Strength Food

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eds only one Cascaret at a time late all the Bowel-Muscles enough, purging, discomfort or loss of

if you want the same natural nat a six-mile walk in the country ive you, (without the weariness) Cascaret at a time, with intervals till you reach the exact condi-

* * * Cascaret at a time will properly a foul Breath, or Coated Tongue, oving clearly its ready, steady, mild and effective action. ming Headache can be warded off,

order, by a single Cascaret, and e removed. tburn, Gas-belching, Acid-risings

roat, and Colicky feeling are sure Bowel trouble from food poisons ald be dealt with promptly. Cascaret will step the coming move on the Bowel load, and free stive Juices, if that one Cascaret as soon as the first signs are

* * * fail to carry the Vest Pocket Box with you constantly. ousand dollars a year spent in ents could not buy for you half so earty Happiness, solid Comfort, Temper and Health Insurance, ittle ten cent "Vest Pocket" Box

rets will bring you. Druggists sell them-over ten boxes a year, for six years past. very careful to get the genuine ly by the Sterling Remedy Comnd never sold in bulk. Every

ple and the famous booklet, "Curse ipation," Free for the asking. Aderling Remedy Company, Chicago

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FACTURING CO. TTAWA, ST. JOHN, N. B.

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science, but that's what we've made it my limb and foot. The first two at M. Perey's; Miss Georgina French, rade are that complete satisfaction to ir customers pays best, and that the ay to win business is to deserve it.

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Assurances in Force, \$104,000,000 Expenses only 8½ per cent. cf mcome. Profits to Policyholders—The same profits have been paid for the past Forty Years. Over \$14,000,000, have been paid as profits altogether. At the last distribution in 1905, over \$3,226,-Security to Policyholders is not su by that of any office in the Liabilities valued at 3 per cent. Expenses of Management are less pro-nortionately than any Life Company in A Safe and Strong British Office. Rates, etc., on application to W. J. B. WHITE - - Kingston

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Lunches.

Whole Foot Nothing But Proud Flesh - Tried Different Physicians and All Kinds of Ointments - Could Walk Only With Crutches - Ohio Man Says :

"CUTICURA REMEDIES THE BEST ON EARTH."

"In the year 1899 the side of my toe down to the heel, and the physician but with no success. When he found out

the side of my foot, that wouldn't work, he began trying to all kinds of ointment, until at last my whole above my calf was

'wo important discoveries we have months the Cutieura Remedies did not Arden, and Miss Covert, Bath, at G seem to work, but I kept on using them M. Sanborn's; Miss Charlotte Yorke, both. In two weeks afterwards I saw a Tamworth, at J. Yorke's, change in my limb. Then I began using Cuticura Soap and Ointment often during the day and kept it up for seven months, when my limb was healed up just the same as if I never had trouble. "It is eight months now since I stopped using Cuticura Remedies, the best on God's earth. I am working at the present day, after five years Ointment and Soap was only \$6; but the doctors' bills were more like \$600. You can publish my name and refer any one to write to me about Cuticura Remedies. I will answer all letters if postage is enclosed. John M. Lloyd, 718 S. Arch Ave., Alliance, Ohio,

June 27, 1905." Complete External and Internal Treatment for every lumour, from Piraples to Scrotnia, from Intancy to Age, consisting of Cuticura Soap, Distment, and Resolvent (also in form of Chocolate Coated Pills, in vial of 60), may be had of all druggists. A single set often cures. Potter Drug & Chem. Corp., Sole Props., Boston, Mass., U. S. A.



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Don't think that Bu-Ju is not effective because it does not "tear things loose." The man, who talks most, does least. Kidney remedies that purgeand over-stimulate the kidneys _upset the stomach_are going to do you mighty little good.

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THE GENTLE KIDNEY CURE goes about curing you gently, mildly, correctly. You never know you are taking medicine -excect that you begin to get better and keep on getting better. Bu-Ju heals inflam-

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OPPOSITE GRAND CENTRAL STATION Baggage To and From Station Free a excellent unide-book and map of the City of New York nt on receipt of two cents in postage

Among the 14,462 students at the Meats for Picnic University of Paris last year, there

WHAT WHIG CORRESPOND-

ENTS TELL US

The Tidings From Various Points In Eastern Ontario - What People Are Doing And What They Are Saying.

Althorpe Notes.

