

Your Thirty Feet of Bowels



is simply Weakness, or Lateness of the Bowel-Muscles.

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

Caster 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 Water, 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 "C.C."

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

YOU have thirty feet of Intestines! What rubbish 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)

Pretty Things in Shirt Waists

Are being shown this week, in our establishment. They are the latest novelties for spring. There is a spring-like air about them that will surely please the average woman's fancy. They are in all sizes, in short and long sleeves. It is just the time for Spring Waists, and here is your opportunity—

LADIES' WHITE INDIA SILK WAISTS—Guaranteed to wash well, fronts trimmed with broad embroidered plaits, full leg-o-mutton sleeves with high neck cuffs. Our special only \$2.95

WHITE LAWN AND BRILLIANTINE WAISTS—35c., 75c. and \$1. These are worth at least double that.

LUSTRE WASH SUITS FOR LADIES—In nice quality, colors white, navy and black, price was \$5.95. Tomorrow morning to clear, per suit \$4.25

OUR STORE WILL CLOSE THURSDAY AT ONE O'CLOCK P.M.

THE JAMES JOHNSTON STORE

180 Wellington Street

Pure Scotch Tweeds

Fit-Reform go to Scotland for their Scotch Tweed.

There's a harmony of colors—an elegance of tone—an exclusiveness of pattern—a sturdiness of wear—to Scotch Tweeds that is inimitable.

The Scotch Tweeds that Fit-Reform are showing this season are as elegant as they are distinctive.

Scotch Tweed Suits—\$15, \$18, \$20 up.

Fit Reform

E. P. Jenkins, Kingston.

Fireworks! Fireworks!

Big 1c. assortment at Rees.
Big 5c. assortment at Rees.
Crackers from 1c. to 75c. package.
Roman Candles from 1c. to 25c. each.
Rockets from 1c. to 50c. each.

Thermoses, Cans, Caps, Mince, etc.

A. J. Rees, 166 Princess 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.

Mountain Grove Matters.
Mountain Grove, May 19.—Joseph H. Drake, one of the pioneers of the township of Olden, arrived here in 1829, died on May 17th, and the remains were laid to rest in Mountain Grove cemetery. The funeral was very largely attended, showing high esteem for the deceased. An able sermon was preached by our former pastor, Rev. W. T. Wickett, in the Mountain Grove Methodist church. Mr. Drake had been a constant member for forty-five years and steward for twenty-one years. The electric storm on the 18th, did considerable damage in this vicinity. Edward Flynn's barn was struck by lightning and almost completely destroyed. A considerable loss of crops was most promising. Farmers are doing seeding; planting rutabaga. A little girl has come to stay at John Cox's.

Marlowe Happenings.
Marlowe, May 18.—Farmers are busy putting in their gardens, etc. J. Cook spent a couple of days in Kingston. Miss Mabel Scott, Wagarville, is spending a few days visiting friends here. W. Marshall left on Thursday morning for Deseronto. Miss E. Mitchell, Myra's Cave, visited Miss N. Critchley, Mr. and Mrs. W. Black spent the week-end here. Miss Johnson spent Wednesday at E. Morgan's. Miss R. Bishop, Toronto, spent a few days at Mrs. Connor's. Miss Taylor received word on Wednesday of the serious illness of her sister in Kingston General Hospital. Quarterly service will be held in the Methodist church next Sunday afternoon. A number of the young people attended lounge last night. The topic was given by Mrs. J. Black.

Echoes From Point Road.
Point Road, May 22.—The farmers are looking forward to more fine weather. It has been so cold and frosty that the growth has been very slow. The farmers are all through seeding and are now engaged planting and trimming up their lawns. A. Hedley sold his carriage horse a few days ago for a very low price. The shed in connection with St. Mark's church has been remodelled. It has now reached the length of 105 feet. The members of the church had a bee on Tuesday morning. Mr. McCrow, with his stone crushing outfit, reached here on Monday and is doing extensive and much needed repairs on the road. The township should, on about five crumblers to put the roads in fairly good condition. Victor Treble has engaged with W. Milton for the summer. W. J. Tutman has built a handsome wire fence along the Gore road, which adds greatly to the benefit of the inhabitants of that place.

