Settlers One Way Excursion to Western Canada March 15, 22, 20, April 5 and 12. PARTICULAR ATTENTION

apply to points on Grand Trunk Pacific Railway, a new territory full of golden Low Rates to Pacific Coast

One-way Second Class Colonist Tick-ets on Sale daily until April 15th.

Round Trip Tickets will be issued at SINGLE FIRST-CLASS FARE Good going Thursday, March 24th. to Monday, March 28th, inclusive, good returning until March 26th. Tickets sold to points between Montreal and Toronto in connection with Easter Holidays will not be good on trains I and 4.

For full particulars, apply to J. P. HANLEY, Agent, Corner Johnston and Ontario Streets.

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IN CONNECTION WITH Canadian Pacitic Railway

Round Trip Tickets will be issued at

SINGLE FIRST-CLASS FARE to Monday, March 28th, inclusive, good returning until March 30th.

April 5th, 16th; May 3, 17, 31; June in my life 14th and 28th; July 12, 26; Aug. 2, 23; Sept. 5th, 20th. Good for 60

Reduced Fares to Pacific Coast One way Colonist Tickets on Sale March 1st to April 15th daily. F. CONWAY, G.P.A.

BAY OF QUINTE RAILWAY. Street, 4 p.m. daily (Sunday excepted) for Tweed, Sydenham, Napanee, Deseronto, Bannockburn and all points north fo secure quick despatch to Bannockburn, Maynooth, and points on Central Ontarlo route your shipments via Bay of Quinte Railway. For further particulars, apply R. W. DICKSON, Agent Phone, No. 3. Train leaves Union Station, Ontario

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Forty hours from Frost to Flowers. Largest and Fastest Steamers. S. S. OCEANA, 8,000 TONS. S. S. BERMUDIAN, 5,000 TONS. Vireless on both Steamers; also bilge Sallings from New York at 10 a.m.

WEST INDIES. New \S.S. "Gatama." 3 700 tons. S.S.
"Parima," 3,000 tons, S.S. "Koroda,"
3,000 tons sail from New York every
alternate Thursday at 2 p.m. for St
Thomas, St. Croix, St. Kitts. Antigua.
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Lucia, Barbadoes and Demerara. For
the particulars, apply to A. E. Outerbridge and Co., Agents, Quebec Steamship Co., 29 Breadway, New York, Quebec Steamship Company, Quebec, or to
I. P. HANLEY and C. S. KIRKPATRICK, Ticket Agents, Kingston.



A COLD PREVENTIVE Is a cellar filled with Coal. I can sur ly you with an excellent quality P. WALSH, 55-57 Barrack St.

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GASOLINE, COAL OIL, LUBRICATING OILS FLOOR OIL, GREASE, ETC. PROMPT DELIVERY.

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Clarence and Ontario Streets. Toye's Building,

All sizes.

Macaroni Ready Cut

Fine June Cheese, Fresh Oysters.

THE CLUB HOTEL WELLINGTON ST., near PRINCESS.

There are other hotels, but none approach the Club for homelike sur-Located in centre of city and close to principal stores and theatre. Charges are moderate. Special cates by the week

Gains 30 Pounds In 30 Days

Remarkable Result of the New Flesh Builder, Protone, in Many

Is called to the fact that these rates Prove It Yourself By Sending Coupon Below For a Free 50c Package,



Can Recover Normal Weight By The Remarkable New Treat-

ment, Protone. Good going Thursday, March 24th, years, and began to think it was man Hicks, has returned from visiting norses to Ed. Mactin, of Sydenham, Jon's off into the woods. The man Monday, March 28th, inclusive, natural for me to be that way. Finally cool returning until March 30th.

HOMESEEKEBS'
TO WESTERN CANADA.

Low round trip rates good going not be and never felt stronger or more 'nervy' in my life."

> FREE PROTONE COUPON. It will cost you nothing to prove the remarkable effects of this treatment anyone a free soc package of Protone if they will fill out this coupon and enclose 10c in stamps, or silver to help cover postage and packing, and as evidence of good faith with full instructions to prove that it does the work. They will also send full instructions and their book on "Why You Are Thin," free of charge, giving facts which will probably as-If you want to put on more flesh fill out the following coupon to-day wree 50c packages can only be had by writing direct to Detroit. The Protone Co., 2416 Protone Bldg., Detroit, Mich.

