

Reduces Fat A Pound a Day

The simplest, Surest and Most Effective Way To Get Rid of surplus Flesh Without Drugs.

How To Prove It To Yourself Without Any Expense Whatever.

The first thing to do when trying to reduce your weight is to take something that contains a drug of any kind, or to try to starve the fat away.

The moment you begin to do that, you give a distinct shock to the entire nervous and digestive systems, and though you may lose some fat as a result, you will lose your health with it.

Cases are numerous of fat people becoming permanent invalids by the use of starvation diets and dangerous reducers.

Fat people as well as others, should realize that, to write the general rule, there is a remedy for every defect of the human organism. Nature provides a remedy for nearly every disease. It is a law of the universe. This is true of that dangerous and uncomfortable disease—obesity.

Nature provides a remedy, not from the dangerous drugs and biting acids extracted from minerals, but from extracts of fruits, plants, herbs and other organic materials which are harmonious to the human system.

Among such materials there is known a remedy for obesity which has not yet become generally known, but the use of which has already resulted in a most serious benefit, and most probably in the saving of many lives.

This remedy is commonly called Rengo. The rate at which this remedy will reduce fat, and do it harmlessly and pleasantly, is truly remarkable. A pound a day is ordinarily the loss recorded, being due to the consumption of the food, and sending the nutrient where it belongs.

The most remarkable feature of Rengo is that you can take all you want of it without running the slightest risk of harm. It can be chewed like candy and is pleasant to the taste.

Many physicians, who before were at a loss to know how to cure obesity, are now prescribing Rengo with remarkable success. It is a great nourishing, strength producing, affecting digestion primarily, and inducing a general exhilaration of mind and body. Wrinkles which appear in nearly every case of reduction of fat where injurious drugs and starvation processes are used, do not occur where Rengo is used.

There is nothing "set as good" as Rengo. For sale by all druggists. \$1.00 per full sized box, or by mail prepaid, by The Rengo Co., 332 Rengo Bldg., Detroit, Mich. The company will gladly send you a trial package free by mail, if you write them direct to Detroit, no free packages at drug stores.

For sale and recommended in Kingston by Henry Wade, Druggist.

Indigestion

Stomach trouble is but a symptom of, and not itself a true disease. We think of Dyspepsia, Heartburn, and Indigestion as real diseases, yet they are symptoms of a certain specific Nerve Stomach—nothing else.

It was this fact that first correctly led Dr. Shoop to the creation of this new and powerful Stomach Restorant—Dr. Shoop's Restorant. Going direct to the stomach nerves alone brought that success to favor Dr. Shoop and his Restorant. Without that original and highly vital principle, no such lasting accomplishments were ever attainable in this field.

For stomach distress, bloating, flatulency, belching and salivary complexion, try Dr. Shoop's Restorant. Tablets or liquid—use for yourself, well what it can and will do. We sell and cheerfully recommend.

Dr. Shoop's Restorant

"ALL DEALERS" Every Woman is interested and should know in MARVEL Whirling Spray. The new vaginal spray. It gives full particulars and directions in- valuable in bottles. WINSTON SUPPLY CO., Winston, Ont., General Agents for Canada.

TO-NIGHT Cabarets

PLAGUE OF FLIES. Cattle and Sheep Bitten to Death. Libon, July 29.—The Diario Noticias states that the advent of great swarms of large black venomous flies of a species quite unknown and believed to have come from Africa, has been followed by disastrous results at Barcelona and other districts near Libon.

TOOK DOSE OF POISON AND DIED IN ROYAL VICTORIAN HOSPITAL.

A Broker Who Could Not Face Financial Ruin—He was Young—Papers Secured in New Brunswick.

Montreal, July 29.—The death took place at the Royal Victorian Hospital, today, of Victor Merish Gray, a well-known broker and member of the Montreal Stock Exchange. There is every reason to believe that it was the result of poison self-administered, with suicidal intent. Gray is a young man and was for some time partner with J. H. Dunn & Co., but of late has been doing business on his own account. He is believed to have been involved in some speculation deals which he could not see through, and took poison rather than face financial ruin. He was married only a couple of years ago, to an Ottawa lady. She was at their summer residence, at Rosemere, at the time of the tragedy. Gray took the poison at a room, in the Corona, last evening.

It is said a syndicate of interests are about to take up the St. John Telegraph and Times, with a view to enlarging and improving them. The close proximity of the general elections, and reports that liberals were trying to secure papers, have, it is said, induced certain people to step in with a view to securing journalistic influence in New Brunswick. John McKane is at present in Montreal. While he admits that negotiations are going on, he is reluctant to reveal anything. It is ascertained that new men will, at once, take charge of the property in preparation for thorough organization.

PITH OF THE NEWS. The Very Latest Culled From All Over The World. Mrs. Thomas Berrigan, Ottawa, found dead beside her bed, Drink caused it.