Althorpe, July 10.-A number of ear. Mr. Gordon did a great act by Ritchie has returned from military en- ing illness. campment at Cobourg. The men have finished their job on the road, Fred who had charge of me Dowdall and sister, Violet, are home was trying to sew up | for their vacation. Miss Lizzie J. Norris is visiting with friends in town.

Cutting Hay. Bell Rock, July 10 .- The wave of inprovement still rolls on, E. James and T. B. Wheeler are siding up their houses anew. Miss Goldie Sanborn, Oso, and Miss Stella Vanvolkenburg, told agonies for four years, and tried ence Grant, who have been seriously different physicians and all kinds of oint- ill, are improving this week. Visitors :

Fermoy Orangemen. Fermov, July 10.-The Orangemen attended church here on Sunday last and listened to an impressive sermon, preached by Rev. Mr. Woodcock, Westport. They are preparing for big day on July 12th and expect number of lodges to take part with of suffering. The cost of Cuticura them in celebrating. School has clos- Brockville, spent a few days last Boulton, with his brother, J. ford Station. The recent rains have George Butterill to saw the remainder of the logs at his mill. Thomas Rodgers is busily engaged with his L. B. Bateman has fenced part of the commons on his lot here, and has now a good pasture for young stock. The

> hall on Sunday last. Lavant Station Items. Lavant Station, July 10,-Clara B. friend, Miss Nettie Roach, Wilbur, Saturday night . Miss Nettie and Carrie Watt, of North Bay, are spending their holidays with their parents, Mr. and Mrs. Watt, of Lavant. The annual musical and literary entertainment after which all became deeply interested in the field sports, and especially in the baseball match between Mississippi and Lavant teams, which resulted in a favorable score for the latter and an innings to spare, Miss Pearl Intyre, of Arnprior, is visiting her

Free Methodists held church in the

latives at Wilbur, Mrs. John S. Paul, who has been staying for some time with her daughter, Mrs. Thomas Lee, of Lavant, has gone to Poland again. Reports From McLean. McLean, July 10.-Berry picking will strawberries and huckleberries are very scarce this year. Raspberries and blackberries will be a good crop if nothing happens to blight them. The people around McLean have not tarted their having yet, as the hav s still too green. John Hunter had the misfortune to lose a valuable

cow last week, Robert Vanvolken-McLean on Monday to go to the York State, where they intend remaining his summer. Visitors: Mrs. Smith. Wisses Geneva and Martha Smith at | Gates'. A. Foster's; Clinton Wagar and family spent Sunday with friends at Me-Lean; Grace Lott is spending the sum-

mer at Newburgh.

Several Fine Launches. laench finished and launched. It's a mation in the kidneys-takes | beauty and a fast sailer. E. M. Bracaway that sharp pain in the ken and C. Mckinley have each purback and the dull sche through | chased a gasoline launch. Both are the hips stops excessive urin- dandies and speedy. Capt. John ation and enables the disea- Randall is having a coal house built beal and strengthen.

on his new wharf. Alexander Brown,
Washburn, a former resident, has again become a resident of this place. A. Neal is burning two kilns of brick and tile this week. Edward Neal has gone to Norwich to spend a few months with friends and to recuperate ers are very numerous at present. catches are reported.

Brewer's Mills Notes. Brewer's Mills, July 10,-The frequent rain showers have greatly improved the crops. A number from Wood's Phosphodine, here spent Dominion day in Ganano-

Has Typhoid Fever.

C trous to the hay crop. Mrs. Beith, Pic- of fireworks from the mountain. The ton, visited friends here last week. J. scarchlight excursion, to Brockville B. Bongard has accepted a position as and Alexandria Bay on Saturday purser on the steamer Ningara. Miss, night was well patronized. The exam-Viola McCannock has returned after inations for Part II. junior leaving, Hazel Kingsley has been visiting her on Thursday, July 5th. Dr. George M. sister, Mrs. Thomas Bongard. Mrs. S. Gorrell and his partner, Dr. Moore, of J. Miller, who has spent the last two Morrisburg, are the guests of Mr. and months here has returned to her home Mrs. J. R. Gorrell. in Oswego, accompanied by Mrs. R., Manders, W. A. Pringle, who has been on the sick list is reported better. Mr. | Lapum, July 9 .- Mrs. William Latiand Mrs. J. Harrison were guests at mer, daughter, and grandchildren, E. A. Williams' on Sunday last. Mrs. former residents of this place, are re-Thomas Bongard is visiting at Cherry newing acquaintance here. While G. C. Valley, Mrs. S. A. Tobey was at Port Davy was on route to the factory people from here attended the cele- Milford on Sunday. Clayton Bongard, with a load of milk, one of his horses bration on July 2nd in Westport. | who has been in Toronto for the past dropped dead. J. E. Boulton and fa-Strawberries are very scarce this three months, has returned home, ill mily attended, on Thursday, the Holi-

