

WHAT CAUSES HEADACHES?

Blood Poisoning, Always!

The blood is poisoned by retained tissue waste, due to defective action of the bowels, kidneys or skin. The tissue waste, or dead cells, circulating in the blood, irritates the nerves and brain, and headaches and neuralgia are bound to arise. Headache powders and opiates of any kind do harm, by aiding the retention of the blood poison in the system. To cure headaches, purify the blood by opening the bowels, and by stimulating the kidneys and skin to increased action.

Testimonial of Mr. Bert Cornell, Taylorville, Ont.
Chronic Headaches Cured by Fruit-a-tives

To Fruit-a-tives Limited,
OTTAWA, Ont.

I was a sufferer from terrible headaches for over two years, sometimes they were so bad I was unable to work for days at a time. I took all kinds of medicines, was treated by physicians, and yet the headaches persisted. A short time ago I was advised to try "Fruit-a-tives" and I did so with, I must confess, very little faith, but after I had taken them for three days my headaches were easier and in

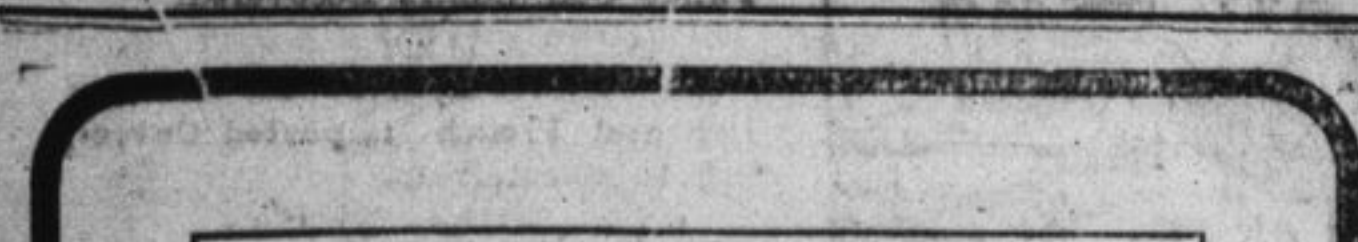


a week they left me. After I had taken a box of the tablets my headaches were quite cured. My appetite was also poor and my stomach was bad and now my appetite is splendid and my digestion is excellent. I have been taken in all three boxes of "Fruit-a-tives," an exceedingly grateful to "Fruit-a-tives" for curing me and I give it an unqualified testimonial with great pleasure.
(Sgd.) BERT CORNELL

"Fruit-a-tives" cure headaches and neuralgia because they purify the blood by their splendid action on the liver, kidneys, bowels and skin, and thus remove all poisonous material from the system. With these eliminating organs all active and working as nature intends them to work, there can be no poisons in the blood, and there can be no headaches or neuralgia.

A week's treatment will PROVE how thoroughly and quickly "Fruit-a-tives" cure. 50c. a box or 6 boxes for \$2.50. Sent prepaid on receipt of price if your druggist does not handle them.

Manufactured by FRUIT-A-TIVES LIMITED, Ottawa.



"It's more than fine: it's elegant."

If you could hear what some of the men are saying about these new

Spring Suits
Spring Top Coats
Spring Rain Coats

you would not lose a minute in picking out the garment that pleases YOU.

Many of the clothes are exclusive importations—and have no duplicates.

That is why early choice is so desirable—and why YOU should come SOON.

Fit Reform

E. P. Jenkins, - Kingston.



FREE HELP FOR MEN

The only remedy which will positively cure that method is the Kohr's. It is controlled in this country by the Dr. Kohr's 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 disease of the generative organs such as lost manhood, exhaustion, nervous debility, the results of abuse, this remedy will cure you in any case. The headache, pleurisy, vertigo, pain in the back and falling memory, disappear completely in the worst cases in from one to two weeks' treatment. We make the honest offer of correspondence, treated, slightly confidential. FIVE days' 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 those countries are models of strength and vitality. Write for sample and securely sealed in plain wrapper.

