

WHY YOU ARE THIN; HOW TO GET FLESHY.

Discusses Causes of Thinness and Gives New Method of Increasing Weight and Rounding Out the Form.

Prescription Accomplishes Wonders.

A treatment which anyone can prepare cheaply at home has been found to increase the weight, improve the health and put worn figures into shape. It is a simple, safe and inexpensive remedy. It puts flesh on those who have been always thin whether from disease or natural tendency on those who have lost weight through diet. It has been tried to increase on those who feel well but can't get fat; and on those who have lost every ounce gained in vain. It is a proven aid in digestion, nutrition and assimilation. It assists the blood and nerves to function all correctly so that the vital elements contained in food, and gives the thin person the same absorbing qualities possessed by the natural body.

Everybody is about the same, but certain elements and organs of blood are very active and tend to make us thin. These are corrected, thin people will stay thin. The nutrition stays in the body after preparation by the digestive functions and the patient recovers. When this valuable treatment of blended medicaments is used, practically no one can remain thin who uses it, for it supplies the lost cells. Take 100 grains in a half pint bottle, three ounces extract of peperomia and three ounces glycerine. Mix well and add one dram compound essence cardiotone. Shake and let stand two hours. Then add one ounce of tincture camphor compound. Take one drachm each night on the A tea-spoonful before and after meals. Drink plenty of water between meals and when retiring. Weigh before beginning.



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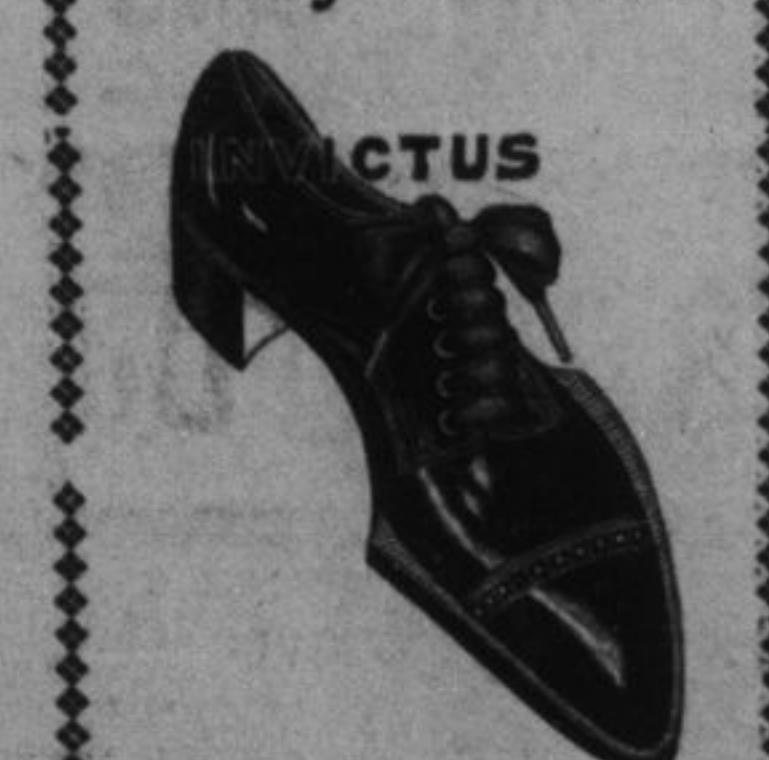
Government statistics furnish ample evidence that local option and reduction of licenses does not curtail drunkenness. Why not advocate the drinking of Regal Lager and promote true temperance.

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The Great English Remedy. Tones and invigorates the whole nervous system, makes new life and energy. One New Ounce \$1 per bottle. One New Ounce will cure. Sold by all druggists or mailed in plain packages on receipt of price. New Sample sent free. The Wood Medicine Co., Toronto, Ont.

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The Sawyer Shoe Store

PLEA FOR THE YOUTH

AND THE RESPONSIBILITY OF THE CHURCH.

The Needs of Young People Set Forth in Sermon by Rev. F. L. Farewell, B.A.—The Physical Development of the Boys.

