

Grandfather's Cure for Constipation



They don't flush out your bowels and intestines with a costly waste of Digestive Juice, as Sals, Castor Oil, Calomel, Jalap, or Aperient Waters, always do.

No. — Cascarets strengthen and stimulate the Bowel Muscles instead.

These are the Muscles that line the Food passages and that tighten up when Food touches them, thus driving the Food on to its Finish.

They are the Muscles that turn Food into Strength through Nutrition.

Well, — a Cascaret acts on your Bowel-Muscles as if you had just SAVED a cord of wood, or walked ten miles.

That's why Cascarets are safe to take continuously in health, and out of health. Because they move the Food Naturally, digesting it without waste of tomorrow's Gastric Juice.

They thus work all the Nutrition out of it before it decays.

The thin, flat, Ten Cent box is made to fit your Vest Pocket, or "My Lady's" Purse.

Carry it constantly with you and take a Cascaret whenever you suspect you need one.

Thus you will ward off Appendicitis, Constipation, Indigestion, — and other things besides.

Druggists — 10 Cents a Box.

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

A sample and the famous booklet, "Course of Constipation," free for the asking. Address Sterling Remedy Company, Chicago or New York.

But, if you will take your Exercise in an Easy Chair, there's only one way to do that, and make a Success of it.

Because, — there's only one kind of Artificial Exercise for the Bowels and its name is "CASCARETS."

Cascarets are the only means to exercise the Bowel Muscles, without work.

They don't Purge, Grip, or "upset your Stomach," because they don't act like Cathartics.

BICYCLES TYPEWRITERS SEWING MACHINES

Sold and Repaired

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

"REX" Chocolates.

The Right Kind Of

40c., 50c., 60c., 75c. per lb.

At Medley's Drug Store

IF YOU WANT A GOOD QUALITY SMITHING COAL TRY OUR CUMBERLAND.

P. Walsh 55-57 Barrack St. Phone 108

EMBOSSING for Paper and Envelopes

ENGRAVING Cards and Letter heads

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

THE WHIG, Kingston

Nothing Relieved His Kidneys Until He Tried Bu-Ju

MARKHAM, Ont., Dec. 1, 1903

"I had suffered for seven years with kidney trouble. Could scarcely walk and was unable to attend to my farm. Saw 'Bu-Ju' advertised, and after taking the first few pills, felt much relieved. After taking half a box, was able to do a full day's work. I know one box of 'Bu-Ju' saved me \$400.00 doctor bills."

"JAMES ABBOTT."

A WARM SUBJECT

Booth & Co. 166 PRINCESS ST.

WHITE MAN DEALS HAD TO LEAVE SWITZERLAND FOR ATTACK ON SOLDIER.

Married Chief's Daughter — Is Known as Ndube, But His Real Name is DUBY — Is Prominent in the Uprising.

Geneva, May 30.—One of the Zulu chiefs who have rebelled against the British government is a Swiss named Ndube.

Duby was a hooligan in the village of Schupfer, in the Bernese Oberland. After a particularly brutal attack on a cavalier, in 1893, he was forced to leave the country, and he worked his way to South Africa.

After being concerned in some transactions which demanded the attention of the police at Durban, he went into the interior to escape arrest. He married the Zulu language, and finally married the daughter of the chief of a small tribe.

On the death of the chief, DUBY was appointed in his place. He fought with the Boers during the late war, and when the Boers revolted, DUBY induced the tribesmen to join the rebel forces.

One of the rebel Zulu chiefs frequently mentioned in telegrams from Natal is Ndube, which is the Zulu version of DUBY.

DECORATION DAY.

Dedicated to Memory of Fallen Soldiers.

Washington, May 30.—Decoration day, the great national holiday dedicated to the memory of those who fought in the Civil war, was celebrated to-day throughout the country. In the north, as well as in the south, the day was observed in a more or less impressive and elaborate manner. In the national capital, Decoration day is always a day of patriotic and veteran organizations, but by the citizens in general. Everywhere flags waved from the mast heads, from half-mast, as in former years. This change was due to the position taken by Commander-in-Chief Tamm, of the grand army, and his explicit recommendation in his memorial day order.

Zam-Buk Saves A Child's Life.

The graphic story of how Zam-Buk has cured a child of a skin disease which had become so bad as to endanger life has just been given by a London reporter by Mrs. Louisa Finch, of Kerfield Crescent. She says: "We first noticed a scab on my child Mary's head, and the sore spread rapidly until the scalp was one mass of scabs."

