



Vegetable Compound

...never...
...regularities. In...
...bearing-down pains which...
...and lifting necessary...
...this torture. That famous...
...female organism.

Vegetable Compound

...women, and it will cure...
...larities, when backaches...
...ydia E. Pinkham's Vege-...
...strength, and happiness.

Woman

...Vegetable Compound has...
...fered for four months with...
...a daily occurrence. Pains...
...to my domestic duties...
...and I was in misery and...
...Vegetable Compound, and...
...it not only regulated my...
...elle St., Quebec, Que.

Mrs. Pinkham, Lynn, Mass. Her...
...you. Mrs. Pinkham is daughter-...
...her direction and since her...
...Cures Where Others Fail

The morning cup of coffee often shapes the day. It should be Chase & Sanborn's.

ALL GROCERS

78

QUEEN INSURANCE CO. OF AMERICA.

UNDER THE SAME MANAGEMENT AS THE ROYAL OF ENG.

Net Surplus beyond Capital and all Liabilities, \$1,834,468.97
Net Surplus to Policyholders \$2,834,468.97

This company was one of six THAT PAID 100 CENTS ON THE DOLLAR, SPOT CASH, WITHOUT ANY DISCOUNT, for its CONFLAGRATION LOSSES IN SAN FRANCISCO.

Northern Assurance Co., of England, capital and funds \$44,635,000. Second strongest company in the world.

Anglo-American Fire Insurance Company, non-tariff. Capital \$1,000,000. Incorporated 1899. Full Government Reserve.

Montreal-Canada Fire Insurance Company (Non-tariff) Capital \$1,000,000. Established 1859.

Waterloo Mutual Insurance Co., of Waterloo, Ont., an old and wealthy Canadian Company. Established 1863.

Lloyds Plate Glass Insurance Co., of New York.

Ontario Accident Insurance Co., of Toronto.

I INSURE all classes of property AT LOWEST CURRENT RATES. OUR FURNITURE POLICIES are worded on the BLANKET FORM, covering everything in a dwelling house under one sum. I can give you a policy in 10 minutes.

FARM PROPERTY insured under all the ordinary conditions. Lightning Clauses, Steam Thresher Permits, etc. YOUR CHOICE OF COMPANIES.

The London and Lancashire Life Assurance Co. I have represented it for 25 years and the company, and its plans, are growing in public favor every day. The local agent is holding his own, and invites a comparison of Rates, Profits and all the rest of it.

GET MY RATES before insuring elsewhere. It will pay you.

BANKING. I receive deposits. I make loans on Promissory Notes, Policies, Warehouse Receipts, etc. I Cash Drafts, &c.

Thomas Mills, 79 Clarence St., Kingston.

The Only Cough Cure

and tonic combined. It has a marvelous curative power over all throat and chest troubles. It soothes and soothes the diseased part and rebuilds the vital strength of the body. Get a bottle from all dealers, 25 cts.

MATHIEU'S SYRUP

of TAR & COD LIVER OIL

IN THE CHURCHES

CHRIST SHOULD BE CONSIDERED AS NEAR.

Sermon By Rev. Dr. MacTavish—Palm Sunday Observed in St. Mary's Cathedral—Other Services.

At Cooke's church, Sunday evening, the pastor, Rev. Dr. MacTavish, preached from the text, John xiii, 12, "On the next day much people that were come to the feast, when they heard that Jesus was coming to Jerusalem, took branches of palm trees, and went out to meet Him, and cried, Hosanna, blessed is the King of Israel that cometh in the name of the Lord."

A lesson to be learned from this passage of scripture, was that today, Jesus came to His people in a most sympathetic way. He sympathized with those in sorrow, and to the suffering, he sent relief. We should not think of Him as being far away, but as drawing near to us. We should open our heart, and let Jesus in. The gladness of the people and the sorrow of Christ on Palm Sunday of old, was pictured. On this Palm Sunday, to-day, there would still be a tinge of sorrow in Christ's heart because people refused to acknowledge Him as their Saviour. However, blessed with gladness, there would a tinge of sorrow in His heart on this occasion.

