

**TRAVELLING.**  
**KINGSTON & PEMBROKE RAILWAY**  
 IN CONNECTION WITH  
**Canadian Pacific Railway**  
**\$45.10**  
**PACIFIC COAST**  
 Vancouver, Victoria, Seattle, Tacoma and Portland.  
**Second-Class One-Way**  
**Daily Commencing March 1**  
**KINGSTON—OTTAWA**  
 Leave Kingston, 12.01 p.m., arrive Ottawa, 5 p.m.  
 Leave Ottawa, 10.45 a.m., arrive Kingston, 3.55 p.m.  
 Full particulars at K. & P. and C. P. R. Ticket Office, Ontario St., Phone, 50. F. CONWAY, Gen. Pass. Agent.

**BAY OF QUINTE RAILWAY.**  
 Train leaves union station, Ontario street, 8 a.m. daily (Sundays excepted) for Tweed, Sydneyham, Napanee, Deseronto, Bancroft, and all points north. To secure quick service to Bancroft, Napanee, and Deseronto, go to Central Ontario, route your tickets via Bay of Quinte Railway. For further particulars, apply to R. W. DICKSON, Agent, Phone, No. 2.

**Royal Mail Train**  
 via  
**INTERCOLONIAL RAILWAY**

**Maritime Express**  
 Famed for excellence of Sleeping and Dining Car service. Leaves MONTREAL 12 noon daily, except Saturday for Quebec, St. John, N.B., Halifax.

**FRIDAY'S MARITIME EXPRESS**  
 Carries the EUROPEAN MAIL and Land Passengers and Baggage at the side of the Steamship at Halifax the following Saturday.

Intercolonial Railway uses Bonaventure Union Depot, Montreal, making direct connection with Grand Trunk trains.

For timetables and other information, apply to Montreal Ticket Office, 130 St. James Street, or

**General Passenger Department**  
 MONCTON, N.B.

**GRAND TRUNK RAILWAY SYSTEM**

**Low One Way Colonist Fares to Pacific Coast**

On sale daily, until April 30th, 1909, at the following fares from Kingston.  
 VANCOUVER, B.C. \$45.10  
 VICTORIA, B.C. \$45.10  
 WESTMINSTER, B.C. \$45.10  
 SEATTLE, WASH. \$45.10  
 TACOMA, WASH. \$45.10  
 PORTLAND, OREG. \$45.10  
 SAN FRANCISCO, CAL. \$47.05  
 LOS ANGELES, CAL. \$47.05  
 SAN DIEGO, CAL. \$47.05  
 MEXICO CITY, MEX. \$46.05

**TOURIST SLEEPING CARS** Leave Kingston, Tuesday, Thursday, and Saturday, at 2.35 a.m. for the accommodation of passengers holding first or second class tickets to CHICAGO AND WEST thereof as far as the PACIFIC COAST, nominal charge is made for berths, which may be reserved in advance.

**Lowest Rates to Bermuda**  
 From New York every Wednesday, at 10 a.m., S.S. "Trinidad," 2,600 tons, \$20 and up.  
 From New York every Saturday, at 10 a.m., S.S. "Bermudian," 5,500 tons, \$30 and up.

**NEW YORK TO WEST INDIES**  
 New Steamer "Gulana," 3,700 tons, with all up-to-date improvements, S.S. "Parana," 5,000 tons, S.S. "Korona," 3,000 tons, sail from New York every alternate, Wednesday, for St. Thomas, St. Croix, St. Kitts, Antigua, Barbados, Dominica, Martinique, St. Lucia, Barbados and Demerara.

**ALLAN ROYAL MAIL LINE**  
 LIVERPOOL SAILINGS.  
 Corsican, sails Mar. 5th, Mar. 6th.  
 Hesperian, sails Mar. 13th.  
 Virginian, sails Mar. 13th, Mar. 20th.

**GLASGOW SAILINGS.**  
 Carthagenian, from Boston, Mar. 4th.  
 Sicilian, from Portland, Mar. 11th.  
 First-Class, \$70.00 upwards, Second-Class, \$40.00 upwards, Third-Class, \$29.00 and \$30.00.