Toledo News.
Toledo, May 18.—Mrs. M. O'Reilly's new residence, in course of erection on Main street, is being rapidly constructed. Miss McCann, Brockville, was a guest for a few days this week of Miss A. Murphy. The members of the C.M.B.A. local branch, held their regular meeting in their rooms here, Thursday evening, Mrs. Woody, mother of Mrs. John Bennett, Kitley, died on Thursday, 17th inst., at the home of the latter. She had been in failing health for the past three months, and her death, though not unexpected, is regretted by her relatives and friends. Mrs. Raps and Thomas Raps were in Elgin, Thursday and Friday. Mrs. Bushfield and little daughter of Newborn, visited at Mrs. Bell's for a couple of days. Mr. and Mrs. John J. Morroy were in Smith's Falls on the 18th.

A Heavy Frost.
Wells Island, May 21.—We were visited with a heavy frost on Saturday and Sunday nights. It is expected it will not injure to any great extent, as fruit trees are not far enough advanced to be affected. Farmers are feeling jubilant over the high price of cheese. Dexter Hinchley has arrived safely in California, and writes that his son is slightly improved. Miss Kate Baker's many friends regret to learn that slight hopes are entertained for her recovery. Richard Irwin was removed to Rockwood hospital last week. Miss Letha McKeown has quite recovered from her recent illness, and returned home on Saturday. One of our oldest and most respected citizens, in the person of Arthur Laughlin, who has been confined to his home through illness for the past six months, has improved so much that he was able to drive to the village one day last week, where he was warmly greeted by his many friends. It is announced that Monty Wiggins will shortly take unto himself a partner for life. Michael Doyle has workman engaged building an underground stable, which promises to be the most complete and up-to-date building on the island. William Cooper has planned and the material on the ground for an extensive barn. He intends roofing with a metallic roof. Allan McLaren, who has purchased the Hitchcock property, is about to erect a wind mill for the convenience of his house.

Spring Importation of 1906.
Trevost, Brock street, has received two cases of imported goods for his order clothing department, consisting of Scotch and English tweeds, serge, chevrons and Vicunas. His \$15 suit made to order bears anything of previous years. The wear and fitting is guaranteed.

DOCTOR CURED OF ECZEMA

Maryland Physician Cures Himself of Eczema with Cuticura Remedies. Prescribes Them and Has Cured Many Cases Where Other Formulas Have Failed—Dr. Fisher Says:

CUTICURA REMEDIES POSSESS TRUE MERIT

My face was afflicted with eczema in the year 1897. I used the Cuticura Remedies, and was entirely cured. I am a practicing physician and very often prescribe Cuticura Resolvent and Cuticura Soap in cases of eczema, and they have cured where other formulas have failed. I am not in the habit of endorsing patent medicines, but when I find remedies possessing true merit, such as the Cuticura Remedies, I am broad-minded enough to proclaim their virtues to the world. I have been practicing medicine for sixteen years, and must find my Remedies A No. 1. You are at liberty to publish this letter, or any part of it. I remain, very truly yours, G. M. Fisher, M. D., Big Pool, Md., May 24, 1906.

A SET OFTEN CURES Complete Treatment for Every Itch from Pimples & to Scrofula.

Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales and soften the thickened cuticle; dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation, and inflammation, and soothe and heal; and, lastly, take Cuticura Resolvent Pills to cool and cleanse the blood. A single set, is often sufficient to cure the most torturing, disfiguring, itching, burning, and itchy skin, scalp, and blood humours, with loss of hair, from infancy to age, when all else fails.