Burridge Briefs. not look better; lots of refreshing cutting their hay. Arthur and Clared by the L.O.L. of Fermoy. The ser- ville, and Mr. and Mrs. F. E. Brown, Misses Bresee, at James Shell ng- Mrs. Henry Bush, Mrs. B. Rose attendmuch interested in as Coal at this time | ments. I could walk only with crutches. | Mrs. J. Grant, Yarker, at E. James'; | ton's; A. Goslin and his sister, C. | ed on Thursday, the funeral of Mrs. of the year. It may sound queer to It is sixteen months ago since I began Miss Lotta Clark, Moscow, at Frank Jones, accompanied by Miss Sickler Henry Henry, Kingston. William Lausing Cuticura Soap and Cintment for Clark's; Miss Eddie Huffman, Moscow, and Mr. Green, at C. Stinson's; Miss pum, Bethel, is spending a few days

Caintown Jottings. Caintown, July 10. William Moore visiting his brother in Lansdowne. Mr. and Mrs. George Tennant, of his sister, Mrs. H. Bush; Richard ed and Miss Hill has returned to Bed- week guests at Eli Tennant's, Bur- Boulton; Miss Mary Shannon, o tor Poole is at present the guest of Glenburnie, with her cousin, Mrs. J. his father, E. H. Poole, Miss Ina. Huff. Nunn is spending a few weeks with her aunt at Lyn. Miss Alice Tennant is home from her school at Toronto. Mr. and Mrs. Robert Brown and children, of Ottawa, are spending their holidays at the home of her parents, Mr. and Mrs. John Tennant. Mr. and Mrs. Andrew Tennant and son, of Syracuse, N.Y., spent a few days at James W. Tennant's, Mr. and Mrs. Richard Read are at present Rochester, N.Y., visiting Mr. and Mrs. of Lavant, was visiting her S. B. Hogeboom. Miss Lou Poole, of indeed very satisfactory. The league

Westbrooke Tidings. Westbrooke, July 10.-Farmers have in this vicinity. Mrs. H. Snook has returned home from Kingston, where she had been visiting friends, Jemima Gates left on Friday to visit her son, George, at Depenuville, N.Y. Mrs. John Saundercook and Frank Morley returned home on Friday, after spending a couple of weeks with friends at Northport. Isaac Smith and sister, Maggie, attended the funeral at Bath of Mrs. Isaac Coglan on June 21th. Those on the sick list are Miss L. Walker, Mrs. Saundercook, James Gates and Mrs. Isaac Redden, Garnet Sproule, of Albert College, Belleville, is spending his holidays at his home here. A little girl has come to the home of Mr. and Mrs. A. Howie, Visitors: Mrs. Comble and children, of Kingston, at F. Morley's; Miss Mary Fallon, of Kingston, S. Smith's; the Misses Carrigan and brother of Marysville, and Miss E Bath, at A. Foster's; Mrs. John Todd, Twoomey of Odessa, at D. Sheehan's Syracuse, N.Y., at William Rawley's: Miss Jackson, of Elginburg, at G.

Death Of W. C. Girvin.

Stella, July 10.-William C. Girvin Belleville, spent Sunday at R Kingston, had its annual excursion to has returned to her home, Mrs. G. Stella Point, on July 5th, Haying is Kerr and Mrs. Smith spent last Wed now the order of the day. The differ- nesday -in Madoc, attending the wee ent machine agents are selling quite a ding of their niece, Miss Olive Baili lot of hay loaders and side delivery rakes this harvest. W. H. Preston and Miller sold two valuable horses last week for which they received fanhis health. Reggie Bracken lost a cy prices. Visitors: Mr. and Mrs. Bol- fancy worsted and serge, in all colors, valuable horse last week by falling ton, Kingston Mills; Misses Weller and for suiting, for his order work depart into a deep ditch. Visitors and camp- A. E. Weller, Kingston, at Mrs. Gir- ment. They are without doubt the vin's; Mrs. R. Patterson returned finest patterns and quality he has Fishing is excellent and many good from a visit to Buffalo; Mrs. C. Pat- ever had in his store. They were terson, Buffalo, James Scott, visiting bought under value. A suit of them friends; W. Chown, Kingston, with made to order will be sold under the friends; Mrs. A. E. Saunders, visiting usual value

