime and in roles calling for the quality of expression markedly virile he was without a rival. Critics, biographers and writers of reminiscence have dwelt alike upon the quality of Forrest's voice. It seems that to speak of an organ tones was to mean no more figurative terms. An artist tells of his bringing tears to the eyes of a chance gathering by the simple recital of the Lord's prayer. His physique matched his voice, and his Spartan, virginal, and Othello—the first played the Moor when only twenty years old—won their impressive strength largely through these physical gifts. His greatness as Lear came with his ripe years, and on it rests much of his fame. "I play Hamlet, Richard, Shylock, Virginia," he once declared, "but I am Lear!" Hamlet Macbeth, and, in general, roles of sentiment were not for him.

## ROYAL STATUTE

**Queen of Denmark is Six Feet Three.**

In reply to a letter which reaches me from a reader at St. Louis, I state that the King Edward's stature is five foot seven inches in the stocking feet, or five foot eight inches in his boots. The Prince of Wales is not quite so tall, while the Duke of Sparta, the new Queen of Denmark, being five foot ten and one-half inches. The Prince Consort, father of King Edward, was a relatively big man, standing nearly six feet. But the late Queen of Victoria was exceedingly short, being, indeed, but a little over five foot two inches, a fact which was lost sight of, owing to the wonderful dignity and even majesty of her carriage. The tallest queen of Europe is, of course, the new Queen of Denmark, only daughter of the late King of Sweden, who stands exactly six foot three inches in her hosey—that is to say, without French heels. The latter she disapproves of, justly esteeming that her altitude is sufficiently great without seeking to increase it by artificial means.

## Who Was The Loser?

Kansas City Journal.

A banker going home for his dinner saw a ten dollar bill on the curbstone. He picked it up and took the number in order to find the owner. While at home his wife remarked that the butcher had sent a bill amounting to \$10. The only money he had with him was the bill he had found, which he gave to her and she paid the butcher. The butcher paid it to a farmer for a calf, and the farmer paid it to a merchant, who in turn paid it to a wash-woman, and she, owing the banker a note of \$10 went to the bank and paid the note. The banker recognized the bill as the one he had found, and which, up to that time had paid \$50 of debt. On careful investigation he discovered that the bill was counterfeit. Now, will some of our friends tell us what has been lost in this transaction, and by whom?

## Overwork And Underwork.

Hartford, Conn., Times.

Rev. Dr. Alford J. Savage is another New York clergyman who has succumbed to over-work and gone off for a rest to let his nerves get over their mutiny. His case following so closely at the heels of that of Dr. Reinsford, the big, robust rector of St. George's, who compressed years into days, and whose life was a succession of crowded hours, attracts attention. Dr. Reinsford is down and out. These twin instances of nervous breakdown are striking, but hardly disturbing. Where overwork kills its tens under work with the vices that frequently accompany it, slays its thousands. The victims of the strenuous life are only a numerical fraction of the victims of indolent life.

## THE HARDY LUMBERMAN

A man cannot work to the best advantage in the lumber woods or about the farm in the severe Canadian winters unless his feet are warm and dry.

His Rubber Shoes must be able to give good and resistance and provide sure footing.

Merchants Moore Bros. provide all these qualities. They are made from pure Para rubber gum, scientifically and thoroughly impregnated into strong, twisted and closely woven cotton duck fibre. They are hand-made by skilled workmen, under careful supervision and inspection and vulcanized with excellent care.

If your Shoeman don't sell them let us know.

Branches at WINNIPEG, LONDON, TORONTO, OTTAWA, MONTREAL.

## Life And Sleep.

Dundas Advertiser.

One of the newest fads of the medical world is the sleep cure. According to the physician who has sought to introduce his ideas among the Parisians, one sleeps entirely too little. It is his argument that one lives a certain length of time, and that this time (sickness not considered) is extended over a long or short period, according to the temperament of the person. He cites in support of his theory the longevity of the negroes, and declares that they attain a ripe old age because they sleep when work is not absolutely essential. His theory consists of sending his patient to bed and making him sleep. Eight hours a day one may leave his bed and mingle with the world as he pleases, but not only must the other duties be spent in bed, but the patient must actually be asleep.