Ity State



NEW MAPLE SYRUP. NEW MAPLE SUGAR. NEW LAID EGGS. Pure Milk and Cream delivered every morning to all parts of the city by milk waggons, also with grocery orders. A full Stock of Fresh Groceries to choose from. Prompt de-

S. T. KIRK. 277-281 Princess Street. Phone 417. gent for Asselstine's Yarn.



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OUR ROOSTER BRAND anche at Everett, Wash., has been re-OF TOBACCO Chiver's Marmalade Smoking and Chewing at forty-five cents a good tobacco. Why



ANDREW MACLEAN.

WM. MURRAY, Auctioneer Furnifure Sales given special attention, County Sales of Farms, Stock, etc., have been my specialty for long years. If farmers want the high dollar, get my services MARKET SQUARE

TELL US.

Cases of Run-Down Men and The Tidings From Various Points in Moore's farm; Mr. Moore is moving

Items from Flower.

"By George, I never saw anything like the effects of that new treatment, Protone, for the building up of weight and lost nerve force. It acted more like a miracle than a medicine." said a well known gentleman yesterday in speaking of the revolution that had taken place in his condition. "I began to think that there was nothing on earth that could make me fat. I tried tonics, digestives, most everything else you could think of, but without result. I had been thin for next winter, and do business from Calabogie Lake.

Items from Flower.

Flower, March 16.—T. B. Caldwell, of Lanack, is in Flower on business. Derwood Cameron has been appointed agent for the K. & P. RR., at Mississippi. Noble McGonegal is visiting friends at Ashton. McLachlan Bros., are closing up business here this week and will move their shanties further north for next winter, and do business from Calabogie Lake. ness from Calabogie Lake.

Tamworth Tidings. Tamworth, March 17 .- Reuben Richardson and family have moved to Napanov. Frank Parker has gone to Dawson (tty. Robert Brown Jeft last work for Kingston hospital with sore foot. Six families, with setthers' effects, will leave Tamworth, on Monday night, for Flarday, Sask. loads of machinery on Thursday.

Vennachar Notes. Vennacher, March 16 .- Mrs. James the home with la grippe. Jacaton, on the sick list, is improving. M ss Adda Gilmour has returned nom spending the winter with her EASTER HOLIDAYS Any Man Or Woman Who is Thin), blake is the new stage driver from Fievna to Denbigh, instead of George Andrew Ryan, of Buffalo now occupies bight to the road. Fortunately he was to obeston, who is now running the stage from Playna to Clarendon, Normen's in Watertown N.Y.

> Notes From Wilton. and Miss Clute are visiting at J. A. purchase fodder for their stock. The ed home last week. Mr. and Mrs. Clute's, Morven. Mrs. L. Baker, Har- asses or, Ross Guess, of Sydenham, Salmond called on Mr. and Mrs. J. rowsmith is visiting her father, James made his annual rounds last Satur- Mitchell, Lake View, on Tuesday las Forsyth. Mrs. W. Babcock, Colebrooke, day. Albert Koen is hauling logs to on their way home from Harlowe. Mr spent last week at her daughter's, Sydenham saw mill. James Koen has and Mrs. James Stalker, of Plevne Mrs. S. Storms. Guy Simmons and gone to visit his daughter, Mrs. L. . enewed acquaintances around the cave Earl Burt have disposed of their tlogs. A. Boyle, Gananoque.

At Dead Creek.

and L. Innes intend leaving on Monday for the west. Mrs. Thompson spent a few days last week with her daugha few days with his brother here. I.

Tidings From Flower. Flower, March 17.-The boiler on business. Mrs. Thomson, who fas Charles Johnston's. been visiting Mrs. Jas. Lowe, has returned to Snow Road, Mrs. M. Jackson has gone to Watson's Corners. M. Jackson, who was ill is able to be around again as also is Ross Lyon, who was laid up with a cut foot.

At Desert Lake. run of sap after the cold spell and number from here attended M. Crom- Mrs. Fawcett, Wolfe Land, is quilting bee was largely attended her mother at her death. Mrs. Wilson at W. Snook's; Mrs. S. Orser. Perth road, at her mother's.