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

You're a Back Number

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

Price, \$60. Try one for a month.

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

NEWS OF NEIGHBORS

WHAT WHIG CORRESPONDENTS TELL US.

The Tidings From Various Points in Eastern Ontario—What People Are Doing And What They Are Saying.

Are Riding For A Fall.
Sharpton, April 20.—Meadows have come through well; grass has made a good start. H. Campsall draws milk to Glenvale. B. Babcock and J. Curran on different routes to Odessa. Dr. Schererville, V.S. Odessa, has had several calls in this direction. Little J. Mohan, who was ill is much better. J. Redden is building a new stable for G. McGowan. It is said that cheese and pork are having a race upwards in price, but it may be they are riding for a fall. Mr. Evans has moved into the McKinley homestead. G. McGowan purchased metallic ceilings for his house from B. Trowell, Odessa.

Breaking In A Colt.
Central, April 23.—The farmers have commenced seeding. R. Yott's ploughing bee on Tuesday was largely attended. Silver Spring factory will open on Tuesday, May 1st. Murphy has purchased a new seeder. John McDonald intends moving to Oak Point. H. Esford is breaking in a fine colt. V. McDonald and J. McPhail returned from Watertown, N.Y., last week. Austin McDonald has gone to Buffalo, N.Y. George Niles, James Kehoe, and John McDonald are gone sailing. A Henderson and family have moved to their residence here, where he intends opening his cheese factory. Mrs. P. Sawyer has purchased a new cream separator.

After A New Line.
Melcombe, April 21.—Miss Louisa Cochran has recovered from her severe illness. B. Flood spent his Easter holidays at his home in Delta. Miss Mary McDonald is visiting relatives in Gananoque. Many from our village attended the R. C. banquet in Gananoque last week. S. Telford is working in Lansdowne. Miss Stevens and Mrs. J. Cook, Gananoque, returned home Friday after visiting friends here. A. V. Hamilton, Montrose, gave a party to a large number of his friends. A. B. Taylor is working in Lansdowne, connecting our village with Lansdowne, Rockport, and other local centers. A fairly large number of people have already subscribed.

Takes An Early Swim.
Murvale, April 23.—D. Taggart has completed his duties as assessor. Miss Myrtle Taggart gave a party to a large number of friends on Tuesday evening. Purdy Bros. sold a fine horse last week to George Irwin. Guy Lee broke all records in this vicinity by taking the first swim. The Methodist Sunday school has reorganized after Mr. S. Telford was working in Lansdowne. Miss Stevens and Mrs. J. Cook, Gananoque, returned home Friday after visiting friends here. A. V. Hamilton, Montrose, gave a party to a large number of his friends. A. B. Taylor is working in Lansdowne, connecting our village with Lansdowne, Rockport, and other local centers. A fairly large number of people have already subscribed.

Rockport Ripples.
Rockport, April 23.—We are pleased to announce the arrival of Mr. and Mrs. Charles Cornell at their home here, after spending a very pleasant winter at Gouverneur, N.Y. Their many friends give them a hearty welcome. Thomas Jeroy and family have returned to be in Island for the summer. Mr. and Mrs. Charles Taylor, Alexandria Bay, spent Sunday at William Kahn's. J. F. Fitzsimmons made a business trip to Caintown last Saturday. A fairly large number of people have already subscribed.

A New Merchant.
Arden, April 21.—The fine weather of the last few days has dried up the roads and made them better for public travel. The entertainment in the Arden school, on the evening before Good Friday, was a success; the pieces were all good, and well rendered. F. J. Clarke, ex-principal, was chairman, over \$15 was realized. Charles Roy, medical detective, was in the village, last week, looking after cases of breach of the Ontario medical act. Joseph Keller and Frank Wherry, who had changed residences, the former has moved to the village, and the latter has removed on to the old Clapper farm. Eddie Miller, from Newburgh, visiting friends in Kennebec since Easter, returns home to-day. It is reported that David Schreyer, for many years a resident in Kennebec, is going to the United States to live. Hershey Vanness, about eleven years old, son

