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Just in. Let us show you sample and tell you how you can make it for

4c. A Bottle

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Men of sedentary habits require exercise.

The inventive genius with the physicians knowledge has invented.

EXERCISES That will develop the muscles of almost any part of the body desired.

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Limited, head of Queen street. Canada's Highest Grade business school.

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27 BROCK ST. New Carriages, Cutters, Harness etc., for sale

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Finest of Workmanship, Up-to-date Styles, and Good Fit Guaranteed.

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If you want to buy, or sell City Property, see GEO. CLIFF, at 95 Clarence street, opposite Post Office.

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THE BUSY ONE. Out-of-town engagements accepted. Violin, Viola, Cello Instruction. E. B. MERRY.

Packed at the Oven's Mouth We do things right at the Mooney bakery.



MOONEY'S PERFECTION Cream Sodas

matter where or when you buy them.

They come to your table just as inviting and delicious as though you ate them at the ovens in the bakery.

Constipation

Baked sweet apples, with some people, bring prompt relief for Constipation. With others, coarse all-wheat bread will have the same effect.

Lax-ets

At All Druggists. The land is mostly clay in the north end, and will be worth thirty dollars per acre.



RELIABLE FOOTWEAR FOR BOYS

Just what you want for this time of year, something that will stand the wear and tear.

H. Jennings, King St.

DR. WOOD'S NORWAY PINE SYRUP

This wonderful cough and cold medicine contains all the very best principles which make the pine woods so valuable in the treatment of all lung affections.

Dr. Wood's Norway Pine Syrup

For Coughs, Colds, Bronchitis, Pain in the Chest, Asthma, Whooping Cough, Hoarseness or any affection of the Throat or Lungs, you will find a sure cure.

Cook's Cotton Root Compound

The great Uterine Tonic, and only safe effective Monthly Regulator, which women can depend on in three degrees of weakness.

BRITISH COLUMBIA DESCRIBED BY A WOLFE ISLANDER.

The Okagan Valley Over-Rated—Vancouver is the Place For Retired People to Go and End Their Lives.

Seattle, Wash., Feb. 12.—(To the Editor): After leaving the plains you go into the Rocky Mountains, or British Columbia. You may call the Rocky Mountains, British Columbia, or British Columbia the Rocky Mountains, that being chiefly all there is to the province.

When I arrived in British Columbia I went to the famous Okagan Valley first. In order to see this thoroughly I walked from one end to the other, lived with the settlers to find out the truth about the Okagan, and whether it places the real estate man or not, I will explain to you the same.

I lived with the settlers, and they told me how they came to settle in this valley, and the way they made a living while clearing the land.

The first settlers built small log houses, in which man and wife lived, depending chiefly for subsistence on game and fish.

The land is mostly clay in the north end, and will be worth thirty dollars per acre in the east; here it is valued at seventy-five to one hundred dollars per acre.

The south end I have been over and over, and I have seen hundreds of farms at one hundred dollars per acre that were nothing but a tough mass of tree stumps and stumps, but it is all required. Hundreds are going to be cleared, and the land will be worth more.

There are certain parts where hundreds of acres of fine young orchards are to be seen. These, if properly cared for in a few years, would have almost endless value, but ninety per cent of the people setting nothing from the prairie, and certainly not undertaking failure and disappointment must follow.

However, the valley will in time be noted for the quantity and quality of fruit shipped from it, as British Columbia has not more than one acre in every one thousand, which are in every one cultivation; this land may some day be valuable.

Laborers in rural districts receive slightly better wages than the farm hands, but at the end of the year it is about even, clothing being so high.

The next place of importance is Vancouver, the glorious city of the Pacific. This city certainly enjoys the best climate of any city in Canada, except Victoria, whose claim is superior.

Another young lady well-known in society circles of Springfield, who deprecates the benefits from Ferrozone, says: "I let it be my duty to make known the value of Ferrozone. My trouble was poor, weak blood, and as a consequence my lips were brown, and my cheeks had no color."

For the working classes it is an entirely different proposition. The first trouble the white man and woman has to face is the Chinaman. You meet him everywhere. On the docks he does everything, on all the great freighters he is to be seen.

The Japanese and Chinaman are doing the work in British Columbia, and the white man talks about no longer, stands on the street corner, or

in fact does anything but get to work in the weather being so warm he may sleep outside if obliged to.

I do not wish to impress on the readers that British Columbia is not a good place to come to for work, but warnings must be so independent as they are in the east, as a Chinaman is ever waiting to take your place, which, when once his, is never yours again.

Next we start for Victoria, eighty miles down the Sound, a most beautiful and charming sail among islands, and through narrow channels, with the snow-capped mountains on either side.

About an hour's ride on the street car from Victoria brings you to the old, but famous straits of the Pacific. Escoument, here have fortifications, and barracks are to be seen, with one or two British men-of-war lying peacefully in the harbor.

Disagree With Mr. Pike. Snow Road, Feb. 16.—(To the Editor): I should like to contradict a few statements that my friend, Mr. Pike, made, in your issue of February 14th, in regard to the part of Canada which he has seen fit to honor with his presence.