Glenvale Gleanings. Glenvale, March 15 .- Mr. Bowen, o Murvale, is doing a rushing business After Being Laid Up With Great here with his new gasoline sawing mahise. The body of Earl Binnington who was recently killed in the avaicovered and will be brought to Cataraqui for burial. Deceased was a mem her of the k O. Foresters of this place Mrs. Richard Ellerbeck is visiting her parents, Capt. and Mrs. Daryau, in Kingston. S. J. Watts has recovered ankle or wrist sprain. "If I from a severe attack of grippe, Mr. only known of 'Nerviline' earlier, Hunt, of Westport, has moved to the could have saved myself an enormous Gordon farm on the Highland road, amount of pain, and many agonizing Mrs. H, C. Orser and daughter, Hilda nights of sleeplessness." Thus writes spent Saturday visiting friends in the P. P. Quinn, a young farmer living

Telephone for Perth Road. Perth Road, March 17 .- A scarlet neeting was held in the Orange hall, here, on Monday night, March 15th. The Free Methodists will soon have choice. No finer friends of Mrs. Joseph Graham are ting pains. It was not convenient to sorry to hear of her death. A number fare drawing wood to the lead mine, the house was useless. When I which is expected to start in a short Nerviline relief came quickly. It took time. Walter McFadden has taken up down the swelling, relieved the pain, residence in the village. A number and gave me wonderful comfort.

have tapped their bush. Miss Pearl "I can recommend Nerviline for Guthrie has returned home from To- strains, bruises, swellings, muscular ronto. J. S. Roberts is enlarging his pains, and sore back, I have proved store. Sherman Rabcock is on the it a sure cure in such cases." sick list, R. J. McFadden has pur- Think what it might some day

their new home at Antrim, Carleton their young friends recently. WHAT WHIG CORRESPONDENTS county, Mr. Tolles having bought a cheese factory there. H. Sly held his cheese meeting last week. George Shep-pard, Glenburnie, is moving to C. Eastern Ontario-What People Are to Kingston. Mrs. Charles Irvine, 141 loing And What They Are Saying. for some time, is much better. John men have had narrow escapes. I J. Graham is still very low. Miss A. Black visited friends near Sydenham recently. Farmers are commencing to tap their sugar bushes. Visitors: J. McBride and children, Kingston, at M. Sifver's; Mrs. Knight and Miss

Greta, Kingston, at Mrs. Moore's.

Lansdowne Locals. Landowne, March 16.-G. Ernest his home here, Mrs. H. Howe Foster was removed to the Brockville staying with her sister, Mrs. general hospital on Monday night and Jackson, of Edeau Ferry, who immediately operated on for appendiscribed in the seriously ill. Mr. and Mrs. H. eitis. The operation was successful. B. Murphy left last week on a trip W. Leverette, of Norwood is renewing the west. Mr. Murphy is looking af Ladies Aid of Presbyterian church are again, after a severe attack of grippapering amd painting at the manse, pe. in preparation for their new pastor, Rev. Mr. Beckstead, of Athens. Mrs. rletcher Dymond received two car William Sliter, of Warburton, who has been ill at the home of her mother, Mrs. M. Clendening, has returned to Lake View, the guest of Mr. and Mrs. her home, Mrs. J. Carr is confined to J. U. Mitchell. U. McGregor is con-

Budget From Oates. Oates, March 16 .- Douglas Derling way to a neighbors' house to spend rister, Mrs. Charles Smith, Ardoch. D. left last week for Penholt, Sask., where the evening. He was confronted by he has secured a good position. Inx, which seemed to contest the farm lately vacated by J. John has the house to which he was go ton. Daniel Carey sold a fine team of ing and the animal took fright cane for a lancy price. Horse buyers were ir ends of Mrs. Robert MacTavish, in this neighborhood last week and Balderson, formerly Miss Belle Perry offered excellent prices for horses of a or this place will be deeply grieved to Wilton, March 15 .- J. Hume is in heavy class. James Burns lost a value, her very serious illness. John Kingston taking the three weeks' able cow. The recent storm has made Curtis and son, James, working for the coree at the dairy school. Mrs. Hume the farmers think they will have to list live months at Cache Bay return

Trevelyan Tidings. Bead Creek, March 16 .- Frederick Trevelyan, March 16 .- A number over Sunday guests of their grand startts had the misfortune to cut his from here intend attending the con- mother,) Mrs. J. C. Mitchell. Rober kne; quite badly. Mrs. John Newton cert on March 17th, in the Athens Gray is still quite seriously ill. Me and Mrs. Servel Paterson are recover- hall in aid of St. James' church, Tre- and Mrs. D. Gray were the guests of ing. Orey Loyst lost a valuable colt. velyan. Mr. and Mrs. Thomas McNamee the latter's mother, Mrs. J. C. Mitchel Joseph Clancy and family are leaving and children, of Lansdowne, visited on Sunday last. John and Temple this neighborhood. Miss Gretta Veley friends, before leaving for the west on Dellyea made a business trip to Arda has gone to join her sister, Helen, in the 16th, where they will reside in on Friday last. Damcan and Archibald Toronto. William Gaylord is home future. Mrs. M. Heffernan, Athens, is McGregor have gone to work at the from Cobalt. Mrs. P. Gaylord and the guest of her mother, Mrs. George, Wabash mine. Mr. and Mrs. W. Loucks Mrs. Rodgers made a trip to Harlowe Lectler. Mrs. Patrick Flood returned spent Surrlay last at Cole Vanest's, this week. Mrs. E. Deline. Kingston, is home after visiting her daughter, Mrs. | Gull Lake. her sister's. Mrs. William Brook- Dan Heffernan, Hard Island. Miss er's. Mrs. William Scott and Mrs. Irens Leeder, is the guest of Miss John Hayes, Arden, spent a few days Helena Heffernan, Athens. Mrs. Clarke Turner and little son, Caintown, are thunder storm ever experienced in this guests of Mr. and Mrs. Robert Dixie. part of the country in the winter David Leeder, returned home after Selby, March 16 .- P. Davis has sold visiting friends in Lansdowne and his farm to T. Manson and has moved Brockville. Messrs. M. J. O'Grady and