News From Westport.

que. Misses M. E. Tierney and L. of Montreal, but formerly manager of twenty per cent., and is designed to Tones and invigorates the whole Milne wrote on the entrance examina- the Merchants bank here, was in town promote the development of commernervous system, makes new tion in Sydenham. School closed for over Sunday. School has closed for the Merchants bank here, was in town promote the development of the Merchants bank here, was in town promote the development of the Merchants bank here, was in town over Sunday. School has closed for the boliday's and Miss McCabe, teach the summer holidays and teachers who States and Brazil. dency, Sexual Weakness, Emissions, Sperter, has returned to her home in King- have graduated from the Westport materrheea, and Effects of Abuse or Excesses.
Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain plus, on receipt of price. New pamphlet plain plus, on receipt of price. New pamphlet mailed fre. The Wood Medicine Co.

(formally Windsor)

Toronto, Ont.

Toronto, Ont.

Toronto, Ont. have taken their departure, after a Phyllis McCann, Nellie Bennett, Jenweek's visit with her parents. P. Me | nie Hazelton. Miss Annie McCann, of Kenna and sister, Cecelia, spent Sun- New York, is home on a visit to her Dr. Brock's Celebrated day on Howe Island. Miss M. mother, Mrs. James Lennon. Mr. and O'Brien, Elgin, has returned to her Mrs. J. H. Blair returned from an exmedicine for ladies. Sold home, after visiting her aunt, Mrs. J. tended wedding trip to eastern points. best monthly medicine for ladies. Sold home, after visiting her aunt, Mrs. J. tended wedding trip to eastern points. Smith. Mr. Moore, who has been The barge Columbia is in port with a spending some time with his daugh- cargo of salt for local merchants.

ter, Mrs. R. Anglia, Jr., returned to The celebration here July 2nd, was a decided success, 'The chief attraction of the day was the baseball match were 1,638 foreigners. Of the 968 fe- Bongard's, July 10.-The recent was eight to six in favor of Eloin. In It does male students 513 were foreigners. heavy rains are proving quite disas the evening there was a grand display from the system

spending a few days in Picton. Miss, held in St. Edward's school, closed

Lapum Occurrences. with typhoid fever. Joseph St. Peter, ness Movement camp meeting at making cheese on Saturday evenings; an old and highly respected resident Systenham. Mrs. John Morrison and a great relief to many farmers. R. of this place, is dead after a linger- son, Kenneth, spending a couple of weeks here with friends, have returned to their home in Hartington. Mrs. Hiram Walker, Thompsonville, is Burridge, July 9.—The country could spending a week here the guest of Mrs. Wilbur Love, Levi Brown has beautishowers, everything blooming, al. fied his residence by putting a galvany though a few weeks of fine weather ized iron roof on it. Mrs. J. Irish, would be appreciated, as the farmers Sr., has come to reside here. Mrs. are about to start having. Our cheese Clara Lapum returned home Sunday, factory is doing fine work. Our school after spending a few days with her has closed for the holidays and Miss nieces, the Misses Henzy, of Kingston. Hills has returned home. The L.O.L. B. Rose and Edwm Bell, visited on Glendower school, are at home for the holidays. Some of the farmers are church, here, last Sunday, accompani- Mr. and Mrs. Cyrus Bush, Thompson-

mon was much appreciated. Visitors: were on Sunday guests of Mr. and Ella Barr, renewing old acquaint- here under the parental roof, Mr. and ances here, Miss A. Swerbrick and Mr. Mrs. Michael, Love, Mrs. James Huff White, Maberly, at G. Thompson's; and Miss Jessie and Master Clifford William Thompson and B. Barr, at attended the picnic on Dominion day Tichborne. The dance at B. Bottings', at Varty Lake, William and Clarence on Wednesday night, was greatly ap- Lapum were on Friday afternoon, preciated by a few of our young peo- guests of Edwin Bell. John Brown was on Saturday evening, calling of friends in Yarker, Visitors: Mr. and Mrs. B. Vanalstine, Napanee; Mrs. Sutherland, and children, Battersen, with Mrs. T. B. Hamm; Oliver Cully, with

The Results Good.