"Things looked so serious that we had her examined at a hospital, and later on we saw a doctor. On his advice we sent the poor child to another hospital. The medical attendant said the child's life was in danger. She was in a terrible state. They bathed her head in water so hot that she screamed, and the treatment altogether seemed so cruel that we thought it best to take her away. She had continued to get worse and worse, and her hair had fallen out in patches here and there."

"When we abandoned the hospital treatment we decided to try Zam-Buk. We smeared the ointment on the sores according to the directions, and after a few applications we could discern a slight improvement in the condition of her scalp."

"Content that this improvement would lead to a proper cure, we persevered with Zam-Buk."

"Much to our delight we noticed how the sores healed up, how new skin was formed, and how the hair began to grow on Mary's head once more."

"Although it was such a stubborn case her progress was steady and sure from the first. In three months' time the skin had been completely renewed, and there is now no trace of the eruptions whatsoever. The treatment with Zam-Buk was most soothing and most effective. It is the finest healing balm ever used."

"Not only for eczema, ulcers, abscesses, and unsightly, serious skin diseases generally, but for use as a household balm, Zam-Buk is unequalled. It heals cuts, burns, bruises, wounds, etc., in marvellous fashion. Made from vegetable extracts exclusively, it contains no irritating fats or mineral coloring matter, so common in most ointments. It may well be called 'Nature's own Healer.' Of all druggists at fifty cents a box, or from the Zam-Buk Co., Colborne street, Toronto, upon receipt of price. A booklet will be sent telling all about Zam-Buk if asked for."

MADE HIS FAREWELL.

Bradshaw, May 28.—Wailing bells are ringing. A few of the young people of the neighborhood spent a very nice evening at "Maple Lodge" last week. Misses L. and M. Shellington, Burridge, spent Sunday, the guest of Mrs. T. Swerlick. Miss M. Kennedy visited her sister, Mrs. Stebb, Fish Creek. Mrs. T. Lynn is on the sick list. Tichborne residents took advantage of May 24th and held a basket picnic in A. Kennedy's grove. Much praise is due Mrs. Watan, who put forth great efforts in making the picnic a success. The annual meeting of the Presbyterian congregation was held on Monday evening. Much regret is felt at the departure of Rev. Mr. Melnia, who preached his farewell sermon on May 30th. Rev. Mr. Ferguson, Kingston, occupied the pulpit on that day.

Spring Importation of 1908.

Prevent Brock street, has received two cases of imported goods for his order clothing department, consisting of Scotch and English tweeds, serges, chevots and Vicennas. His 815 suitings made to order beats anything of previous years. The wear and fitting is guaranteed.

Mrs. Thomas Doyle, Tyendinaga, who has been ill for some time, is dead, leaving a husband and nine children.

NEWBORO TIDINGS.

Dog Poisoner at Work—Death of T. B. Canning.

Newboro, May 28.—The dog poisoner is at his work again, James Nolan, of the New Ontario had a valuable calling postcard last Sunday.

The regular May meeting of the municipal council was held on Monday evening last. The appeal against the assessment was discussed. A court of revision will be held in a short time.

Thomas B. Canning, for many years a prominent resident of this locality, died at the home of Mrs. Garrett, Athens, on Monday morning. Deceased was a native of Ireland, and came to this country when a young man, and settled with his parents about two miles from here. He married Miss Thompson of this place, who died some years ago. The remains were brought to Newboro, and the funeral took place from the home of R. O. Leggett to the English church, on Wednesday. Services were conducted by Rev. J. Stanton. Three children, B. H. Watts, Frank Maggie, of Athens, and William of Newboro, survive. They have the sympathy of all in their sad and sudden bereavement.

Victoria day passed off very quietly here. A few took in the excursion via B. and W. railway to Brockville and Odenburg. The Cranford Club held a picnic at the "Elbow," while a large number went to Jones Falls on the steamer's boat and Straneger. Edward London, who has been spending the winter at Lansdowne, arrived home on Saturday evening. The cheese factories in this vicinity were in operation on Saturday evening for the first time this season.

Mrs. Ethel Card and Thomas Taylor of this place were quietly married at the home of Frank Cornwall, on the 17th inst., by Rev. William Pearson. The happy couple were unattended, only the near friends being present. Mr. and Mrs. Taylor have moved into the Fahy house on Brock street. The many friends who extend congratulations, weak Miss Mary Simmons, a visiting friend, in Kingston. Visitors: Miss Dwyer and Dr. Dwyer, Perth, at O. McNally's; J. Gibson, Lansdowne, at F. Lansdowne; Albert Foxton, Brockville, at E. Chamberlain's; Miss Halliday, Elgin, at Miss Halliday's; F. Lyons, Althorpe at his parents'.