J. Fournier, Hull, Que., killed in the electric works. He touched a live wire. A. P. R. company accepts the award of the arbitration board even if not satisfactory. G. H. Ferguson, M.P.P. for Granville, has entered a cross petition against R. L. Joynt.

Rev. W. J. Hunter, D.D., has accepted the pastorate of McLeod Street Methodist church, Ottawa. R.M.S. Empress of Ireland, C.P.R. line, from Liverpool, for Quebec, in ward, at Point Amour, at 4.30 a.m.

The Labrador coast has been swept by a north-east hurricane which wrecked seventeen vessels in one harbor. E. T. Kingsley has been chosen by the socialists of Vancouver as their candidate in the forthcoming federal election.

A Princeton, N.J., despatch says the late Grover Cleveland's personal and real property appraised to \$250,000. The Soo-railway has placed an order with the State Free Employment Bureau for seven thousand men to be used in harvesting.

Labor organizations in Ottawa declined to aid in welcome to Lord Roberts. Universal brotherhood. William Andrews, who conducted a hat store in St. Catharines for nearly half a century, died rather suddenly, Wednesday morning.

Vice-President Fairbanks may step out as president of the senate next March to reappear as ambassador to some important country abroad. At Father Point, Que., six American, Allan line, from London, in ward, at 11.50 p.m.; twenty-six second, fifty-five steerage passengers.

The horsemen under Rachid Khan, who is operating on the side of the shah, have pillaged the Russo-Persian high school at Tabriz, destroying the laboratories. Magistrate Talbot, of the district of Ottawa, died of heart failure Tuesday night, the end occurring about nine o'clock, just as he had completed sprinkling his lawn.

George Taylor, the conservative whip, in Toronto, expresses the opinion that the general election for the Dominion house will be held in October, or about the 15th. The barns and outbuildings of Robert McLaren, St. Catharines, were destroyed by fire, early on Wednesday morning. The horses were got out, but several rigs were destroyed.

The New Westminster lacrosse club will meet the Teanumshs, of Toronto, at Hanlon's Point, on Saturday. It is believed the Tecumshs will be the next to challenge for the Minto cup. All of the interested mechanical unions of the C.P.R. voted, practically as a man, to reject the majority report of the board of conciliation. The leaders counselled delay and negotiations.

The body of a woman was found burning in a bonfire in a vacant lot in Calver street, Brooklyn, on Wednesday. That the destruction of the body was to hide murder seems certain. Some 87,401 aliens have taken out naturalization papers as British subjects in Canada since the act went into force in 1902; 7,278 United States subjects were naturalized, and also 206 Japanese.

At Libon, Wednesday, the Toronto Argonauts won their heat of the night, defeating the Norwegian crew by a length. Lou Schols, Toronto, lost his heat with Von Gaza, of Germany, in the singles, being beaten by a length and a half. McLaughlin, the Toronto man who is running from Toronto to New York, reached the Y.M.C.A. building, St. Catharines, on Tuesday night, foot sore and weary. He was given a bath and rub down and put to bed. Wednesday morning he was in better shape, and struck out for the east.

Reports from Canton say the season following the typhoon of Monday night last are heart-rending. Thousands of Chinese were drowned. The typhoon in its loss of life and damage to shipping eclipsed the typhoon of 1906. Returns received here show that the loss to European shipping was heavy, but that over a hundred native vessels were wrecked.

DASHED TO DEATH.

James Canney Hurler Forty-seven Feet From Bridge.

Fredericton, N.B., July 29.—James Canney, aged thirty-six, was dashed to instant death against one of the piers of the new steel bridge being erected across the St. John at 10.15. Canney was employed by the Canada Foundry, Toronto, and while wheeling a truck last night, he attempted to jump to the pier to save himself. When he struck the pier he was unable to retain his grasp, and fell forty-seven feet, crashing head first against the bottom of the pier, and then falling on the rocks on the bottom of the river in only a foot and a half of water.

PILOT DISCOVERED. Lisbon, July 29.—The government, according to the newspapers of Lisbon, has discovered and frustrated a widespread republican plot for an uprising, scheduled for Tuesday, the anniversary of the abortive revolt of July 28th, which was suppressed by republican forces. This announcement follows a large number of mysterious arrests made during the past few weeks.

POLITICAL CAREER ENDED. Will Never Re-enter House of Commons. Hon. Joseph Chamberlain. London, July 29.—The friends of Joseph Chamberlain, who passed his seventy-second birthday last week, know well that his retirement from active politics is final. There is no hope that he may recover sufficiently to speak on a public platform or to enter the House of Commons. Since his withdrawal from Westminster politics has become decidedly duller, for he had a great gift for being everybody up to concert pitch.

