NLIGHT WAY

Sunlight Soap is better than other soaps, but is best when used in the Sunlight way (follow directions).

Hard rubbing and boiling are things of the past in homes where Sunlight Soap is used as directed.

Sunlight Soap will not injure even the daintiest fabric or the hands, and the clothes will be perfectly white, woolens soft and fluffy.

The reason for this is because Sunlight Soap is absolutely pure, contains no injurious chemicals—indeed, nothing but the active, cleansing, dirt-removing properties of soap that is nothing but soap.

5c. Buy it and follow directions 5c.

YOUR MONEY REFUNDED by the dealer from whom you buy Sunlight Soap if you find any cause for complaint. 165

LEVER BROTHERS LIMITED, TORONTO

Where Would You Expect

find prettier feet than the feet the young lady in her teens? r feet are injured by wearing

sees our SPRING SHOES sight COMFORTABLE, YLISH, having every late SATISFACTORY, because oung Miss who once buys a ks of going elsewhere in fu- every correct toe and heel, price just right, too.

land & Bro., OOD SHOE MAKING.

Your Attention ne of INTS!

ses, Carriages and Boats look well but wear well. Furniture Stains and Var-

f all kinds. s, Glass, Putty and everything e painter may be had at the DWARE STORE.

Y & BIRCH- ock Street.

g Styles THE— e" For Men

ete variety. They sur- retofore shown. Many n Metal Calf, Velour

pair Shoe Store

anas pples atoes

Princess St.

Your Thirty Feet of Bowels

THE ALIMENTARY CANAL. 1. Lower end of oesophagus (meat-pipe) which conveys the food from the throat to the stomach; 2. Cardiac end of stomach; the throat to the stomach; 3. Pyloric end of stomach; 4. Duodenum; 5. Gall bladder; 6, 6, 6. Small intestines; 7. Cecum; 8. Vermiform appendix; 9. Ascending colon; 10. Transverse colon; 11. Descending colon; 12. Sigmoid flexure; 13. Rectum; 14. Anus. The duodenum is continuous with the small intestines. The small intestine empties into the large intestine or colon at the cecum. The arrows indicate the direction which the contents of the bowels must take in passing through the alimentary canal.

YOU have thirty feet of Intestines! What makes food travel through them?

A set of Muscles that line the walls of these Intestines or Bowels.

When a piece of Food rubs the walls of the Intestines these Muscles tighten behind it, and thus it starts a Muscle-wave which drives it through the whole length of the Bowels.

It should take about 12 hours to do this properly, so that nutritious parts of the food may have time to be digested and absorbed.

But,—if it takes twice or three times that period the food spoils in passing, and becomes as poisonous as if it had decayed before being eaten.

Now, the cause of delay (Constipation) is simply Weakness, or Laziness of the Bowel-Muscles.

Want of Exercise, Indoor Employment, weakens these Bowel-Muscles, just as it weakens Arm and Leg Muscles.

Castor Oil, or Glycerine, will grease the passages for one load of Food at a time, but these lubricants can't help the Cause of Delay.

* * *

"Physic" like Salts, Calomel, Jalap, Phosphate of Soda, Mineral Waters, simply flush-out the Bowels for the one occasion only.

They do not remove the Cause of Constipation.

Moreover, they waste so much of the precious Digestive Fluids, in the flushing process, that it takes a bigger dose every succeeding time to move the Bowel load.

But it is different with Cascarets.

Cascarets act on the Muscles of the Bowels and Intestines. They act just as Cold Water, or Exercise act on a Lazy man.

They act like exercise.

A Cascaret produces the same sort of Natural result that a Six Mile walk in the country would produce.

* * *

The Vest Pocket Box is sold by all Druggists, at Ten Cents.

It should be carried constantly, because a Cascaret should be eaten when you first suspect you need one.

Be very careful to get the genuine, made only by the Sterling Remedy Co., and never sold in bulk. Every tablet stamped "CCC."

A sample and the famous booklet "Curse of Constipation" Free for the asking. Address Sterling Remedy Co., Chicago or New York. 704

Fit-Reform

THE birth of a style is of almost daily occurrence here.

Advanced models are being modified — new ideas are coming out—later patterns are just arriving.

Every day, we show some novelties in Suits and Top Coats that were not here the day before.

It you want the very latest styles—that are absolutely correct —keep in touch with Fit-Reform.

FIT-REFORM

E. P. Jenkins, - Kingston.

CURES COUGHS and all affections of the Throat and Chest leaving your system strengthened.