100% 100% OF CANADA

The stability of a Company may be gauged by the class of Securities in which its funds are invested. Those of

Large Assets	Percentage
Mortgages	\$4,265,533.86 48.22
Debentures and First Mortgage Bonds	\$1,245,461.89 36.68
Loans on Public Works	\$1,017,490.99 11.50
Cash on hand and in banks	\$261,960.60 2.96
Real Estate	\$56,281.08 .64
Total Ledger Assets	\$6,846,658.42 100%

HEAD OFFICE: WATERLOO, - CANADA

S. ROUGHTON District Agent, Kingston

CARTER'S LITTLE LIVER PILLS

CURE SICK HEADACHE

Back headaches and relieve all the troubles incident to a bilious state of the system, such as indigestion, constipation, nervousness, etc. Pain in the side, etc. While their most noticeable success has been shown in curing

ACHE

At the base of so many lives that here is where we make our great work. Our pills come in little white boxes 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 grip or purge, but by their gentle action cleanse all who use them. In vials 25 cents; 50c for \$1. Sold by Druggists everywhere, or sent by mail.

CARTER MEDICINE CO., New York.

Small Pill. Small Dose. Small Price.

EASY MONEY AT HOME

Write for particulars. More profitable than children. All letters should be in plain English. No interest. Quality is our motto. COTTAM BIRD SEED, 100,000,000, at 10c. Send for catalogue.

BIRD BREAD 10 CENTS.

Mr. W. H. C. CHICKEN'S showing how to make money with COTTAM BIRD SEED, at 10c. Send for catalogue. COTTAM BIRD SEED, 100,000,000, at 10c. Send for catalogue.

The Arrapric town council has repealed the by-law which said there should be no more wooden sidewalks built in Arrapric.

DISTRICT DASHES.

Latest Items in Our Many Exchanges.

James Hopkins, formerly of Belleville, is dead, in Little Rock, Ark., aged seventy.

At Picton, on May 16th, John Gilbert Mowck and Nettie Bell Greenfield, were married.

R. Bows has sold his cottage at Fernbank, Brockville, to Mrs. Stewart of Indianapolis, Ind.

George F. Gamble has sold to C. Macdonald the stone house adjoining the International hotel, Gananoque.

James Best has sold the Bancroft house to William Kennedy, the present lessee. The price paid was \$12,000.

The A. C. Miller cannery factory, Picton, is being pushed forward with great energy. The main building has been enclosed.

Almon Haskell, one of the oldest residents of Lennox, passed from this life on April 30th, 1906. He was born May 14th, 1820.

In the nearly forty years that George Eady, Jr., Renfrew, has been clerk of Horton township, he has not missed one meeting of the council.

Mrs. J. L. Wood, Maitland, niece of the late Judge Burritt, a cousin of Mrs. William Vanhome, and member of the U.E.L. family of Howards, is dead, aged eighty.

Miss Townsend, Prescott, a patient at St. Vincent de Paul hospital, Brockville, but two or three days, passed away on Monday. She was forty years of age.

Rev. F. Deulry Woodcock, Trinity church, Brockville, intends leaving for England, on June 15th, to spend three months. His son, Rev. Herbert F. Westport, will officiate during his absence.

On Saturday Henry Gorman, one of Belleville's best-known citizens, and for years an engineer on the Grand Trunk railway, died, after an illness of nearly three years' duration. He was aged fifty-seven years.

George E. Nelson, Jr., Arrapric, has gone to Saskatchewan with part of his printing plant, and in the meantime George E. Nelson, Sr., will publish the Arrapric News and act as township clerk of McNab.

The death of John Asa Werden, Cherry Valley, occurred on Sunday. The deceased had been in ill health for some time past. He was a son of the late Elias Werden, of Athol, and had reached the age of upwards of sixty years.

Thursday last Lily Ethel Airey swore out a warrant charging James Langley, of Augusta, with grievous bodily assault and attempting to commit a criminal offence. Langley fled to the United States, but returned. After a stiff fight, he was captured. About ten years ago he served a term for a similar offence.

"Bibby's" Hosiery "Bibby's."

Fancy hosiery galore; some of the patterns are very quiet, while others are roaring loud. The new Oxford will require handsome hosiery to do them justice. See our lines at 25c., 40c. and 50c. The H. B. Bibby Co.

Dept. of Railways and Canals, Canada ST. LAWRENCE CANALS. MURRAY CANAL. NOTICE TO CONTRACTORS.