All It Needed.
There is more real oxygen in a liquid form in the "Solution of Ozone" (the coupon kind) than in any other preparation of a similar nature. As a prompt cure in the killing of all inside germs of throat, lungs, stomach or bowels it has no equal when coupled with "Celery King" the famous laxative. That the stringent Ozone needed a tonic of this nature to procure the best results was so apparent that the Public Drug Company, Bridgeburg, Ont., offer through your druggist a free package of "Celery King" with every fifty cent or one dollar bottle of "Solution of Ozone" (the coupon kind).

of Coleman Vanness, who died in the Kingston hospital, last week, was buried at Dead Creek, on Sunday. It has several years foreman for the Bismontic company, has rented their old stand, and opened for business on his own account on Wednesday last.

Little Child Buried.
Lattimer, April 21.—The burial of little Chilton Duff took place in this cemetery last week. Miss Luella Traves, who has been seriously ill, is improving. A trained nurse is in attendance. Taylor and several Samuel have been spending a few days at Opinicon. Mr. and Mrs. Thomas Sherwood attended the funeral of his half brother, Archibald Murray, at Sockey's Bay, last week. J. A. Macdonald, Taylor, paid a flying visit to Toronto this week. Mr. and Mrs. Sweet, Belleville, attended the funeral of the latter's father, B. Wartman. Mrs. Krebs, Belleville, also attended the funeral. Miss Pearl Taylor left to-day to resume her duties, as teacher, at Harlowe. We all welcome Mr. and Mrs. Reeter once more; they have spent the winter, with their son at Los Angeles, Cal. Miss Mae Taylor, is spending her holidays at her parents'. Mrs. R. Dixon and little son, Deziel, accompanied by her aunt, Miss Muddell, left for her former home last Saturday to spend a month among friends. Miss Maria Glasford and Beryl Arthur are recovering from their recent illness. P. L. Edwards is recovering from a severe attack of quinsy.

Some Bloomfield News.
Bloomfield, April 23.—Fall grain and clover have come through the winter and are looking fine. John R. Smith and son, Mortimer, left, on Monday, for Pilot Mound, Manitoba. Charles Roblin and wife left, last week, for the "North-West." New houses have been installed in the cheese factory for unloading milk, and are working satisfactory. Henry Stafford, Picton, has purchased Finley Stewart's house, lot and evaporator. Mr. Stewart has bought a lot of H. S. Bull, and is preparing to build a house. Among those who were at Toronto during Easter were Dr. Cahoon, Wilfrid Haight, C. H. Taylor, H. W. Bell and wife, Mrs. Jordan, and Mrs. Gorsline. John Rundle, Toronto, spent Easter holidays here. A. B. Taylor will build a new block, to be occupied by the post office, with lodge room above. Henry H. Hould, an old resident of this locality, passed away, on the 4th inst. He is survived by his wife and two sons, and two daughters—Mrs. W. J. Gerow, Mrs. Josiah Murphy, Aaron, and Beverly McDonald. Death came suddenly to James Foster, on Wednesday, when he was stricken with heart disease and expired immediately. Mr. Foster was a man seventy-three years of age, and was survived by wife and several children. John M. Branscombe received a bad cut in the head, last week, by being knocked down by a horse. Several stitches were required to close the wound. Charles Brooks has started a livery stable. Mrs. Cameron has laid cement walks in front of her residence. Mr. Bonté and wife, Smith's last week, were visiting at Marshall Boyer's. Mr. Bonté and son, Toronto, visited her sister, Mrs. Clayton Burr, during Easter.