Palm Sunday at St. Mary's. The ceremonies in connection with Palm Sunday were carried out in St. Mary's cathedral yesterday morning. The archbishop presided, and blessed the palm branches. He afterwards presented them to those in the sanctuary. The usual procession took place around the aisles of the cathedral, the reverential hymn being sung by the choir. High mass was celebrated by Rev. Father Men, during which the Passion of Our Lord Jesus was read: Matthew xxvi-xxvii, 1-69. The announcements of the different services for Holy week were proclaimed. At the offertory, Mr. Millner played an organ voluntary. The choir rendered a plain chant. There was a very large congregation present. Father's mass will be sung on Easter Sunday. There will be many priests from the different parishes present on Thursday to assist the archbishop in the consecration of the various oils used in the church.

Church Notes. Rev. Samuel Selvery, of Brockville, will preach missionary sermons in Queen Street Methodist church on April 7th. Queen Street Methodist church Sunday school is preparing a fine Easter programme for Easter Sunday afternoon in the auditorium. Rev. William Timberlake, of Gananoque, preached educational sermons in Princess Street Methodist church. Rev. J. B. Hicks preached in Gananoque. In St. George's cathedral there will be services on Monday, Tuesday and Saturday, at 5 p.m. Wednesday, 8 p.m., preacher, Rev. R. S. Forneri, B.D.; Thursday, 8 p.m., special preparation service for communicants. Street Costume For Dress Wear.



The sketch illustrates a smart street costume, the design being especially suitable for a matron or older woman. The coat is semi-fitted, and was made with very short, open sleeves and large armholes. The material was in gray shadow check voile, lined and trimmed with gray taffeta and sou-tache braiding. The ornaments at the sides were also formed of the brand, and the lower part of the trailing skirt was trimmed by an applied band of the taffeta cut in square tabs and braided.

Piles Cured In 6 To 14 Days. Pazo Ointment is guaranteed to cure any case of Itching, Bleed, Bleeding or Protruding Piles in 6 to 14 days or money refunded, 50c.

For Your Vegetable Garden. English multipliers, Dutch sets and potato unions, for planting, at Carnovsky's.

Wu-Hoo Tonic and spring medicine, \$1 bottles, 35c. Only at Gibson's Red Cross drug store.

Moulders of the Allis-Chalmers-Bullock, Limited, at Rockfield, Que., were discharged.

Not a drop of Alcohol

Doctors prescribe very little, if any, alcohol these days. They prefer strong tonics and alteratives. This is all in keeping with modern medical science. It explains why Ayer's Sarsaparilla is now made entirely free from alcohol. Ask your doctor. Follow his advice.

JAMES REID

Phone 147.

RIFLE COMPETITION

At Brockville Won By the 14th of Kingston.

On Saturday afternoon a rifle competition was held at Brockville, between a team from the 14th P.W.O. Rifles, Kingston, and one from the 41st Regiment, of Brockville. The result is a victory for the Kingston team, the score standing 322 to 307. The individual scores were as follows:

14th P. W. O. Rifles.	
Major A. B. Cunningham	34
Capt. W. S. Hughes	33
Lieut. H. P. Swaine	31
Q.M. Sergt. W. Swaine	34
P.M. Sergt. J. Twigg	33
Sergt. Charles Hall	29
Pte. Harry Swaine	34
Pte. G. Merritt	30
Bandman T. Angrove	31
Bandman J. Bird	31
Total	322

41st Regiment.	
Major Power	29
Capt. Bull	36
Capt. Wilkinson	31
Capt. Bowie	30
Lieut. Bryant	34
Lieut. Dole	34
Surgeon-Lieut. Bowie	32
Sergt. Johnson	29
Bugle-Major Nicolson	26
Bandman Edwards	31
Total	307

LETTERS TO THE EDITOR.