**Wanted**  
 If you have City property for sale let it with us as we cannot supply the demand for our clients.  
 At present, WE WANT:  
 1. A small modern brick or stone dwelling, (3 or 4 bedrooms) and well located.  
 2. A large house centrally located, suitable for boarding houses.  
 3. A good sized frame dwelling under \$2,000.  
 4. A medium frame dwelling under \$1,500.  
 5. A small frame dwelling under \$1,000.  
 6. A double dwelling under \$3,000.  
 7. Three, four or five tenement dwellings that would yield a fair rate of interest on the investment.

**T. J. Lohhart,**  
 Real Estate

**MILLIONS OF CELLS.**  
 The human body is composed of countless millions of cells. These cells are constantly dying and new ones are being created. Dead cells are removed from the blood by the bowels, kidneys and skin. These great eliminating organs filter this waste matter from the blood, and thus purify the blood. If there is constipation, or non-action of the bowels—if the kidneys are strained or weakened—if there is defective skin action—then the dead cells are not removed from the body. The blood thus becomes loaded with impurities, and we suffer for it. The only way to purify the blood is to cure the skin, bowels and kidneys. When these organs are healthy and doing their work as nature intended them to do, the waste matter is promptly removed and the blood is kept pure and rich. "Fruit-a-liver"—the famous fruit liver tablets—act directly on the skin, the bowels and the kidneys. "Fruit-a-liver" purify the blood because they keep the whole body strong, vigorous and healthy. 50c a box, \$ for \$2.50, or trial box, 25c. At dealers or from Fruit-a-lives Limited, Ottawa.

**You Have Tried Others Now Order PRICE'S ICE CREAM**  
 A rich, dainty dessert of a very superior quality, that may be ordered in brick or bulk, at a moment's notice.

**Price's, 288 Princess St. Phone 845.**

**NO TRIFLING**  
 It's dangerous to allow a cough or cold to remain.  
 It's foolish to let yourself become thin and weak.  
 It's easy to put yourself right with the world; in shape to do your work and enjoy life.

**Take Brick's Tasteless Cod Liver Oil—That's All**

All of the genuine Cod Liver Oil used except the greasy part, Compound Syrup of Hypophosphites, Liquid Extract of Malt and the Fluid Extract of Wild Cherry Bark are added to assist the Cod Liver Oil to build up your system.

**On the whole it's the best thing you can take if you're not "just right."**  
 All Druggists

**The Best Grade Material and Skilled Labor Combined Give the Best Results**  
 We Positively Guarantee All Our Work

**Turnbull Electrical Mfg. Co.**  
 Phone, 873. 273 Bagot St.

**KIDNEY DISEASE COMES ON QUIETLY.**

Perhaps no other organs work harder than the kidneys to preserve the general health of the body and most people are troubled with some kind of kidney complaint, but do not suspect it. It may have been in the system for some time. There may have been backache, swelling of the feet and ankles, disturbances of the urinary organs, such as brick dust deposit in the urine, highly colored, scanty or cloudy urine, bladder pain, frequent or suppressed urination, burning sensation when urinating, etc. Do not neglect any of these symptoms, for if neglected they will eventually lead to Bright's Disease, Dropsy and Diabetes.

**Do not miss a sign of anything wrong. Doan's Kidney Pills should be taken. They get to the seat of trouble, strengthen the kidneys and help them to filter the blood properly and flush off all the impurities which cause kidney trouble.**  
 Miss Albertine B. Clarke, Stony Creek, Ont., writes: "I was troubled with kidney trouble for several years; my back was weak, I had such terrible headaches, and was so restless I could not sleep at night and tried everything without any benefit. A friend advised me to try Doan's Kidney Pills, so I got four boxes and they completely cured me. I now feel as well as I ever did and would advise everyone suffering from kidney disease to try them." Price 50 cts. per box, or \$ for \$1.25, all dealers or The T. Milburn Co., Limited, Toronto, Ont.