MATHIEU'S SYRUP of Tar & Cod Liver Oil

A curative food tonic of unexampled merit for the lungs, chest, throat and the whole body. It kills a cold more quickly and more easily than anything else. Take it and be free from coughs ever after.

From all dealers. 35 cts. a bottle.

THE J. L. MATHIEU CO., Props. - SHERBROOKE, P.Q. 19-12-05

K&K K&K K&K K&K K&K K&K

SINFUL HABITS IN YOUTH

MAKE NERVOUS, WEAK, DISEASED MEN.

THE RESULT of ignorance and folly in youth, overexertion of mind and body induced by lust and exposure are constantly wrecking the lives and future happiness of thousands of promising young men. Some fade and wither at an early age, at the blossom of manhood, while others are forced to drag out a weary, fruitless and melancholy existence. Others reach matrimony but find no solace or comfort there. The victims are found in all stations of life—the farm, the office, the workshop, the pulpit, the trades and the professions. Nervous Debility and Seminal Weakness are guaranteed cured by our New Method Treatment or No Pay. You run no risk 25 years in Detroit. Bank security.

CURED WHEN ALL ELSE FAILED. No names used without written consent.

"I am 33 years of age and married. When young I led a gay life. Early indiscretions and later excesses made trouble for me. I became weak and nervous. My kidneys became affected and I feared Bright's Disease. Married Life was unsatisfactory and my home unhappy. I tried everything—all failed till I took treatment from Drs. Kennedy & Kergan. Their New Method built me up mentally, physically and sexually. I feel and act like a man in every respect. They treated me six years ago. They are honest, skilful and responsible financially, so why patronize Quacks and Fakirs when you can be cured by reliable doctors."—W. A. Belton.

CURES GUARANTEED OR NO PAY. Consultation Free—Books Free—Question Blank Free for Home Treatment.

Drs. Kennedy & Kergan, 148 Shelby Street, Detroit, Mich.

K&K K&K K&K K&K K&K K&K

THE ONTARIO MINES

NOTHING SENSATIONAL, BUT LOTS OF GOOD WORK.

Mica, Iron Pyrites for the Making of Sulphuric Acid, Corundum, Sodalite and Copper Ore Among the Ore That Pay Well.

Toronto Globe.

"The Eastern Ontario mining district is at present producing profitably a greater variety of minerals than any other territory of equal area in the world, and Hastings county is its richest part.

"There is one little bit of land, less than an acre in the division, namely, the Smith & Lacey mica mine, near Sydenham, which has produced more than any other equal area in Canada—Cobalt included. Its product has exceeded $2,000,000, and it is still being operated successfully, as the prices of mica are high just now."

Such were the startling statements made to your correspondent by a gentleman who is engaged in mining in the district, who has had a long and intimate practical acquaintance with the mining industry in this section, and whose scientific knowledge of the subject is beyond question. Such expressions from a less authoritative source would not have been deemed worthy of notice.

The same gentleman also stated that during the past winter there had been more men employed in the mines of North Hastings than ever before, and that the industry was likely to show great development.

One of the most important developments will be the erection of a smelter at the El Dorado copper mine. This has been determined upon by the lessees, the Medina Gold company, after a thorough test of the ore, two cars of which assayed better than ten per cent., and a careful examination of the vein, on which sinking has been done to the depth of 160 feet. The vein was somewhat elusive at first, but its course was ascertained by drifting, and it now has a clearly defined width of over sixteen feet. The effect of the installation of the smelting plant in this mine will be to render it possible to profitably work a number of small copper deposits nearby which have lain idle for lack of such facilities. The ore will be reduced to slag, in which form it will be sent to the United States and there refined. The discovery of this deposit, under similar conditions to those which obtain in Colorado, namely, beneath hematite iron ore, leads to the belief that further important finds will be made, as there are many hematite deposits in that vicinity.

Another important branch of industry in North Hastings is the mining of iron pyrites, which material is forwarded to Buffalo and there manufactured into sulphuric acid of a quality much superior to that obtained from the volcanic sulphur of Stromboli, Italy, and elsewhere. A company who are operating at Capelton, Quebec, are mining extensively at Boggrt, in Hungerford township, and at Bannockburn, in the township of Madoc, and talk of erecting extensive works at Tweed. A mine near Queensboro' is also being worked. There ought to be money in this business, as it is stated that sulphuric acid, which is laid down in Belleville at $42 per ton, ought not to cost more than $25 per ton. It is reported that a German company with large capital and ample experience will establish works at or near El Dorado this season.

Some two or three of the gold mines are being worked, but not, so far as can be learned, on a large scale.