LOSS TO FISHERS.

Catch Un satisfactory in Great South Bay.

Eastport, L.I., May 29.—The fishermen in Great South Bay, which has heretofore been one of the best and most productive fishing grounds around Long Island, complain that their business is practically ruined, as there do not seem to be any more fish in the bay. They say that the introduction of the power boat on the Great South Bay has gradually driven away the great schools of edible fish which at this season formerly swarmed to this section and afforded the native fishermen a profitable field of employment.

Not in the history of these waters has the fishing been so unsatisfactory as this year, the catches of carp, alewives and menhaden not being one-fifth as large as in other years. Many fishermen who formerly bought expensive nets and boats, have disposed of them because of the failure of the fishing. The constant churning of the water by the rapidly revolving propellers of the numerous powerboats is believed to be the cause of the disturbance of the fish to such an extent that they have deserted the waters of the bay. From other parts of the coast of Long Island similar reports have been received, and the fishermen entertain no hope of improvement in the future.

TO MAKE REPAIRS AND REMOVE TIMBER.

Gananoque, May 29.—The establishment of the Skinner Manufacturing company, limited, was closed, on Monday afternoon, on account of a couple of pieces of two by four joist passing through the rafter before the wheel and lodging in one of the buckets. It took till about 10 p.m. to extricate them.

The latest in the sporting line in town is a baseball game to be arranged between the present council and ex-councillors of the town, to take place on Saturday afternoon at the opening of the season at Grasshopper Park. They will likely be in the presence, headed by the band.

Mr. Rouse, Geneva, N.Y., was in town, during the past few days, looking after the erection of a new boat-house on Black Duck Island, where he and his brother, from Rochester, spend the summer months.

Frederick Watt, Charles street, spent a few days in Toronto during the past week. Frederick Wales, Napanee, is spending a short time with friends in town. Mr. Wormworth, piano man of Kingston, was in town to-day.

AN OLD LANDMARK.

In Picton is to Be Pulled Down.

Picton Gazette.

One of the old landmarks of the town will soon give place to the onward march of improvement—the old Church property. This structure was built by the late Adam Hubbs, who during the early history of Picton was engaged in the business of a tanner, as well as being the owner of a general store. The property was originally a part of the Abram Barker farm. Mr. Hubbs built about the year 1826, and resided in a small frame house, and as he prospered in business, added to it until the present structure was the result. In 1826 he occupied the house and it has been continually occupied by members of the family up to the present time. The site has now been purchased for the new Carnegie library, the old structure is to be removed, and upon its location will be rear- ed an imposing structure at a cost of \$10,000, which no doubt will be an ornament to the town.

Miss Lena Haley, Kitley, is dead from pneumonia, aged eighteen.

Sunlight Soap is better than other soaps, but is best when used in the Sunlight way. To appreciate the simplicity and ease of washing with Sunlight Soap in the Sunlight way you should follow directions. After rubbing on the soap, roll up each piece, immerse in the water, and go away.

Sunlight Soap

will do its work in thirty to sixty minutes. Your clothes will be cleaner and whiter than if washed in the old-fashioned way with boiler and hard rubbing.

5c. Buy it and follow 5c. directions. Laver Brothers Limited, Toronto

THAT STAB-LIKE PAIN IN THE SMALL OF THE BACK COMES FROM THE KIDNEYS AND CAN BE CURED BY DOAN'S KIDNEY PILLS

It is not the back that is aching, but the kidneys which are situated beneath the small of the back.

Therefore, dull pain in the back, or sharp, quick twinges, are warnings of sick kidneys—warnings of kidney trouble. Painful, frequent urination, back-ache, swelling of the feet and ankles, frequent or suppressed urine, painful sensation when urinating, specks floating before the eyes, frequent thirst, brick-dust deposit in the urine, or anything wrong with the urinary organs or bladder, you must keep your kidneys well. Help them to work freely, and help them to flush out all the body's waste and impurities.

Doan's Kidney Pills are made from the purest roots and herbs, and have a remarkable healing and toning effect on the kidneys. Mrs. Barling, 26 Locomotive Street, Hamilton, Ont., writes: "I had been troubled considerably with my kidneys, using many remedies, but finding no relief. I tried Doan's Kidney Pills and found them to act directly on the kidneys, and making them strong again."