ter at Picton. Mrs. Perry passed away in Toronto, this week, attending the ter roads and put an end to lumberon Monday last after a lingering ill- grand lodge of A.O.U.W. H. D. Wemp's ing operations for this winter. reis. Mrs. G. Valleau is spending a family have returned from a week's helped, however, E. Petzold, the proweek with her daughter, Mrs. Gibson, vis.t with friends in Kingston. Mrs. prietor of our grist mill, who lately Sunbury, R. Anderson, Belleville, spent James Graham is visiting friends in only had power enough to grind with Amey and sister, Napanee spent Weddents, James Cunningham, died in his full roller plant day and night.

Kingston last week. Robert Mott is in Ephraim Sallans has contracted for and from a two months visit with friends down to the Madawaska river, this machinery have arrived for T. B. in Oak Leaf. The ice is in fair condi-Caldwell's talc mine. Mr. Kelly will tion and the people are still travelling and Samuel Rose have returned from be here with the diamond drill next on it every day. Our coal merchants Cache Bay, where they have week to start work. Iron mines will are still busy delivering coal to their also open in the near future. A. M. customers. A number of our sports at-Deathman is in Renfrew on business. tended the hockey match in Kingston, F. Conway, superintendent K. & P. on Wednesday night. Mrs. Hillier and railway, was in Flower on Wednesday baby, of Harlowe are visiting at

Cataraqui Lady Dead. Cataraqui, March 16 .- The W.M.S. will meet at the parsonage, Thursday afternoon. The Epworth League held an interesting debate on Tuesday evening; subject, "Are Dready Necessity For The Delence of Can-Desert Lake, March 14.—The sugar ada?" The negative side won. Mrs. makers think they will have a good J. Jackson, aged 'eighty-three years, died here to-day at the residence ready tapped their sugar bushes. 'A many years and was greatly respected er's sale at Burridge. Mrs. J. Wilson's daughter of deceased, and was with All kinds of Cut Flowers and Plants again. E. H. Snook has a smart young Boyd, nurse-in-training, Toronto, are in season. Wedding and Funeral De- Englishman engaged for the season at home with Mr. and Mrs. Weston on the farm. Visitors: Miss for a short time. Mrs. Weston is not May Wilson, Glendower and Miss S. very well at present, Miss Bertha Snook, at B. Page's; Miss. S. Snook Filtz, Kingston, visited relatives here and May Wilson at J. Wilson's; Lucy last week. Some of the villagers are

Sprained Wrist and Ankle

Pain for Ten Days, Relies Was Gained Instantly by Applying and and

near Brockville. "I tumbled from TESTIMONIAL barn floor

chased a carload of seed oats. A mean to you to have right in your that night of the Bell Telephone company is expected to reach here soon.

The pany is expected to reach here is that night.

The pany is expected to reach here is that night.

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a telephone line running through losing their dogs by poison. The Miss here. E. Tolles and wife have gone to es Bennington entertained a number of

Reports From Portland. Portland, March 14 .- The ice in the lake is getting bad. A number of horses have gone in and a couple of chased from Charles Dowsett on Colborne street down opposite his saw-nell. He intends repairing it and making it a dwelling. W. Lyons disposed of his fancy roadster good price. Miss Gladys Creegan returned from Westport, where she was engaged at nursing. George Creegar Ottawa, is spending a few days acquaintances here. Joseph Doak still ter some land he purchased some time Young, of Madoc, treached the funer the village are sick with pneumonia. al sermon of the late W. O. Bell, The Charles Dowsett is able to be out

Confronted by a Lynx.