The sodalite mine, near Bancroft, promises great things. A car of the mineral was some months ago shipped to England, and netted $30,000. Machinery for polishing the product of the mine will be introduced as soon as possible.

The corundum industry is booming. The Canada Corundum company are employing about 400 men, and the output of their mill is fourteen tons per day. The Burgess mine, in Carlow township, is also making a fine showing. The Ashland Emery & Corundum company, who are the owners, have built a large mill, in which they will shortly place $20,000 worth of new machinery from England. There are about forty men employed at present, and this force will be largely added to shortly.

Quarries of granite and marble of fine quality are being opened near Bancroft.

The Hollondia lead mine has been steadily worked, with good results, and the talc mine at Moira Lake, will be operated when milder weather sets in.

An important discovery of silver in Belmont township, near Havelock, is reported, but particulars cannot be learned. The discovery is not unexpected, as it has long been believed that silver existed in that vicinity.

All in all, the mining industry in this district has never been more prosperous than it now is, nor has it for many years looked more promising.

A gold mine on the farm of John Rhodes, in the fourth concession of Elzevir, is being operated by parties from Buffalo and is of great promise. The shaft is seventy feet deep and the vein, which is twenty feet wide, improves as they go down. An assay of the ore made at the provincial assay office in Belleville, shows the pleasing result of $130.80 per ton.

A large shipment is being made from the Guadoc talc mine.

The Stanley smelting works of Bannockburn shipped a carload of lead to Toronto, last week. The product is pure and commands the best price going, which is now $98 per ton.

The great increase in the price of arsenic, which is now $180 per ton, against half that amount a year ago, has caused the owners of the Deloro mine to commence preparations, it is reported for reopening their mine. Other owners of mispickle deposits which are not being worked may be expected to take similar action.

The success of the electric smelting experiments at Sault Ste. Marie will have a highly beneficial effect in rendering available the somewhat refractory iron ores of this region, many of which carry too high a percentage of sulphur for successful smelting by the ordinary process. Already the American Iron Ore company, of New York, and owners of iron ore properties are looking for a boom. The Pearce company of Marmora, who sent a car of ore last fall to the Sault works for smelting by electricity, have received a splendid sample of pig iron, which was produced from their consignment.

SKIN ECZEMA IN WORST FORM

Black Splotches All Over Face—Produced Severe Itching—Year's Treatment by Physicians Did No Good and Became Despondent—Affected Parts Now Clear as Ever—Alabama Lady's

CURE BY THE CUTICURA REMEDIES

"About four years ago I was afflicted with black splotches all over my face and a few covering my body, which produced a severe itching irritation, and which caused me a great deal of annoyance and suffering, to such an extent that I was forced to call in two of the leading physicians of my town. After a thorough examination of the dreaded complaint they announced it to be skin eczema in its worst form. They treated me for the same for the length of one year, but the treatment did me no good.

"Finally I became despondent and decided to discontinue their services. Shortly after wards, my husband in reading a copy of a weekly New York paper saw an advertisement of the Cuticura Remedies. He purchased the entire outfit, and after using the contents of the first bottle of Cuticura Resolvent in connection with the Cuticura Soap and Ointment, the breaking out entirely stopped. I continued the use of the Cuticura Remedies for six months, and after that every splotch was entirely gone and the affected parts were left as clear as ever. I have not felt a symptom of the eczema since, which was three years ago.

"The Cuticura Remedies not only cured me of that dreadful disease, eczema, but other complicated troubles as well, and I have been the means of others being cured of the same disease by the Cuticura Remedies, and I don't hesitate in saying that the Resolvent is the best blood medicine that the world has ever known." Lizzie E. Sledge, 540 Jones Ave., Selma, Ala.

Oct. 28, 1905.

Sold throughout the world. Cuticura Soap, Ointment, and Resolvent, (also in form of Chocolate Coated Pills in vial of 60) may be had of all druggists. Potter Drug & Chem. Corp., Sole Props., Boston, Mass., U. S. A. Mailed Free, "The Cuticura Skin Book," and "How to Cure Disfiguring Humours."

ONLY A Common Cold

BUT IT BECOMES A SERIOUS MATTER IF NEGLECTED. PNEUMONIA, BRONCHITIS, ASTHMA, CATARRH or CONSUMPTION IS THE RESULT.

Get rid of it at once by taking

Dr. Wood's Norway Pine Syrup

Obstinate coughs yield to its grateful soothing action, and in the racking, persistent cough, often present in Consumptive cases, it gives prompt and sure relief. In Asthma and Bronchitis it is a successful remedy, rendering breathing easy and natural, enabling the sufferer to enjoy refreshing sleep, and often effecting a permanent cure.