During the last twenty-four years, I have been through Manitoba and the Canadian North-West enough to make me quite familiar with it, and have an estimate of the people living there.

He states further that there are not one hundred farmers living comfortably in the North-West. Well, I know there are hundreds of thousands of farmers who could make a remarkably favorable showing with my friend from Wolfe Island.

Red Cross tasteless preparation of cod liver oil. 75c. bottle, only at Gibson's Red Cross Drug Store.

IMPURE BLOOD Clogs the Kidneys Slows the Heart Fags the Brain Weakens Every Part of the Body—Causes Organic Diseases.

Just as strength is the natural outcome of pure blood, so is debility and sickness the result of impure blood.

To know how quickly, how surely Ferrozone cures, to see how it rebuilds and restores, you have only to read the following letters—read them carefully—see if the symptoms resemble yours.

Miss Evelyn M. Gertz, of Kingston, writes: "I have had an attack of blood disorder which broke out in horrid looking pimples. They were ugly, red, disgusting blotches that tried the appearance of my face. I ruined the appearance of my face. I was at all times, and my cheeks had no color."

Another young lady well-known in society circles of Springfield, who deprecates the benefits from Ferrozone, says: "I let it be my duty to make known the value of Ferrozone. My trouble was poor, weak blood, and as a consequence my lips were brown, and my cheeks had no color."

No blood remedy exists that has the power to cure, to heal, to restore like Ferrozone. Try it. 50c. per box at any drug store.



Miller HIGH LIFE BEER

IT DEFIES COMPETITION BECAUSE IT DEFIES COMPARISON. THE CHAMPAGNE OF BOTTLE BEER

Its unrivalled qualities place it to the first rank. Its superiority is due to the choice selection of its component parts, transformed through the unexcelled science of reputed brewers. ITS PURITY IS ABSOLUTE.

FOR SALE BY James McParland, Kingston MILWAUKEE

A HOT CRITICISM.

Mr. Currie on the Dismissals of Officials. In rising to ask for an order of the Ontario legislature for a return of copies of all correspondence between the government and any member or official thereof, and any other person or persons with reference to the dismissal of James Gillette of Picton from the office of sheriff of the county of Prince Edward, Mr. Currie said he was not satisfied with past explanations of the government in regard to the dismissals.

Mr. Currie went extensively into the motives which had prompted the dismissal of various officials and charged the government with unfairness and injustice. Proceeding Mr. Currie sharply criticized the government for dismissing Sheriff Gillette, of Prince Edward, without making an investigation into the case.

The premier expressed the opinion that the honorable gentleman should not attempt to say that he believed the story concerning the name of the speaker who brought the matter to be true.

Dr. Currie said it was believed in Prince Edward county that the government's action in respect to the dismissal of Mr. Gillette, of the commissions of the peace, which action was warmly defended as he had done in previous occasions, said it was true that a nephew of the member for East Northumberland had been appointed to office by the government, but the government was proud of its act in that case.

Continuing, the premier said he accepted the responsibility of examining into the question, looking into the facts and deciding to do what was done in the case of Sheriff Gillette without investigation. The premier went over the charges of activity in elections against Mr. Gillette, which he declared, were absolutely correct.

He added that two of the superior court judges of the province had refused to allow the dismissed official to escort them to and from the court house. "There has been a suggestion house," he said, "that Mr. Whitney has been constrained against his will to dismiss officials. There has never been a dismissal that did not receive my active endorsement, and the responsibility is first and foremost upon me, and not upon my colleagues."

I spare no such sympathy received from time to time from different sources." No dismissal, the premier said, had taken place that would not be repeated if the opportunity afforded itself again, so careful had the government been to see that no such action was taken without a proper reason. "I had been so much the case that many friends of the government declared they had not gone far enough. He would not give a single paper relating to the matter."

Burke's horse radish, for roasting, beef, pork, and all kinds of meat. It's fine. Ask your grocery for it. Have no other, only Burke's, and certainly bring "Fresh molasses kisses." McCone's, at Gibson's Red Cross Drug Store.

What You Get Out of Life Depends Upon You.

The wear that you receive during the life of a pair of shoes depends very greatly upon the dealer you purchase them of.

If You Got Them Here, They Are Bound to Be Satisfactory

If they are not, you know we make good our guarantee of service in every case.

NO RISK IN DEALING AT J. H. Sutherland & Bro., THE HOUSE OF GOOD SHOEMAKING

NO HONING—NO GRINDING "CARBO MAGNETIC" THE RAZOR OF PERFECTION. Are you interested in a better Razor than you have? If so, your dealer will deliver to you a "CARBO MAGNETIC" Razor on thirty days' trial without obligation on your part to purchase. "CARBO MAGNETIC" Razors don't pull—others will! Get one to day and you'll have NO MORE RAZOR TROUBLES. THE Carbo Magnetic RAZOR Firm of A. L. Silberstein, 476 Broadway, N.Y. FOR SALE BY W. A. MITCHELL, 85 PRINCESS STREET.

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