**Doan's Cotton Root Compound**  
 The great Urinary Tonic, and only safe effective Monthly Regulator for women who are dependent on medicine. Sold in three degrees of strength—No. 1, 81c; No. 2, 10c; No. 3, 15c. Sold by all druggists, or sent direct on receipt of price. Free pamphlet. Add. 5c. Dr. Doan Medicine Co., Toronto, Ont.

**NEWS OF NEIGHBORS**  
**WHAT WHIG CORRESPONDENTS TELL US.**

**The Tidings From Various Points in Eastern Ontario—What People Are Doing And What They Are Saying.**  
**Notes From Centerville.**  
 Centerville, March 8.—A load of people from Wesley spent Friday evening with Mr. and Mrs. Noble McGill. Miss Tressa Doney, Croydon, is spending a couple of weeks with her mother, Mrs. E. J. Perry. Born to Mr. and Mrs. Charles Davey, a son, Messrs. Duncan McGregor and John Wise spent a few days with Mr. McGregor's sister, Mrs. Joseph Perry. On account of the bad storm on Sunday, service in the Methodist church was not very well attended. Mrs. Clarke is spending some time with her brother, E. H. Perry.

**Musings From Morven.**  
 Morven, March 8.—Quite a number from here attended the funeral of Mrs. S. Hinch in Napanee on Sunday last, he being brought from Carleton Place, Ont., and buried in the cemetery. It is going to make cheese. Mr. Clapper was returned from an extended visit to Belleville, Thomasburg and Madoc. J. Harrison has somewhat recovered from a serious illness. D. R. Hicks' catch collie, ran down a fox to-day, and it was captured. There have been several families quarantined around here with scarlet fever.

**Leo Lake Locals.**  
 Leo Lake, March 9.—John Webb has completed his wood contract with S.S. Co. 13. Grippe is prevalent in this vicinity. M. Forrester and R. Webb are drawing material for the erection of new outbuildings. J. E. Donnelly's hauling lumber to Cranston. J. Tierney, J. S. has almost recovered from his injuries. G. Fisher and John Murphy have invested in some thoroughbred stock. Senbrook Bros., are busily engaged sawing wood. V. Webb spent a few days last week with friends in Kingston and Glenburnie. T. McCarty, Joyceville, is visiting at T. Tierney's.

**Brewer's Mills Items.**  
 Brewer's Mills, March 8.—Drawing logs to the saw mill. Master W. Smith is quite ill with inflammatory rheumatism. Mrs. Joseph McKendry is ill with pneumonia. Mr. and Mrs. W. Smith, after spending two months with her mother, Mrs. W. Fisher, have left for their home in Manitowish. Rev. Father James Traynor, Brockville, is spending a few days with his brother, Rev. Father A. Traynor, J. L. Dunn and sister Florence, and Miss Ethel Jallagher, Kingston, spent Saturday evening and Sunday at Mrs. T. Berriani's. Visitors: J. McKenty, at John Tierney's, John Foley, Lansdowne, at James Milne's.

**Burrige Budget.**  
 Burrige, March 9.—The bee hauling done for the Methodist church, shed, was a success. The young people of his vicinity are taking advantage of the moonlight nights and are holding a number of parties. They will be sorry to lose Mr. Handlan, who returns to his home, near Smith's Falls, on Wednesday. A. Thompson is still confined to the house, owing to a fall on his leg. The party at W. Woods' was a success. Visitors: Miss C. Thompson, Westport, at her father's; B. Thompson at G. Barr's; Mrs. I. Braish, at Mrs. Sworbrick's; Mr. and Mrs. S. Barr, at N. Shillington's, Green Bay; Edward Quinn, at S. Barr's.

**Pine Hill Personal.**  
 Pine Hill, March 9.—Archibald Black, had the misfortune to break his leg, last week, but is improving nicely. A large number of the Fruit-a-lives from here attended service at Enterprize, on Sunday. S. King, badly pruned his foot while drawing logs on Dwyer's mill. Nathan Wagar has returned home, after spending a few months at Croghan, N.Y. Mrs. H. Seech is on the sick list. Mrs. W. J. Adams and children, of White Lake, spent a few days in this vicinity, visiting friends. Mr. and Mrs. G. Baranger and little son, Blake, of Croydon, spent a few days here. Marshall King and Misses G. Cousins and E. J. Kirkpatrick spent Sunday with friends at Enterprize.