Myers' Cave, March 16 .- Mr. and Mrs. Temple Dellyea spent Sunday at fined to the house with grippe. Un Sunday night last E. Thompson had a theiling experience white on his on their way to visit Mrs. Stalker' mother, Mrs. Hiram Vanest. Miss Jehnie and Master Willie Gray, wa

A Very Heavy Storm.

Denbigh, March 14.-The heaviest season broke over this district on the evening of Sunday before last. For hours there was heavy thunder and to Roblin. Mrs. Osborne has moved Andrew Fodey. Warturton, called on lightning, with more or less heavy in into M. Hunt's house. R. McCormick friends recently. termittent showers of rain, but no damage done by lightning has been reported. The warm weather during Bath, March 17 .- A. McCaugherty is the last few days has spoiled the win-Toronto this week. One of our residence run of stones, but can now run Toronto on business this week. Mrs. taking the Gillies Bros. company's and Miss Hogle returned on Tuesday drive of timber out of Hyde's Creek working in one of the lumber camps. Charles Rose left for Manitoba, where he intends to engage in farming. Miss Edith Marquardt, of Hardwood Lake, who has been staying with Rev. Mr. and Mrs. Reble, during the winter. has returned home. Joseph Youmans sold his farm south of this village to John Ball, of Vennachar, but will remain on it another year as tenant. A special meeting of the ratepayers of this school section was held on Saturday last for the purpose of electing another trustee in the place of George W. Pennock, who is no longer a resident of this section. William Shatson was elected by a majority of two. E. Sallans was the opposing candidate. Gustav Stein left, this morning, with several more loads of freight for Caldwell's Station, on his journey Haileybury, near which place he bought a farm. He sent his live stock shead, yesterday, already. Mrs. Stein children will remain with her parents, Mr. and Mrs. A. Fritsch, for a weeks yet to enable the head the family to prepare their new home for a comfortable reception.

> COLUMBUS. Behind him lay the gray Azores,
> Behind the gates of Hercules;
> Before him not the ghost of shores; Before him only shoreless seas. The good mate said: "Now must we

For, lo, the very stars are gone. Brave admiral, speak—what shall Why, say: 'Sail on! Sail on! An

My men grow mutinous day by day. My men grow ghastly wan and The stout mate thought of home. "What shall I say, brave admiral, say, if we sight naught but seas a "Why, you shall say at break of day: "Sail on! Sail on! Sail on! And on." Until at last the blanched mate said;
"Why, now not even God would know
Should I and all my men fall dead.
These very winds forget their way,
For God from these dread seas is

and Now speak, brave admiral, speak and the mate:
"This mad sea shows his teeth to-

> The words leapt like a leaping sword: for the sale by the authornies of an expense sail on! Sall on! Sall on! And on! of no special value except for fighting of no special value except for fighting Then, pale and worn, he kept his deck purposes, for which reason this pro-

he New Toasted Corn Flakes Package.

Sufficient Malt Honey is added to Peptonize

the Starches giving it a delicious flavor, Each package contains one high-grade semiporcelain, white and gold, fruit dish, plate, cup, saucer, porridge bowl, or glass tumble

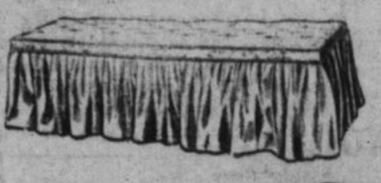
Easter Chocolates.

Largest Assortment of

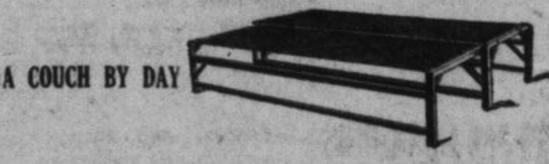
Cadbury's Easter Eggs 6 for 20c 6 for 40c 6 for 10c 1 for 40c 4 for 40c 2 for 40c Decorated Chocolate Eggs, 25c

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Eggs in Baskets, Hen's, Chicks, etc.



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Pine Apples at 20c., 25c., 30c. Grape Fruit at 2 for 15c. Celery at 8c. and 10c. Fine Large Mexican Oranges, 10c. doz.

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I buy, sell and trade all kinds
f household goods.

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an History, Valuable for Librares and Research By VISCOUNT DE FRONSAC. Price, 50c. Address British Whig, Kingston.

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might.

He curls his lips; he lies in wait.

With lifted teeth, as if to bite.

Brave admiral, say but one good word.

What shall we do when hope is gone?

The same time it makes provision perties of the Kola Nut. Celery and perties of the Kola N

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