That the church should plan for the boy, study him, meet his needs, and lead him to Christ, was the plea put forth, in a strong sermon, delivered at Queen street church, Sunday evening, by Rev. F. L. Farewell, B.A., associate secretary of Sunday school and Epworth Leagues. It was Sunday school anniversary at Queen street church, and the sermons, delivered by Rev. Mr. Farewell, were in keeping with the day.

The speaker said that he would place on the church the responsibility of the Sunday school. The responsibility would go to the quarterly board, representing the church, as an executive. The church should be held responsible for the success in all the branches of the work, and the speaker appealed for a larger place for the Sunday school, in its life. The church should get in the young people, and prepare them for service for God. It was essential that young people should be given the very best opportunity. They should be given a chance to develop the largest and fullest life. But how could they accomplish all this if they were not given a chance?

And how could it be accomplished? Has the church to do with physical development? If it tended to give perseverance, power and capacity, the church should see to it that it is obtained. The church should encourage industrial training. "Do it to a finish," should be the motto.

The speaker had warm words of praise for the good derived out of sports.

"Do you know," he said, "I believe that bowling adds years to the lives of business men. I believe that games develop qualities of manliness, courage, heroism, quickness of thought and quickness of mind. And no man can live a Christian life without these qualities."

Professionalism was not good, but sport, carried on under the church, and Christian influence, might readily contribute to the development of the young men and women.

The young people should be given freedom of thought, and the church should be ready to give them her best thought. The young people had ideals which should be encouraged. They should be encouraged to think for themselves. Sunday school teachers and workers should also know the subjects and the principles of teaching.

The social needs of the youth, also needed attention. A youth, in his teens, was apt to develop the "gang" instinct, and one might just as well try to keep a duck out of water as to try and keep the lad at home at nights. He would meet with the other boys, and perhaps their rendezvous would be on a street corner, at a swimming hole, in some barn, or some other place. Unless all this was controlled, the youth would run riot. The argument of the speaker was that these forces should be controlled by the church. There were certain laws of growth and development, covering the life of young people. The church, as the interpreter of God's law, should study and reveal them.

The speaker appealed for prayer and sympathy, on behalf of the Sunday school work, and pointed out the many opportunities for service. There were many Christian movements on foot and he urged every young man and woman to become identified, and have a share in the work, and not be satisfied with the usual "humble drum" life.

Waterworks Committee.

The waterworks' committee at its meeting this afternoon will elect a chairman to succeed ex-Ald. W. G. Craig, who resigned from the city council. There's work ahead for the new chairman of the committee. Main extensions have to be made and the plant is now without a superintendent.

Not Yet Interred.

The road-paving and macadamizing schemes seem to have been forgotten by the board of works. The former was adopted on condition that the street railway pay \$3,000 towards the cost of paving unconditionally. It has not yet been reported whether the company will pay or not.

Maypole, Dyola and Diamond Dyes, a full stock, at McLeod's drug store. A little daughter of B. Estel, Sumerton, Ont., drank poison from a bottle she took from the cupboard, but may recover.

For house cleaning use our furniture restorer, at James Reid's.

Bylaw has been passed by Cherterville council forbidding spitting on sidewalks.

The strike of the carpenters was the only May day trouble with labor in Kingston. Everything is reported to be running very smoothly in the various other trades.

The carpenters have all been very busy, and if the strike should be prolonged it will certainly be a great drawback to the building of the season. There is some talk of a compromise between the men and the boss carpenters, but the general opinion appears to be that the strike will not be of long duration.

Just one remedy—inward cleansing with Dr. Hamilton's Pills. This removes, so to speak, a cobweb here and there, a visible sign of carelessness inward house-cleaning.

Dr. Hamilton's Pills insure beauty, give a dainty complexion, act upon the skin, upon your spirits. Some will ask, How do Dr. Hamilton's Pills act? Very mildly, of course, but very effectively upon that great trio of health, the stomach, liver and kidneys.