**Fair View Facts.**  
 Fair View, March 8.—Quite a number are busy hauling loads to Napanee. Mr. Cadman has removed to his new home which he bought from A. J. Snider. The assessor, J. H. Card made his annual call last week. Miss Maggie Lowery is able to be out again after being ill for the last few months. The school board bought wood for the school from William Funnell, who delivered it last week. Mr. Faggart brothers are cutting the wood at the school house. Mr. and Mrs. George Brooks, Riverside, were recent guests of Mr. and Mrs. S. Loucks. Quite a few attended the anniversary tea at the Trinity church, Napanee, on Monday evening. Elton Jourdauer has been busy drawing ice from Napanee. Miss Jennie Bartley is visiting friends in Kingston.

**Ameliasburg News.**  
 Ameliasburg, March 5.—The annual Sunday school entertainment was held on March 4th. The Albert College quartette assisted, as also did Mr. Weeks, from Melville. An excellent programme was given. Mrs. John Camrite is much better. There have been two carnivals and several hockey matches of late on the rink. The fields are bare again. Rev. Mr. Anderson's weeknight Bible class for men at Mountain View is attended by about forty. Mr. Arnold and family have moved into the village from the west, and are residing with her father, Capt. Yott. More than the usual amount of ice has been taken from the lake, it being of an extra quality. There is considerable sickness about the village, and the doctors are kept busy. Dr. Thornton, of Concession, has had a severe attack of diphtheria, but is somewhat better.  
**Marysville Tidings.**  
 Marysville, Tyendinaga, March 8.—

Many from here attended Mount Pleasant tea-meeting on Thursday evening last. John Daplo is moving his family to Sharnpointe to reside. James Traynor came home from Belleville to spend Sunday with his family here. R. McGuinnis and daughter, Mary, spent Saturday in Napanee. Mr. and Mrs. John Russell were in Napanee on Saturday. Mrs. James Traynor and son, Vincent, were in Deseronto on Saturday. Mr. and Mrs. J. C. Meagher were in Belleville, Tuesday last. James Toppings spent last Friday repairing schoolhouse. No. 7 Master Ross Quigg has the contract to clean and heat the school for the balance of 1909. John Meagher attended the hockey match in Deseronto on Thursday last. Jonas Moore was calling on friends on Monday last.

**Caintown Cullings.**  
 Caintown, March 8.—Eli Tennant bought a fine horse from George Clow. Born to Mr. and Mrs. Carmel Lakins, on Feb. 27th, a son, Roy Gibson spent Sunday at Sand Bay. William Hall made the purchase of a fine horse from Eli Tennant. Mr. and Mrs. James Eligh went, on Monday, to Brockville. Dr. George Gibson, of Mallorytown, spent a few days in Caintown. Mrs. William Lowe of Mallorytown, was a guest at Mrs. T. Hodges'. Sherman Dewey and George Hodges' flew away last week with his new engine on Saturday. Thomas Nunn has returned to the west and taken with him his two children, Iva and Harford Nunn. Dr. Kenney visited the school last week. B. E. Poole spent Sunday at Rockport. Miss Edith Howell is spending a few days at her home here. John Gray, Lynn, spent last week visiting at William Graham's.

**Died At Sharbot Lake.**  
 Sharbot Lake, March 8.—A sad death occurred last week at the home of John Grace, in the person of Mrs. Watson, Mrs. Grace's mother. She deceased was in her ninety-fifth year, one of Sharbot Lake's oldest residents. In religion she was an Anglican. The funeral services were conducted by Rev. W. H. Smith and the remains were laid to rest in Zealand cemetery.  
 A number of the young people attended the party at H. McLean's last week. T. H. Allen has returned home after visiting his sister in Peterboro. J. Carey is on the sick list. A number of the children of the village are suffering from whooping cough and scarlet fever. Mrs. John Hetherington and Miss Emma Clark have attended the spring millinery openings at Toronto. J. Collins and L. Farr, visiting friends at Doranville. Miss Wood is spending a few days at Dr. Kilborn's.