MARINE NEWS. The Items Gathered About the Harbour. The schooner Ford River is loading field-pat at Richardson's. The schooner Clara cleared for Oswego, today, to load coal. The steamer Burma is in the government dry dock for repairs. The steamer Argyle is at the dry dock ready to enter for repairs. The schooner Winnie Wing cleared for Oswego, today, to load coal for Crawford.

The steamship Cardinal and consort are waiting to enter the dry dock for repairs. The steamship Wassaga touched here for a pilot this morning on her way to Montreal. The steamship City of New York arrived at Richardson's this morning with grain from Cobourg. The steamer John Randall touched at the dry dock, today, on her way from Fairhaven to Westport with coal.

M. T. Co.: Tug Bartlett arrived from Montreal with two light barges, and cleared for Oswego with two coal barges. The steamer Plummer touched at the dry dock, this morning, for a pilot, on her way from Fort William to Montreal with grain. Instead of running every other day to Kingston Captain Visger, of the Castanet, has arranged his programme to come up on Tuesdays and Saturdays.

Sweet's Steamer Dundurn, down this morning; steamer Caspian, down and up, today; steamer Aletha, from bay points; schooner Keewatin, cleared for Oswego. The hull of the steamship McDonough, which took fire and burned to the water's edge off Bull Rock, on Pillar Point shore recently, and was abandoned, has been pumped out and the tug Phelps towed the hull into Chamouit, N.Y.

Raising The Acacia. The People's Milling Co., of Chamouit, N.Y., has barges at work unloading the coal from the wrecked Acacia off Sackets Harbor. Pumps have been placed on the schooner and a third pump has been installed on the barge Oom Paul which will stand by the wreck when an attempt is made to pump her out. The company's steamer Little Mack will assist in the work. Given good weather it is believed the vessel can be raised with little difficulty.

Thieving On Queen Street. The valuable pair of opera glasses reported by Miss Alma Ferris as having been stolen from her home on Queen street, on Monday evening, have not yet been recovered. There is no clue to the thief as yet. Queen street residents, in the vicinity of Sydenham and Clergy, have been bothered by some person or persons getting into their houses, whether for fun or for "keens" is not known. However, Miss Ferris would be obliged if the finder of her opera glasses would return them.

Told in Twilight

(Continued from Page 2).

Last Sunday morning a party of four consisting of Dr. and Mrs. Potts, Mr. Hanson and Mr. Olive Betts of the Bank of Montreal, Stirling, came down to Kingston in Dr. Potts' automobile. Two of the party, Mr. Hanson and Mr. Olive Betts, spent the day with Mr. and Mrs. Harry Betts, Dr. and Mrs. Potts called in the afternoon, and took Mr. and Mrs. Betts for a spin, after which the party left for home, calling at Mrs. James Craig's, Princess street, on their way back to Stirling.

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Abbey's Effer-vescent Salt. This is the wife who knows full well For aching head or bilious spell, Whenever the stomach seems at fault There's nothing so good as Abbey's Salt. "The Tonic Laxative for the Family."

Canada's IS MOST STRONGLY MARKED BY THE GROWING TIME INCREASE OF ITS TELEPHONE SERVICE. THE BELL TELEPHONE CO. OF CANADA affords Service with 100,000 Subscribers.

Exchange Connection | An Extension Set on costs only 5¢ to 10 | Your Desk 3 1-3 Cents Cents per day. | per day.

SPECIAL INDUCEMENTS for Rural Line Connections. Over 300 Rural Systems now connected. For Full Particulars Consult THE CONTRACT DEPT. OR H. W. SNELLING, Local Agent.

Summer Furniture Sale. Everything reduced from 10 to 25%. Your opportunity to save money. This sale includes a full line of Carriages and Go Carts. Couches from \$4.50, 5.50, 6.50 and up. Parlor Suites (3 pieces) from \$15 up. Parlor Suites (5 pieces) regular \$25 for \$20. R. J. REID, Ambulance Call 577. 230 Princess St.

Big Blue Hardware Store. Want Enamelled Dishes, Knives & Forks, Rope, Alcohol or Oil Stoves, Bachelor Buttons, and a few other things which this Big Blue Hardware Store CARRIES IN ABUNDANCE. McKELVEY & BIRCH, 69-71 Brock St.

OUR MID-SUMMER SALE. It's the quality and reasonable prices that make it famous. Fancy Parlor Sets and Wood Settees, Fancy Shade Velour and Rug Couches, Parlor Tables and Music Cabinets, also Brass and Iron Bedsteads and Hercules Spring and Sanitary Health Mattresses at sale prices. Store open nights. Freight paid. James Reid, The Leading Undertaker. Phone 147.

Nordheimer Steinway Pianos. Warehouse: KIRKPATRICK'S ART STORE, 159 Princess St.