We do not claim that it will cure Consumption in the advanced stages, but if taken in time it will prevent it reaching that stage, and will give the greatest relief to the poor sufferer from this terrible malady.

Be careful when purchasing to see that you get the genuine Dr. Wood's Norway Pine Syrup. Put up in a yellow wrapper, three pine trees the trade mark.

Mr. Wm. O. Jenkins, Spring Lake, Alta., writes: "I had a very bad cold settled on my lungs. I bought two bottles of Dr. Wood's Norway Pine Syrup but it only required one to cure me. I have never met with any other medicine as good."

Price 25 cts., at all dealers.

CARTER'S LITTLE LIVER PILLS.

CURE Sick Headache and relieve all the troubles incident to a bilious state of the system, such as Dizziness, Nausea, Drowsiness, Distress after eating, Pain in the Side, &c. While their most remarkable success has been shown in curing

SICK HEADACHE, yet Carter's Little Liver Pills are equally valuable in Constipation, curing and preventing this annoying complaint, while they also correct all disorders of the stomach, stimulate the liver and regulate the bowels. Even if they only cured

HEAD ACHE they would be almost priceless to those who suffer from this distressing complaint; but fortunately their goodness does not end here, and those who once try them will find these little pills valuable in so many ways that they will not be willing to do without them. But after all sick head

ACHE is the bane of so many lives that here is where we make our great boast. Our pills cure it while others do not.

Carter's Little Liver Pills are very small and very easy to take. One or two pills make a dose. They are strictly vegetable and do not gripe or purge, but by their gentle action please all who use them. In vials at 25 cents; five for $1. Sold by druggists everywhere, or sent by mail.

CARTER MEDICINE CO., New York.

Small Pill. Small Dose. Small Price.

A FEROCIOUS LION

ATTACKS A BRITISH NOBLEMAN IN AFRICAN JUNGLE.

Wife Dares Not Shoot for Fear of Wounding Marquis and Gun Bearers Are Severely Mauled When They Go to Rescue.

Nairobi, British East Africa, March 28.—The Marquis of Waterford, who has been on a hunting expedition in British East Africa, had an extraordinary escape a few days ago from being mauled to death by a lion.

While the marquis was trekking along in the open a lion suddenly bounded from the bush and landed on his shoulders. Beyond a severe bruising the marquis did not suffer any injury, as before the ferocious beast could attack him again two gun bearers came to the rescue.

The lion then turned his attention to the gun bearers, and before they could dispatch the brute they were severely mauled. They were eventually brought back to Nairobi and are now lying in a precarious condition. Lady Waterford witnessed the terrifying scene from a short distance away, but dared not fire for fear of hitting her husband or the gun bearers.

Lions are proving themselves very troublesome all round Nairobia. Major Ringer, who owns a farm, having the misfortune to lose a favorite donkey last week, which fell a victim to two of these animals. The same beast returned a few nights after and endeavored to carry off a chestnut mare, but a watch was being kept, and the lions were frightened away by natives with torches.

A baby rhinoceros has lately been caught and is being shown at all the social functions at Nairobi. At a children's party the other day the quaint pet played till he was tired, drank the milk of three cows, and then went to sleep. He is five months old and weighs 126 pounds. According to the Globe Trotter, the local newspaper, he is shortly to be sent to London.

$10,000 Fire.

Carleton Place, Ont., March 28.—Fire caused about $10,000 damage yesterday to the machine shops of the John Gillies, estate, limited. Ignition of some gasoline was the cause. The large four storey workshop is damaged to the extent of about three thousand dollars, and the plant and stock of gasoline and motor launches built and in course of construction, suffered serious damage. There is no insurance.

To Wed Baron.

Rome, March 28.—American society here is much interested just now in the announced engagement of Miss Marguerite Louisa Magee, daughter of Mrs. James Neale, of Pittsburg, to Baron Reidl de Ridenau. The bride-elect expects to leave Rome soon for Pittsburg, where the marriage will take place in June. Miss Magee has a large fortune in her own right.

Large Lynx Shot In Hastings.

Belleville, March 28.—A large lynx was shot near Fuller, in this country, recently. The animal had been howling a lot at night, and had frightened many women and children. B. F. McCumber, who was out hunting with his dog, shot the lynx when it was fighting with his canine.