**Holleford Happenings.**  
 Holleford, March 8.—Quite a number attended the chess meeting at Hartington on Thursday and were well pleased with the session's report. Mrs. E. E. Debor and little Florence are ill with diphtheria. Mrs. J. D. Walker with pneumonia. Rev. D. Babcock conducted the funeral service of little Annabel Jackson, on Sunday last. B. Ewing, very ill, is improving. Another boy has been added to J. O'Reilly's ball team. Miss Sylvia Walker has gone to Oso to take charge of a school. Mr. Ryan Hartington, had a bee to-day drawing wood. Those who attended the tea-meeting at Harrowsmith on Friday evening enjoyed both supper and programme. Mr. and Mrs. E. Smith and J. D. Martin spent Sunday at J. Walcott's. Rev. W. H. Smith, at J. McKenty's, and Mr. and Mrs. C. McKnight, Godfrey, and Mr. and Miss Alton, Harrowsmith, at James Walker's; Mr.

**Flatulency or Wind On Stomach**  
 As It Is Commonly Named, Means That Decaying Food Is Making Gas.

This most serious condition is very prevalent and results most distressingly and often times. The stomach in cases of flatulency is unable to digest the food properly. Deceit sets in, gases form, extend the stomach, force their way downward into the bowels, and if not relieved it extends upward pressing against the lungs, liver and heart, causing shortness of breath, belching, foul odors and many times sudden death. Foods which are filled with gases, when taken into a deranged stomach cause flatulency rapidly, vegetables being especially given to this quality. Against such a condition the stomach can do but little, because these foul and poisonous gases affect its hands, and tissues to such a degree as to incapacitate it almost at once. These gases distend the stomach in all directions, preventing the contracting muscles from doing their regular duties, or if they do force the gas from the stomach it goes elsewhere in the system with even more harassing results, and then the decaying mass still remains to generate more gases.

The most effective method for allaying flatulency is to remove the cause of gas making. An emetic will do this, but the stomach will have the same trouble the moment new food enters it.  
 Stuart's Dyspepsia Tablets get at gas food at once, digest it, prevent decay, quickly reduce food to nourishment, make good rich gastric fluid and pass the digested food to the intestines, giving the stomach its rest and the system its nourishment. Flatulency simply cannot exist where these little tablets are used. They build up the stomach fluids so that it matters not how many vegetables you eat or food containing quantities of gas, the stomach does its work well and quickly.  
 Stuart's Dyspepsia Tablets are sold everywhere and used the whole world over by sick stomachs and stomachs that want to eat heartily and yet not get sick.  
 Every druggist carries Stuart's Dyspepsia Tablets, price 50c. per box. The demand for these little digesters is constantly increasing. Forty thousand physicians in America and Canada use them and prescribe them. Send us your name and address and we will send you a trial package by mail free. Address F. A. Stuart Co., 150 Stuart Bldg., Marshall, Mich.

**Queen's College, at G. Smith's.** Mrs. Donnell and son, Messrs. Edward, Perth Road, at J. D. Redmond's, and Mr. and Mrs. Shultz, Plevna, at the parsonage.

**From Brewer's Mills.**  
 Brewer's Mills, March 8.—James Keyz has recovered from his recent illness. Messrs. R. and P. Shortall were recent visitors at James Smith's. Mrs. Joseph McKendry is suffering from an attack of pneumonia, and Miss Pearl Martin from a severe attack of appendicitis. R. Smith's saw mill is doing a rushing business, a large number of logs being hauled daily. A number of weddings are expected in the early spring. P. Kelly, who has been confined to his room for the past week with a severe attack of grippe, has recovered. Miss Aggie Dillon is spending a short vacation with friends in Kingston and Toronto. Rev. Father Traynor, Brockville, is the guest of his brother, Rev. A. M. Traynor. Visitors to Mr. and Mrs. Robert Milne, at John Foley's, Lansdowne; W. Dundon and sister, Tora, at R. Milne's; Messrs. P. McKenna and T. Dickrell, at M. Deams'.