SEALED TENDERS ADDRESSED to the undersigned and endorsed "Tender for Concrete Superstructures," will be received at this office up to 10 o'clock on Friday, the 15th day of June, 1906, for the construction of concrete superstructures for the scowling piers at the entrance to the Murray Canal, at Renfrew, Ontario. Concrete bridges to span the openings between piers.

Plans and specifications of the work can be seen on and after Monday, the 21st of May 1906 at the office of the Engineer-in-Chief, Department of Railways and Canals, Ottawa, and at the office of the Superintendent of Operation, Carleton Place, Ontario, at which places forms of tender may be obtained. The Department does not bind itself to accept the lowest or any tender.

By order, L. K. JONES, Secretary, Department of Railways and Canals, Ottawa, 17th May, 1906.

TENDERS FOR DREDGING.

SEALED TENDERS ADDRESSED to the undersigned and endorsed "Tender for Dredging St. Mary's River South of Ste. Marie, Ont.," will be received at this office until the 15th day of June, 1906, respectively, in the St. Mary's River at Sault Ste. Marie, Ont., and at the office of the Superintendent of Operation, Carleton Place, Ontario, at which places forms of tender may be obtained. The Department does not bind itself to accept the lowest or any tender.

By order, L. K. JONES, Secretary, Department of Railways and Canals, Ottawa, 17th May, 1906.

RESTORED

White Tape, 12 yard bunch, worth 10c., for 5c.

Side Combs, worth 20c. pair, for 10c. pair.

Side Combs, worth 25c. pair, for 15c. pair.

Mohair Boot Laces, worth 15c. dozen, for 5c. dozen.

Bone Collar Buttons, worth 10c. dozen, for 3c. dozen.

Strong Clothes Brushes, worth 20c., for 10c.

Pearl Buttons, worth 5c. dozen, 2 dozen for 5c.

Boys' and Girls' Figured Handkerchiefs, worth 5c. each, at 3 for 5c.

Good Nail Brushes, worth 5c., for 2c.

Large Black and White Rubber Combs, worth 20c., for 10c. each.

Safety Pins, worth 5c. card, 2 cards for 5c.

Fancy Hat Pins, worth 15c., for 5c.

A. E. HEROD

ORDERED FOOTWEAR MOVED TO 286 PRINCESS STREET

Open till eight o'clock "except Saturday"

THE FRONTENAC

LOAN & INVESTMENT SOCIETY. ESTABLISHED 1863.

President—Sir Richard Cartwright. Money loaned on City and Farm Properties, Municipal and County Securities. Mortgages purchased. Deposits received and interest allowed.

S. C. McGill, Managing Director, Office, 97 Clarence street, Kingston.

Victoria Day Specials

There are a good many prices in this big value list that mean money for your Home's Saving Bank, and it won't take you long to find one that should cause you to be here early Thursday Morning.

Read the Whole List:

- 75 LADIES' BLACK SATEEN UN-BESKIRTED, best quality sateen, with accordion pleated fronts and tucks. Regular price \$1.50. On Sale Thursday 80c.
- 49 LADIES' SKIRTS, a lot of the latest styles grouped together in a good range of materials, principally Chevrons, Vicunas and Fancy Tweed Mixtures. Regular price \$3.50 to \$4. On Sale \$1.99
- 100 IMITATION IRISH LACE PILE-LACE SHIRTS, also suitable for wash stand covers, travelcloths, small table covers, etc. Regular price 35c. each. On Sale Thursday 17c. each
- 500 LADIES' FINE SWISS EMBROIDERED HANDKERCHIEFS, in many beautiful designs. Regular price 20c. each. On Sale 10c. Each Or 3 for 25c.
- 300 LADIES' SUMMER VESTS, with or without sleeves. Regular price 20c. and 25c. each. On Sale Thursday 12c. Each
- 250 YARDS UNION DRESS GOODS, in checks and stripes, make nice Shirt Waists and Dresses. Regular price 20c. yard. On Sale 12c. Yard
- 400 YARDS CHECKED AND PLAIN TOWELLING, suitable for Rollers, Dish Towels, etc. Regular price 8c. yard. On Sale 5c. Yard