ENTER NOW For a Business, Shorthand or Civil Service Course:

Kingston Business College Limited

Head of Queen Street

Kingston - - - Canada

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

J. B. McKAY, President. H. F. METCALFE, Principal.

APPLICATION TO PARLIAMENT

NOTICE IS HEREBY GIVEN that application will be made to the Legislative Assembly of the Province of Ontario at its next Session for an act to provide that, beginning with the year 1907, the aldermen who obtain the highest number of votes in each ward in the City of Kingston at the Municipal Elections shall hold office for three years and that the aldermen who obtain the next highest number of votes in each ward shall hold office for two years, and that the aldermen who obtain the third highest number of votes in each ward shall hold office for one year, and that thereafter one Alderman be elected for each Ward annually to hold office for three years; and for other purposes.

DONALD M. McINTYRE, Solicitor for the Applicants.

Kingston, February 14th, 1906.

SEALED TENDERS ADDRESSED to the undersigned, and endorsed "Tender for Post Office, Alexandria Ont.," will be received at this office until Friday April 6, 1906, inclusively, for the work above mentioned, according to plans and specifications to be seen on application to the Postmaster, Alexandria, Ont., and at the Department of Public Works, Ottawa.

Tenders will not be considered unless made on the printed form supplied, and signed with the actual signatures of tenderers.

An accepted cheque on a chartered bank, payable to the order of the Honourable, the Minister of Public Works, equal to ten per cent (10 p.c.) of the amount of the tender, must accompany each tender. The cheque will be forfeited if the party tendering decline the contract or fail to complete the work contracted for, and will be returned in case of non-acceptance of tender.

The Department does not bind itself to accept the lowest or any tender.

By order. FRED. GELINAS, Secretary.

Department of Public Works, Ottawa, March 27, 1906.

Newspapers inserting this advertisement without authority from the Department, will not be paid for it.

SANTAL-MIDY Standard remedy for Gleet, Gonorrhœa and Runnings IN 48 HOURS. Cures Kidney and Bladder Troubles. MIDY

Had Grippe Yet?

If you have you are still feeling the effects of it in some form or other. It hangs on and undermines the constitution long after you are up and at work again. It keeps you weak and run down, and an easy victim for other forms of disease. It is preparing victims for consumption every day. That's why a real cure should be a tonic as well. That's why Psychine is the greatest of all Grippe remedies.

Psychine kills the Grippe germs and builds up the general health at the same time. In that way it both cures Grippe and ensures against after effects. Psychine clears out all diseases of throat, chest and lungs and leaves them strong and healthy. Psychine helps the appetite, tones up the stomach and blood-making organs. It puts the life-making organs in good running order.

Why is psychine the greatest of all Spring Medicines? Simply because it clears out all the dregs and germs of Colds, Coughs, Grippe, Bronchitis, Pneumonia and Consumption, in addition to doing all that is claimed for other spring medicines.

The tonic and germ killer of the age is

PSYCHINE

(Pronounced Si-Keen)

50c. Per Bottle

Larger sizes $1 and $2. At all Druggists

FREE HELP FOR MEN The only remedy known to science which will positively cure lost manhood is "RESTORE," the marvellous German Remedy discovered by Dr. Jules Kohr. It is controlled in this country by the Dr. Kohr Medicine Company, a concern which has the highest standing in the medical world. This treatment has cured thousands of men, young and old, when the best known remedies have failed. If you are suffering from diseases of the generative organs such as lost manhood, exhausting drains, nervous debility, the results of abuse, this remedy can and will cure you in stay cured. The headache, pimples, varicocele, pain in the back and failing memory, disappear completely in the worst cases in from one to two week's treatment. We make the honest offer of a cure or return your money. Thousands of testimonials. Correspondence treated strictly confidential. FIVE day's treatment sent free with a book of rules for health, diet and advice. Our greatest successes have been those who have failed with other treatments. This remedy is regularly used in the French and German armies, and the soldiers in these countries are models of strength and vitality. Write for sample, securely sealed in plain wrapper.

Address DR. KOHR MEDICINE CO., P.O. Drawer L, 2341, Montreal.

SPRING 1906

Now is the time to buy your Wall Papers. We are offering from Monday, March 26th, to Saturday, March 31st :: :: ::

20% Discount on all Wall Papers

Call and see our samples—they are all of the latest designs and colorings. :: :: ::

W. N. Lemmon

78 William Street.

You're a Back Number

If you do not use a Typewriter. The visible writing EMPIRE will please you and draw trade.

Price, $60. Try one for a month.

J. R. C. DOBBS & CO., 171 Wellington St.

LABATT'S Ale and Porter

are Nature's Best Tonics. Pure Malt products, made from the choicest barley and best selected hops. They are very healthful and aid digestion. Labatt's are very palatable beverages and agree with the most delicate stomach.

JAS. McPARLAND, AGENT, 339 and 341 King St.

'Phone 274.