**Reports From Rockport.**  
 Rockport, March 9.—Charles Andrew has sold his residence to Clarence Rock, Grenadier Island. Mr. and Mrs. Emory Slate have returned home from Hammond, N.Y. Mrs. Norris Andrew spent a few days last week with friends at Alexandria Bay, N.Y. Stephen A. Gould has purchased what is known as the Carey Point farm, from J. W. Thomson, Alexandria Bay, N.Y. John Hunt, Escott, has moved into the home of William Edgley on the Service farm. Mrs. J. Cook and Miss Moran spent last Saturday at C. M. Quinn's, Lansdowne. James Davis has purchased the Kennedy farm from John Dickey. Rev. Mr. Reid, Athens, delivered a lecture in the Methodist church, Tuesday evening. The proceeds were in aid of the Women's Missionary Society. Rev. A. B. Johnston of Deba, filled the pulpit in the Methodist church, Sunday morning. John Fitzsimmons and Charles Huck, of Ganouque Collegiate, spent Sunday with their parents here.

**Seeley's Bay Echoes.**  
 Seeley's Bay, March 9.—Farmers are rushing ties and logs in. Several have filled their ice houses and are preparing for sugar-making. There is great demand for brick and tile. Moving season seems to be on. Joseph McElroy moved into his new house while the place he vacated will be occupied by Mr. Hughes. Wesley Hartley purchased the Chateau property. Mrs. Chaudron moves into her other home just across the street. Joseph Gainford has completed his new house and barn on Russell Terrace. It is the best equipped one in these parts. Meat will likely be cheap hereafter. There are already two butchers, Wesley Hartley and son intend starting a market this week. Mr. and Mrs. James Sherman, of Latimer, were guests of Mr. and Mrs. Ross Hartley over Sunday. The Seeley's Bay hockey team played in Newboro the final game, which resulted 3 to 1 in favor of Newboro. Seeley's Bay boys did remarkably well, coming second best. Each one was presented with a silver cup. Recent visitors: Mrs. E. Snook and nephew, Howard Chapman, Waretown, N.Y.; J. N. Chapman, Buffalo; Mr. and Mrs. Albert Sills; Mr. and Mrs. Willie Nichols, Sydenham; Miss Myrtle Steacey, Misses Maxwell, Kingston; Miss Mabel Buckley, Wolfe Island. Melvin Brady left Saturday where he has secured a good position on the steamer Turret Chief. It is rumored that several new houses are to be built this summer.

**Hartington Cheese Meeting.**  
 Hartington, March 9.—The annual cheese meeting was held in cheese factory here on Thursday. 4th inst. M. Trousdale was elected chairman and H. Jamieson, secretary. E. Revell then read the following auditor's report: Amount of milk received at the factory during 1908, 1,704,494 pounds; number of pounds of cheese made, 154,954; average pounds of milk for one pound cheese, 11; average price per pound of cheese, 11.73; average price per 100 pounds milk, 94.34; amount of money paid to patrons, \$15,681.28; interest on money in the bank, \$29.60; insurance of cheese, \$18.45. Mr. Gibson, cheese buyer for the firm of Lovell & Christmas, Montreal, was present and spoke very highly of the quality of cheese made by the present maker, Mr. Ryan. The above firm had purchased all the cheese from this factory made in 1908, and every cheese was marked A1. Mr. Ryan, he said, deserved the hearty support of the patrons. A. H. Brenton, cheese inspector for Frontenac, gave an instructive address on the care of milk and of best means for securing a satisfactory condition of factory and dairy products of the farms. He reported, the quality of milk in this factory during his visits here in past years as invariably good. Managers of banks at Sydenham and Harrowsmith were present. Majority of votes were in favor of placing money in Harrowsmith bank for country use. The following officers were elected: Mr. Ryan, salesman and treasurer; E. Freeman, assistant; Herbert Jamieson, secretary; E. Revell and A. Leonard, auditors.

**He Did, At Once.**  
 A pompous traveller put up for the night at a small provincial hotel, and before retiring left explicit instructions to be called in time for an early train. He was very earnest about the matter and threatened the proprietor with all manner of punishment if that duty were neglected.  
 Early in the morning the guest was disturbed by a lively knocking upon the door.  
 "Well?" he demanded sleepily. "I've got an important message for you," replied the boy outside. The guest was up in an instant, opened the door and received from the boy a large envelope. He tore it open hastily, and inside found a slip of paper on which was written in large letters: "Why didn't you get up?"