Great Savings in Men's Clothing Department

- MEN'S CLAY-WORSTED SUITS, in Blue and Black, latest make. Regular price \$18. On Sale Thursday \$9.50
- MEN'S TOP COATS, made of Olive Covert Cloth, square built shoulders, loose back, with vent in centre. Regular price \$12 and \$15. On Sale Thursday \$6.98
- MEN'S DOUBLE THREAD BALBRIGGAN SHIRTS AND DRAWERS, Regular price 50c. a garment. On Sale 75c. Suit
- MEN'S WORKING PANTS, made of strong Canadian Tweeds, well made and durable. Regular price \$1.75 pair. On Sale Thursday \$1 Pair
- 150 MEN'S SILK TIES, in Four-Hand, Made-Up, and others. Regular price 20c. and 25c. each. On Sale Thursday 12c. Each
- 200 PAIRS MEN'S "BOSTON" GARTERS, Regular 25c. to 35c. pair. On Sale 15c. Pair

Small Goods at Small Prices

- White Tape, 12 yard bunch, worth 10c., for 5c.
- Side Combs, worth 20c. pair, for 10c. pair.
- Side Combs, worth 25c. pair, for 15c. pair.
- Mohair Boot Laces, worth 15c. dozen, for 5c. dozen.
- Bone Collar Buttons, worth 10c. dozen, for 3c. dozen.
- Strong Clothes Brushes, worth 20c., for 10c.
- Pearl Buttons, worth 5c. dozen, 2 dozen for 5c.
- Boys' and Girls' Figured Handkerchiefs, worth 5c. each, at 3 for 5c.
- Good Nail Brushes, worth 5c., for 2c.
- Large Black and White Rubber Combs, worth 20c., for 10c. each.
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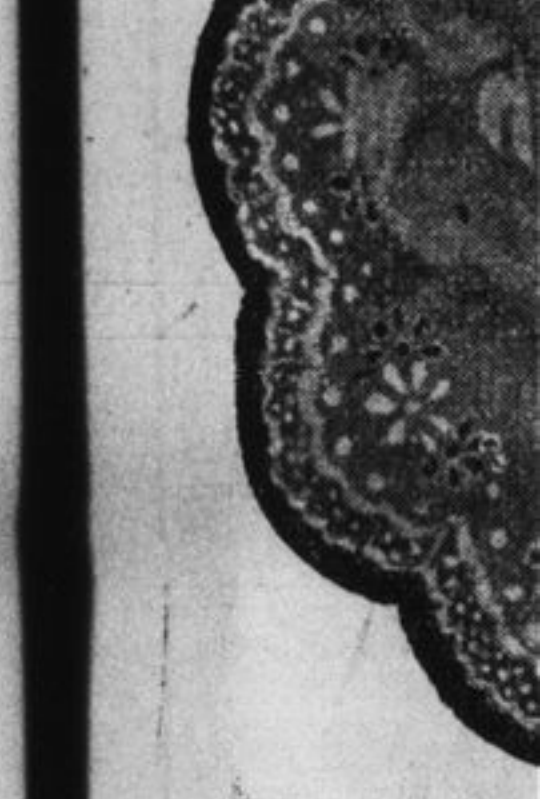
AND MANY OTHER BARGAINS AWAITING YOUR INSPECTION

Store Open This Evening. THE MONTREAL BANKRUPT STOCK CO. 180 Princess Street Between Redden's and Crawford's Groceries

When you get his best flour and choice flour as their the safest its result unquestioning is not getting into be mutual



When you get his best flour and choice flour as their the safest its result unquestioning is not getting into be mutual



Do You Dress Embroidered January, April, July in the April number, just mer things, linen coats, and shoes, new handkerchiefs, centerpieces, Millinery; twenty-three beginners.

Special Offer lawn ready for work free and enter your name April, 1906, issue. Corticelli Silk Co.

RESTORED



DRS. KENNE

LABAT

Ale are Nature's Best products, made fresh and best selected healthful and are very palatable with the most delicate

JAS. Mc Phone 274