## WHO HAS ASTHMA?

Let Them Know of the One Permanent Cure.

Doctors advance different theories as to the cause of Asthma.

The cause isn't material—it's the cure you want.

Internal remedies are useless—no good.

But use the ozonated air cure, "Catharhoxone," and asthma won't hang round very long.

No room for doubt—Catharhoxone isn't an experiment.

Thousands have been cured permanently and quickly, like Edward J. O'Connor, of South Ste. Marie, Ont., who writes:

"From my boyhood I had been a constant sufferer from asthma and catarrh. My nose and throat were always stopped up with mucus and I had droppings in the throat."

"When asthmatic attacks came on I thought I couldn't live through the night. I would sit up and gasp for breath and endure great distress."

"Catharhoxone was a God-send to me. It has made me entirely well and I speak of it just as I found it."

Your druggist sells Catharhoxone; two months' treatment costs \$1; trial size 25c. By mail from N. C. Polson & Co., Hartford, Conn., U.S.A., and Kingston, Ont.

**A Natural Laxative**

Inward cleansing is as necessary as outward bathing. To keep the bowels free and regular is of even greater importance than to keep the skin-pores from becoming clogged. The neglect of either invites disease. Everyone needs a natural laxative occasionally, to free the bowels of accumulated impurities. For this purpose take

**BEECHAM'S PILLS**

the greatest boon ever offered to those who suffer from the ill that follow constipation. For over fifty years Beecham's Pills have been famous as a Stomach corrective, a Liver regulator and Bowel laxative. They never gripe nor cause pain. Powerful purgatives are dangerous. Avoid them. Use Beecham's Pills. They give relief without doing violence to any organ. Their action is in harmony with physical laws. Take them regularly and the necessity for their use becomes less frequent. They are a natural laxative and a positive cure for Constipation, Bilioousness, Indigestion, Sick Headache and Dyspepsia.

Prepared only by the Proprietor, Thomas Beecham, St. Helens, Lancashire, Eng. Sold everywhere in Canada and U. S. America. In boxes 25 cents.

**MELCHER'S RED CROSS CANADIAN GIN**

The only Gin MATURED FOR YEARS in Bonded Warehouses, and bottled under Government Supervision.

BOVIN, WILSON & CO., Montreal. DISTRIBUTORS.

**Merchants Rubbers**

George E. Boulter, Charles A. Davies, Northern and Central Ontario Agents. Prompt attention given to Telegraph, Telephone and Mail Orders. BOUTLER, DAVIES & COMPANY, Specialty jobbers in all classes of High-Grade Boots and Shoes. Telephone, Main 5708, Main 117, 24 Front St. W., Toronto, Ont.

**The Paint That Won't Come Off that's Sterling Paint!**

It's sold at **Lemmon & Son's, King Street,**

And carries with it an absolute guarantee. It's cheaper than other paints, too. Try a gallon.

**THE CANADA METAL CO.**

Manufacture Lead Pipe, Traps, Brass Thimbles, Sheet Lead.

William Street. Phone Main 1729. Toronto

## Poor Package Dyes Make Women Miserable and Cross

## DIAMOND DYES

Have Made Millions of Wives, Mothers and Daughters Happy and Contented.

Women who buy and use any of the adulterated, weak and worthless package dyes put up in imitation of the reliable and never-fading DIAMOND DYES, must expect to meet with sad trials and disappointments in the home.

Crude package dyes with only fancy names to recommend them, and sold by some dealers for the sake of large profits, are the direct cause of much of the feminine bad temper and irritableness manifested in many homes.

If our women and girls would avoid trouble-losing goods and hard cash, they must insist upon getting the DIAMOND DYES whenever home dyeing work is to be done. One ten-cent package of the time-tried DIAMOND DYES will always color more goods than will two packages of other dyes, and give brighter, better, more brilliant and more lasting shades. Once used, DIAMOND DYES become the chosen dyes for all well-regulated homes.