Ald. Ross Advised to Exercise His Authority. Kingston, March 25.—(To the Editor.) I notice that Ald. Ross, chairman of the fire and light committee, declares that the lunar system of street lighting should be abolished. Last Thursday night, he says, was dark, though scheduled as a moonlight night, and the street lights were not on. Why did Ald. Ross not order them on? He is chairman of the committee that has to do with the street lighting, and he is one of those who are given authority by the city council to authorize those in charge at the light plant to turn on the street lights when they are needed. Let Ald. Ross exercise his authority for the benefit of the people groping in darkness, and do less complaining. All that was required was for him to telephone the light plant office and the lights would have been switched on.—CITIZEN.

PERSONAL MENTION.

Movements of The People—What They Are Saying And Doing. Edward Reynolds, Watertown, N.Y., is in the city. Percy H. Martin, of Toronto, is spending a few days in the city. F. L. Sime, Kingston, has been appointed high school principal at Thorold. Sergt.-Major McGowan who has been sick for the past two weeks is around again. Samuel Storm, of Watertown, N.Y., was a visitor in the city on Saturday. Mrs. M. Wright, Cleveland, is the guest of Mrs. Prevost, at the Iroquois Hotel. John McCall, Montreal street, is around the city again after a two weeks' illness. Joseph Mallen, Pine street, has left for Chicago, where he will sail on the steamer Parrot. J. A. Hendry was in Belleville, on Saturday, attending the funeral of the late Mrs. John Cook. George W. Sanderson, of Peterboro, who has been spending a week in this city, returned home today. Harry G. White, Toronto, was in the city to-day. He left, this afternoon, on a visit to his former home at Watertown, N.Y. George Watson, of Montreal, is a visitor to the city for a few days. He is a former Kingstonian, and is renewing old acquaintances. Andrew Kennedy, engineer of the G.T.R., arrived in the city, yesterday, to take the place of the late John Verin, on the suburban engine. Miss Kate Rose, widow of the late Justice Rose, Toronto, died, on Friday, aged sixty years. She was born in Kingston, her maiden name being Macdonald. Prof. Patchett, of Queen's, will spend the summer at Heidelberg University, in Germany. So will Prof. M. R. Baker. Mr. Baker will accompany her husband. They sail in April.

HE DROPPED DEAD

WHILE OPENING HIS MORNING MAIL.

A Bowmanville Accountant Passed Away Very Quickly—He Was a Prominent Oddfellow and Aged Seventy-Four Years. Bowmanville, March 25.—Thomas Henry Vann, aged seventy-four years, dropped dead in the office of Mark D. William & Son, this morning, while opening his mail, which he had just fetched from the postoffice. For many years Mr. Vann was chief accountant in the office of the Upper Canada Furniture company at Campbellford. He was a prominent Oddfellow. Mr. Vann was a widower and leaves one daughter, Miss Florence, who lives at home, and one son, Harry, who lives in Ingersoll.

Harlowe Happenings.

Harlowe, March 22.—Mrs. Wheeler, who was staying with her daughter, Mrs. A. Palmater, was called to her home, Parry Road, on account of the illness of Mr. Wheeler. Miss N. Bishop, Cloyne, is the guest of her sister, Mrs. G. Cannon. Mr. and Mrs. F. Hillier and little daughter have gone to their home at Huntsville. Mrs. C. Miller returned to-day from a visit with friends at Northbrooke. Leslie Wood is home from the camp. Revival services, are being conducted in the Holiness Movement church. J. Bishop has gone to Tweed to work. G. Bradshaw made a trip to Arden yesterday. T. and P. Whiteman are home from the north. J. White has returned from Belleville. Master Oral Miller is on the sick list.

Kentucky lawn grass seed is sold only at Gibson's Red Cross drug store. William O'Brien, nationalist member for Cork, will absent himself from the British house to avoid further friction with the Irish party. Frederick Williams, engineer, injured on the Guelph and Goderich construction work, was awarded \$8,500 damages.