PALE, LISTLESS GIRLS.
Can Only Obtain Health Through New, Rich Pure Blood Made by Dr. Williams' Pink Pills.
Growing girls—girls in their teens—must have rich, pure blood. Healthy womenhood depends upon the vital change from girlhood to maturity. Every woman should most carefully watch her daughter's health at this critical period, if a girl at this period has headache, if she is pale, thin and languid, if she shows that slender blood supply is being over-taxed. She will always be ailing and may slip into a hopeless decline or consumption if her blood is not built up at once, with Dr. Williams' Pink Pills. The rich, red blood which these pills make being health and strength to every organ, and make dull, listless, languid girls, bright, rosy-cheeked, active and strong. Miss Maggie Donahue, Erinaville, Ont., says: "Before I began the use of Dr. Williams' Pink Pills I was badly run down, and it seemed as though my blood had turned to water. I was very pale, suffered from headache, and palpitation of the heart and often I was unable to sleep at night. I found nothing to help me until I began the use of Dr. Williams' Pink Pills, and these have fully restored me, and I can truthfully say I never enjoyed better health than I am now doing."

When Dr. Williams' Pink Pills replace bad blood with good blood they strike straight at the root of all common ailments like anaemia, decline, indigestion, kidney and liver troubles, skin eruptions, erysipelas, neuralgia, St. Vitus' dance, paralysis, rheumatism, and the special ailments of growing girls and women. Be sure, you get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People," printed on the wrapper around each box. Sold by medicine dealers or sent by mail at 50c. a box or six boxes for \$2.50, by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Reunion of Confederate Veterans.
New Orleans, La., April 25.—The sixteenth annual reunion of the United Confederate Veterans, opened here this morning under the most auspicious conditions. The fact that owing to an oversight, the dates selected for the reunion conflicted with the date selected for the observance of Memorial Day in the southern states, may have prevented some confederate veterans from remaining away from the reunion, but their dropping out has caused no noticeable diminution of the crowds which have come to this city for the reunion. The city is crowded with visitors from all parts of the United States, particularly of course, the southern states. All public buildings, and many business houses and private residences are handsomely decorated and confederate flags are seen side by side with stars and stripes.

In corners and in shaded places sprinkle Kentucky lawn grass seed. It will grow. Sold only at Gibson's Red Cross drug store, 25c. a pound.

House Work



Need Not Wear Her Out

The drudgery of house work seems never ending to tired-out, dispirited women who suffer from female complaints or irregularities. Inflammation and ulceration cause fearful bearing-down pains which are aggravated by much standing on the feet, and lifting necessary in house work.

But let no woman despair of relief from this torture. That famous tonic reconstructer of diseased or disordered female organism.

Lydia E. Pinkham's Vegetable Compound

has cured more than one million American women, and it will cure you. When troubled with painful irregularities, when backaches and headaches drive out all ambition, Lydia E. Pinkham's Vegetable Compound will bring back health, strength, and happiness.

It Made Me a Well Woman
Dear Mrs. Pinkham—Lydia E. Pinkham's Vegetable Compound has done more for me than doctors or medicines. I suffered for four months with suppression of monthly periods. Headaches were a daily occurrence. Pains in my back and limbs made it hard for me to attend to my domestic duties. The medicines I had taken did not help me, and I was in misery and despair until one day I read an account of your Vegetable Compound, and decided to try it, and I thank God that I did so, for it not only regulated my monthly periods, but made me a well woman.

MADAME CAROLINE MARTINEAU, 23 La Chapelle St., Quebec, Que.

Do not let disease make headway. Write at once to Mrs. Pinkham, Lynn, Mass. Her advice is free and will contain information of great value to you. Mrs. Pinkham is daughter-in-law of Lydia E. Pinkham, and for twenty-five years under her direction and since her decease, she has been advising sick women free of charge.

Lydia E. Pinkham's Vegetable Compound Cures Where Others Fail

FASHION'S FORM.

A Play Dress For the Small Folks.



Simplicity should characterize the every day play garments of the little folks, both boy and girl. There should be no ruffles or frills; in fact, the plainer they are the smarter and more comfortable. This little dress opens on the right side, the vent reaching about two-thirds to the waistline, and slips on over the head, to be held in at the waistline by a stitched belt of ham. A broad stitched pleat is set down the vent on the right front through which the fastenings with white pearl shirt buttons is made; and stitched buttoned finish the full little bishop sleeves. The neck is simply finished with a narrow band of the gingham stitched on both edges, all stitching done with a coarse white cotton.