Canifton, July 9 .- A large drive of logs has just passed through here and other year. The garden party on Fri-Epworth League, was a huge success. The night was fine, the music by the LO.O.F. band was choice and the pro-Freeland, spent a few days at H. W. has undertaken to provide funds for Powell's, Miss Eva Earl, Lyndharst, repairing the church and it is to be and Miss Essie Earl. Athens, were hoped that every church member will guests of Miss Nora Kinenid. George assist and encourage the young people Buell, Burton Graham and Leslie Cib- in this work, Rev. Mr. Rourke has ar son spent the evening of the fourth at | rived and on Sunday evening preached picnic held on the 4th inst., was a Alexandria Bay. Eli Tennant has his first sermon to a very large consuccess. The programme consisted of a crected a new kitchen and woodshed. gregation. The Canifton circuit did not forget their former pastor, Rev. S. P. Steele, who is ill but extended some of that genuine sympathy which maketh the heart glad. A few representatives went quietly to his home one evening last week and presented him with a purse of \$120, as a token of sympathy and love, Mr. Steele had been with us only one year, but during that time he made many warm friends who deeply regret his retirement from the ministry and particularly from this circuit. Miss Hicks our popular young tencher in the Brick school has sent in her resignation. This is a matter of regret also a Miss Hicks is not only an A 1 teacher, but a useful member of society as well. Miss Rush, teacher in the Stone school is spending a week at the sum mer school at Twelve O'clock Point. Joseph Waldron, who went to Ec monton, on June 3rd, arrived home a week ago. He is pleased with the country and secured a farm on the others badly bitten by dogs. Daniel at Misses Sheehan; Miss Sadie Al- prairie. C. A. Callery of this place Arney and John Vanvolkenberg left ton, of Sydenham, at F. Gates'; Miss and G. W. Hammond, Campbellford, North Battleford, where they expect ! to secure some land, John L. Palmer paid a flying visit to his family last week. Mrs. Benson Haight is visiting her daughter in Newburgh. Miss Hattie Burnside, teacher at Bancroft spending her holidays at her hor here. Frederick Wheeler and wife, passed away on Saturday, June 30th. Dunning's. Miss Boyce, Colborn The end came after months of linger- spent Dominion Day with her moth ing illness, borne with patience. He here. A number of our citizens went Seeley's Bay, July 10.-Mr. and was tenderly nursed by his loving to Campbellford for Dominion Day. Mrs. John Morahan have taken up mother and brother. The funeral took Mrs. McKenny, Toronto, visited her housekeeping, having rented William place on Monday, and was conducted father, E. P. Brintnell, on Monday. Gilbert's house on Main street. Born by Rev. James Cumberland, assisted Miss Norma Callery is spending a few to Mr. and Mrs. Joseph McAlonan, by the Rev. R. S. Wilkinson, He was weeks with her aunt, Mrs. G. W. last Wednesday, a son. Congratula- a member of Court Island, S. O. T. Hemmond, Campbellford, Mr. Louis tions. John Jackson has his steam The young ladies' sewing circle held Allore has sold his hotel and fixtures an ice cream social and sale of fancy to Capt. Palmateer, Belleville, Th work on S. L. Pringle's lawn, Satur- new landford will take charge next day evening, in aid of the Kingston week. Miss Clara Shorey. Newburgh, General Hospital. St. James' church, who was here visiting her brother

Fine Selection Of Goods. Prevost, Brock ctreet, has received another case of Scotch tweed and

Brazil has just announced a new tariff which reduces the duty on flour Wesport, July 10.-W. A. Meldrum and many other American exports



between Elgin and Westport. The score | foints in a few hours. Positively cures in a few days.

What the "Canada Lancet" says about Abbey's Effervescent Salt.

"Many physicians of Canada are now prescribing ABBEY'S SALT. It is particularly useful in cases of obstinate Constipation and chronic liver trouble. It is especially effective in kidney trouble.

It corrects acidity of the stomach, making it a specific in certain forms of dyspepsia and in gout and rheumatism.

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We consider Abbey's Salt absolutely the best effervescing salt made in any country." 25c. and 6oc.

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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

in all stations of life—the farm, the office, the workshop, the pulpit, the trades and the professions. Nerveus Debility and Seminal Weskassa 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 consen "I am 33 years of age and married. When young I led a gay ife. Early indiscretions and later excesses made trouble for me. Interest in discretions 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 bonest, skilful and responsible financially, so why patronize Quacks and Fakirs when you can be cured by reliable doctors."—W. A. Belton.

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