**Very Quarrelsome Neighbors.**  
 Names of the parties and Corns and Toes—both were unhappy till the trouble was medicated by Putnam's Corn Extractor. Any corn goes out of business in twenty-four hours if "Putnam's" is applied—try it.

**MEN!**

The greatest asset you have is your strength. You can't afford to give out. It is a vital necessity that you have your nervous and muscular system in perfect order to withstand the constant wear and tear of your daily work.

The finest tissue builder and strength creator is Vinol, a Cod Liver preparation that has the greasy, nauseating oil eliminated—only the valuable medicinal properties being combined with peptonate of iron. Its use will keep you in health and strength.

**DEBILITY**  
 results from a weakened condition due to imperfect digestion, lack of nutrition or overwork. Vinol strengthens the digestive organs, creates a healthy appetite and makes new blood. You lose that fatigue, weakness and run down feeling when you take Vinol.

**BRAIN FOG**  
 won't attack you if you repair used-up nerve force with Vinol. Vinol puts strength into your system—it gives you vitality and energy—it nourishes your brain and body and keeps you in a perfect state of health—it quickly re-establishes strength after any severe illness.

**NERVOUSNESS**  
 is a complaint that can be readily overcome by using Vinol. It repairs broken down nerve tissue and builds strong, healthy nerves that enable you to withstand the worries and annoyances unavoidable in business.

**DYSPEPSIA**  
 is due to derangement of the digestive organs and their inability to assimilate nourishment. Vinol strengthens the overtaxed and weakened digestive nerves and helps your stomach do its work.

**VINOL QUICKLY CURES A COLD AND STOPS A COUGH**

**Vinol**  
 YOUR MONEY BACK IF VINOL FAILS TO HELP YOU  
**GEO. W. MAHOOD, Druggist, Kingston**  
 You can get Vinol at the Leading Drug Store in every Town and City in the Province.

**Still Selling Good Shoes Cheap At Sutherland's.**

Our interior Remodelling is gradually reaching the final stage; and, although the store is in rather an upset condition, if you need good Shoes, call in and see how very cheap they are just now.

**J. H. SUTHERLAND & BRO.**

**10 THOUSAND WATCHES EXTRAORDINARY WATCH SALE 10 THOUSAND WATCHES**

During the recent Panic which continued for over a year, in the entire United States, a great number of Watch and Jewelry Manufacturers, were compelled to dispose of their stock far below the cost of manufacture. Our well-known firm was thus able to and did buy from various Manufacturers Over Ten Thousand Beautiful, as well as First-Class Make Watches. We bought these watches so cheap that we are enabled to sell them at extremely low prices, in many instances at 1/3 the cost of making.  
**NOTICE:**  
 We have one lot of fine Gent's and Ladies' 14 Karat Gold-Plated, Hunting-Case Watches, Excellent Movement, 7 Jewelled, of fine make and good time keepers, which we guarantee to keep in repair for two years Free of charge. These Watches are Equal in value to any \$15.00 or \$25.00 Watch sold.  
**Our Sale Price for These Watches Is \$4.95.**  
 With each Watch we send you a HANDSOME CHAIN AND LOCKET FREE OF CHARGE. When ordering either a Ladies' or Gent's Watch, send us \$1.00 and we will send you a Watch with a Chain and Locket, and the balance of \$3.95 you can pay after you receive the goods.  
**If You Are Not Satisfied With the Watch, You May Return It to Us Within 90 Days and Your Money Will Be Refunded.**  
 As thousands of people will avail themselves of this EXTRAORDINARY SALE, it will be advisable for you to ORDER AT ONCE. You may never again get another opportunity to secure a watch like this with a handsome chain and locket ALL FOR THE PRICE OF \$4.95.  
 SEND ALL ORDERS TO  
**AMERICAN WATCH AND SALES COMPANY**  
 DEPARTMENT 154. 31-32 Park Row, New York, N.Y.