Send your name and address to Wells & Richardson Co., Limited, Montreal, P.Q., and you will receive free of cost new Dye Book, Card of Dyed Cloth Samples and Booklet in verse, entitled "The Lohengrin Trip to the Klondike."

Miss Edna May sailed last week for London, where she will soon appear in a new musical play, under the management of Charles Frohman. Before embarking she denied that she was going over to get married, as rumored. "I am going direct to London," said she, "and am in for hard work. I expect to appear three weeks hence in 'The Belle of Mayfair.'"

Miss Ellis Jeffreys, the English actress, has been enthusiastically received in New York and Chicago, in "The Fascinating Mr. Vanderveldt," a new comedy by Alfred Sutro, the English playwright. Miss Jeffreys came to America first as a star last season, under the direction of Lunt & Co., and scored successes in New York in "The Prince Consort" and in "London Assurance."

The London theatres are striving to overcome the depression of Lent by various novelties. At the Lyric, Doyle, not content with the success of "The Legend of Waterloo," immortalized by Sir Henry Irving, has given Lewis Waller a strong part in "Brigadier Gerard," the English comedy, adapted by Miss Tempest and Gerard Maurier to display individuality and comic spirit in Ernest Deny's farcical comedy. A most distinctively literary event in the production of the Lyric is Hewlett's pastoral play, "Pan and the Young Shepherd," at the Court theatre.

March 9th marked a centenary of notes in American history, being no less than the 100th birthday of Tuck's Bone Oil.

The great curative powers of this remarkable remedy is attracting much attention and everywhere it has been introduced it is winning its way among the people. It is a powerful, penetrating oil which we believe has a larger percentage of cures of rheumatism to its credit than any other remedy ever offered for this dread disease. It acts directly on the bone—the lodging place of rheumatism—dispels the poisonous acid from the joints to be carried out of the system in the natural way and by its splendid work has proved that the surest and quickest method of getting relief from the torturing pains of rheumatism, as well as the common sense way, is by a direct attack on the affected part. For the small joints of life it is invaluable.

Mrs. W. H. Thomas, of Lombardy, writes as follows: "I was subject to stiff neck. Suffered for years and have been as long as two weeks at a time not able to turn my head. It was turning my whole body. I doctored and got relief only to have the trouble return again. In August last I had a severe attack and I tried Tuck's Rheumatic Bone Oil having been reading in the papers about how good it was for rheumatism, etc. Three applications completely cured me and I have had no return of the trouble since."

MRS. W. H. THOMAS, Lombardy, Ont.

For rheumatism, lame back, neuralgia, sprains, coughs, colds, quinsy, or bronchitis, is a sure cure and all kinds of inflammation there is nothing to equal Tuck's Bone Oil. A bottle should be on the shelf in every home. For sale by all medicine dealers at 50c a bottle or sent prepaid by The Tuck Bone Oil Co., Limited, Smith's Falls, Ont.

The Celebrated English Cocoa.

**EPPS'S**

An admirable food, with all its natural qualities intact. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

**COCOA**

The Most Nutritious and Economical.

**Soap That Dyes!**

"MAYPOLE"—that's the name of the cake of soap that makes successful dyeing at home equally successful, safe, and colors are fast and brilliant. It dyes to any shade, no streaks. No more of the old-fashioned "Meyers" Soap.

Made in England, but sold everywhere. The few colors. 1/10 for black.

**ENTER NOW**

For a Business, Short-hand or Civil Service Course.

**Kingston Business College Limited**

Head of Queen Street Kingston - Canada

Spacious apartments, complete equipment, excellent results, graduate diploma, excellent references, individual instruction by competent and experienced teachers in every department. Open throughout the whole year. Catalogue free.

B. McKAY, H. F. METCALFE, Principals.

**EMBOSSING** Crests and Headings for Paper and Envelopes

**ENGRAVING** Calling Cards and Letter heads

Besides all classes of Letter Press Printing from a card to a volume.

**THE WHIG, Kingston**

**A. E. HEROD**

IN THE REPAIR OF ALL Boots and Shoes we are particular to maintain their original shape.

OUR ANTI-SQUEEK, used in all resoling, is working perfectly.

**Booth & Co.**  
364 PRINCESS STREET.