Too Much Food. Every time you eat too fast, cram too much food into the stomach, you offend a law of nature and will probably suffer headaches, nausea, biliousness and all the horrid distresses which are so vexing. Now if you will assist nature a little in an agreeable manner with such a pleasant and efficacious treatment as Hutch you need not suffer all these troubles. Hutch will give you instant relief from these little complaints and if you give it a thorough trial you will find that it causes which produce them. Hutch is a doctor for ten cents, 25c. and 50c., at all drug stores.

Monuments

Foreign and Domestic Granite and Marble. Large stock to choose from at lowest possible prices.

James Mullen
Opp. Y.M.C.A. 372 Princess St.

When you see the name Kingston Milling Co. Limited on a sack of flour you may be quite sure that the quality is the best.

Our leading brands are

PATENT HUNGARIAN

For Bread,

WHITE ROSE

For Cakes, Biscuits etc. y

Kingston Milling Co., Limited.

THERE ARE TWO KINDS OF STRENGTH

Both Are Very Important, But Not Equally So.

Among the recent and valuable discoveries of science is the fact that strength is of two kinds—life strength and muscular strength. The former is of much greater importance than the latter, as it is "life strength" that determines whether our lives shall be long or short. It is the vital force which enables us to overcome disease. It is naturally stronger in the young than the old. For instance, in grippes, that insidious disease, so prevalent at the present time, is much more severe in the case of aged people. But when a young person becomes weakened by a gripple let them take warning. If it is severe enough to overcome that excess of vitality there is danger of physical break-down and wreck. One thing, in many cases the only thing, that can save them, young or old, is Psychine, that embodiment of the best scientific knowledge put into concrete form to save from the power of gripple and all forms of disease that lead to consumption. Tens of thousands of grateful hearts have given their earnest testimony to its saving and restoring power.

I was very much run down after having a gripple, and Psychine soon did just the medicine I needed. It helped me at once, so I can cheerfully recommend it to my friends and will do so.

MRS. J. A. BECKSTEDT, Chesterville, Ont.

Psychine gives that vitality and "life strength" by building up the vital organs, and its users are invariably long-lived and full of vigor and youth. It cures in gripple quickly and permanently.

For Habitual and Obstinate Constipation.

APENTA

THE BEST NATURAL PURGATIVE WATER. ORDINARY DOSE—A Wineglassful before Breakfast.

The good effects of Apenta Water are maintained by smaller and steadily diminishing doses, repeated for successive days.

SPARKLING APENTA

(NATURAL APENTA CARBONATED), IN SPLITS ONLY.

A Refreshing and Pleasant Aperient for Morning Use. Sole Exporters: THE APOLLINARIS CO., Ltd., London.

WE CATER TO THE WANTS OF YOUR FEET

We're always looking after your shoe wants. No patron of this store will ever wear poor shoes if we can prevent it.

We Think We Can. We Always Have.

Again—the patrons of this store shall wear nothing but stylish, good looking, comfortable shoes. They must not wear poor shoes.

We Think We Can Prevent It. We Always Have.

Again—the patrons of this store will never pay too much for their shoes they buy here. We think we can prevent it. We always have.

J. H. Sutherland & Bro.,
THE HOUSE OF GOOD SHOEMAKING

Fire Notice!

A portion of our premises was destroyed by fire Saturday morning, but it did not touch any of our workshop, or Plumbing and Steam-Fitting Departments. These, together with our large storehouse on Johnston Street, containing reserve stocks, leave us in a position to fill all order and attend to customers' work as usual.

Our Telephone Number is 223

USE IT!

We are sorry to have lost such a good store, with such excellent furnishings, but we will try and give Kingston a larger and better one, as soon as workmen can rush it to completion.

Be sympathetic and send in your orders. We will give them the same prompt and careful attention as usual.

McKELVEY & BIRCH,
69 and 71 Brock St.