Price 50 cents per box, three boxes for \$1.25, all dealers of The Doan Kidney Pill Co., Toronto, Ont.

2 in 1 Shoe Polish

Black, Tan and White

Shining your own shoes with 2 in 1 is both a luxury and an economy. 2 in 1 Black Polish is known as "Black Lightning." Your shoes are given the richest, glossiest black shine with only an instant's rub. Don't take substitutes or imitations.

Black and Tan in 10c. and 25c. tins. White in 15c. Glass

100% 100%

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

National Life OF CANADA.

are all gilt-edge, as may be seen from the following list:

Large Assets	Percentage
Mortgages - \$4,265,513.86	48.22
Debentures and First Mortgages	36.68
Bonds - \$3,245,401.89	11.50
Loans on Policies, 1,017,400.99	2.96
Cash on hand and in Banks - \$261,960.60	.64
Real Estate - \$56,281.08	.15
Total Ledger Assets - \$8,846,658.42	100%

HEAD OFFICE: WATERLOO, - CANADA

S. ROUGHTON District Agent, Kingston

GARDEN HOSE

Complete with couplings, 8c. per foot.

If you want it larger and better we have it.

Hose Reels, \$1, \$1.50 each

McKelvey & Birch 69 and 71 Brock Street.

GANONG'S G. B. CHOCOLATES

THE FINEST IN THE CITY

50c. per lb.

A. J. Rees, 166 Princess St.

The Young Man's Shoes

The young man working for a moderate salary never objects to saving a dollar or so on a pair of shoes, and we want to say to him that he can do it if he brings his feet here. He can either get his shoes here for less money, or get more desirable shoes here for the same money than elsewhere. In either case it's a saving.

The new styles are ready and our YOUNG MEN'S SHOES have every twist and kink of fashion known to up-to-date shoemakers. Come try a pair of our shoes.

J. H. Sutherland & Bro. The Home of Good Shoemaking

Early Summer Necessities

- Fast Black Cotton Hose for Men, Women and Children, 12c., 15c. and 20c. pair.
- Fancy Drop-stitch Cotton Hose, also fast black, 25c. and 35c. per pair.
- Fancy Open-work Lisle Thread Hose, full fashioned English make, best-ties, 35c. and 40c. per pair.
- Our showing of Wash Dresses on the second floor is certainly worth your inspection. All kinds of pretty and becoming styles to be seen here and the prices are so reasonable that one doubts the advisability of buying the materials and paying a dressmaker. Only by sewing them can you do as well as to their excellence be secured.

And While on the Second Floor Take a Look At Our White Goods

- Corset Covers, Crescent brand, well made and trimmed, excellent values from 15c. to \$2 each.
- Drawers, open and closed, plain and trimmed with lace, tucks and embroidery, 25c., 35c., 40c., 50c., 60c. and 75c. per pair.
- Night Gowns, beautifully trimmed with lace and embroidery, good generous sizes, from 49c. to \$2.50 each.
- Also large assortment of White Shirts, at prices ranging from 75c. to \$7.50 each.

CRUMLEY BROS.

Put in at our

Large stock of

teries, Spark

always on hand

SELBY & LIM

THE F

LOAN & INVE

ESTABL

President—Sir T

Money loaned at

parties. Municipal

received and later

S. C. McGill, 1

Office, 97 Clarend

Wm. Murray

27 B

New Carriages

etc., for sale

Sale of Horse

GANONG'S G. B. CHOCOLATES

THE FINEST IN THE CITY

50c. per lb.

A. J. Rees, 166 Princess St.

SYNOPSIS OF HOMESTEAD

Any even sun-
ton lands, in
Provinces,
reserved—may
any person who
family, or any
one, to the ex-
tension of 160 ac-
Entry must be
Local land office
the land is situ-
HOMESTEAD
has been granted
land is situated
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the following:—
(1) At least a
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A free miner's
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AFFIDAVIT
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SYNOPSIS OF
WESTERN MIN-
Coal—Coal has
\$10 per acre to
subsurface. Not
be acquired by
any person who
per ton of 2,000
on the ground on
Quartz—A free
granted upon
free miner's
from \$50 to \$100
A free miner's
place, may
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The fee for re-
At least \$100
be made for solid
order in lieu
been expended
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The patent term
of 21 years, or
PLACER min-
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The losses shall
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