"Pay water rate and save discount." Patrick Lawlor, Toronto, is charged with robbing the post office and store at Shannonville. At the police court, Belleville, Crown Attorney Anderson asked for a week's remand, which was granted.

THE AGE OF STEEL.

For Homes as Well as Office Buildings

Steel is rapidly replacing wood and mortar as a material for the interior of homes, as well as for the structural part of skyscrapers. Metal Walls and Ceilings are more durable and sanitary than plaster, and have the still greater advantage of being absolutely fireproof. Therefore, they come in many designs that lend themselves to rich, harmonious color schemes. Metal Shingles—which last a lifetime, never rust or leak and are fireproof and lightning proof—now take the place of wooden shingles and tin. Metal Siding are more sanitary and more durable than brick or stone. A full description of these Metal Building Materials will be found in the catalogue issued by The Metal Shingle & Siding Co., Limited of Preston, Ont. It is sent free to those who are building or remodeling homes or other buildings. Mention this paper.

TRAVELLING.

KINGSTON & PENELOPE RAILWAY

In Connection With Canadian Pacific Railway

TRAINS LEAVE KINGSTON
1:20 p.m.—Express for Ottawa, Montreal, Quebec, St. John, N.B., Halifax, Toronto, Chicago, Detroit, Sault Ste. Marie, Port Huron, Sarnia, London, Windsor, Port, Wrentham, Vancouver, Portland, and San Francisco.
A P.M.—Local for immediate points.
6:30 a.m.—Mired, for Remond.
Passengers leaving Kingston for Ottawa, Montreal, Quebec, St. John, N.B., Toronto, Chicago, Detroit, Sault Ste. Marie, Port Huron, Sarnia, London, Windsor, Port, Wrentham, Vancouver, Portland, and San Francisco.
Full particulars at K. & P. Ticket Office, Ontario street.
F. CONWAY, Gen. Pass. Agent.

Bay of Quinte R.

New short line for Tweed, Deseronto, and local points will have City Hall Depot at CONWAY, Agent B. Q. Ry.

GRAND TRUNK'S EXCURSIONS

TO TORONTO

TUESDAY, April 26, SATURDAY, April 29

Returns tickets will be issued Good Going April 25 and 26, and 27 and 28.

All tickets valid to return for April 29, 30, 1904. Above rates include one or more meals, pullman accommodation, and further information apply to J. H. KELLY, Agent, 100 Adelaide Street, Toronto.

ALLAN LINE ROYAL TO LIVERPOOL

Triple Screw Steamers—VIRGINIAN—Turbine Propulsion.

The Finest and Fastest in the Canadian Roy.

From St. John, P.E.I., for Boston, etc., apply to the Agent, or to The Allan Line, Toronto.

SYNOPSIS OF CANADIAN HOMESTEAD REGULATIONS

Any even numbered section in Lands in Manitoba or west thereof, excepting 8, 16, 24, 32, 40, 48, 56, 64, 72, 80, 88, 96, 104, 112, 120, 128, 136, 144, 152, 160, 168, 176, 184, 192, 200, 208, 216, 224, 232, 240, 248, 256, 264, 272, 280, 288, 296, 304, 312, 320, 328, 336, 344, 352, 360, 368, 376, 384, 392, 400, 408, 416, 424, 432, 440, 448, 456, 464, 472, 480, 488, 496, 504, 512, 520, 528, 536, 544, 552, 560, 568, 576, 584, 592, 600, 608, 616, 624, 632, 640, 648, 656, 664, 672, 680, 688, 696, 704, 712, 720, 728, 736, 744, 752, 760, 768, 776, 784, 792, 800, 808, 816, 824, 832, 840, 848, 856, 864, 872, 880, 888, 896, 904, 912, 920, 928, 936, 944, 952, 960, 968, 976, 984, 992, 1000.

Before making applications the settler must give six months notice to the Commissioner of Lands at Ottawa, of his intention to settle on the land.

Application for patent to be made at the end of three months from the date of settlement.

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