To get that robust, hearty health, to have the sparkle of vigor, to look and feel always at your best, tone and regulate your system with Dr. Hamilton's Pills. Thousands find this advice good—so will you—refuse a substitute for Dr. Hamilton's Pills of Mandrake and Butternut, 25c. per box, all dealers.



Photo by Frank Cooper's Studio.

HIS LORDSHIP BISHOP FALLON AND HIS FAMILY.
In the picture are seen Right Rev. Michael Francis Fallon, D.D., O.M.I., Bishop of London, who was consecrated on Monday. His aged parents stand on either side of him. His six brothers, Rev. J. P. Fallon, O.M.I., Ottawa; Rev. Chas. Fallon, O.M.I., Tewksbury, Mass.; Frank E. Fallon, of the department of state, Ottawa, and Joseph J. Fallon, Thomas D. Fallon, and Vincent Fallon, of the firm of Fallon Bros., contractors, Cornwall, make up a remarkable family.

THE SPORT REVIEW.

Local Baseball Teams Want \$150 for Victoria Day.

Cameron, of Nova Scotia, who won the Boston Marathon, will run at Ottawa, May 24th.

Henri Renaud, winner of the 1909 Boston Marathon, will start in the Montreal Spectator Marathon, May 24th.

Cameron, the winner of the Boston classic, ran twentieth in a ten-mile race at Boston three weeks before the big race.

"Tommy" Burns is guaranteed \$5,000 for his fight with Langford, and the winner will take \$20,000, while the loser gets \$10,000.

American Girl, daughter of the recently deceased stallion, American, won the Great Surrey handicap at Epsom on April 19th, carrying 136 pounds and defeating many of the best sprinters in England.

"Glad," Graney, the St. Thomas, Ont., player with Cleveland, has been placed at centre field. He is a left-handed pitcher, but has been unable to get control. Tried in the outfield he made good and is hitting well. He is very fast and is being used to lead off the batting order.

Rev. Dr. Mitchell, Methodist minister, of Sardis, Mississippi, and father of Robert Mitchell, state university pitcher, who has just agreed to a trial offered by the Chicago Nationals, says baseball is a "cold-blooded money making business nowadays, and that not element of sport lies in the game of to-day." For that reason he will forbid his son to enter the professional field.

The speaker appealed for prayer and sympathy, on behalf of the Sunday school work, and pointed out the many opportunities for service. There were many Christian movements on foot and he urged every young man and woman to become identified, and have a share in the work, and not be satisfied with the usual "humble drum" life.

Bought the Chickadee.

Henry Cunningham, the veteran of the Kingston yacht club, has purchased the Chickadee from Sir Richard Cartwright. The Chickadee was in the old twenty-five foot class but is now in class Q, along with the Kathleen and Chiriyu. Mr. Cunningham will likely sell the Harmony.

CARPENTERS ARE OUT.

They Went on Strike on Monday Morning.

As was predicted, on Saturday, the carpenters went out on strike, on Monday morning. They are asking for a wage of \$3 per day, and this the contractors have not yet agreed to give, although it was reported that some of the contractors are willing to give the amount. There are about seventy-five men involved in the strike.

All the carpenters reported at Union hall, Monday morning, according to instructions, and will report there each day until the strike is settled.

William Burns, chief organizer of the Carpenters' Union, in Canada, and the United States, is in the city, looking after the strike for the men. He has been here for several days at a time, and quite recently gave an address before the Trades and Labor Council.

Just how the strike will pan out, is, of course, unknown, although it was stated that some of the contractors were willing to give way to the increase, while there were others who were quite firm and would not consent to it.

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20TH ANNIVERSARY

OF ZION PRESBYTERIAN CHURCH CELEBRATED.

Sermon by Rev. Prof. Robert Laird on Man's Duty to Get Close to God—Canada Unsafe if its Men Do Not.

The twentieth anniversary of Zion Presbyterian church, Pine street, was fittingly celebrated on Sunday, special services being held. The little church has grown greatly in the past few years, and the pastor and board of management this year go forth encouraged to do their best, by the fine showing made in years past.

In the evening the pulpit was occupied by Prof. Robert Laird, of Queen's University, who, with Mrs. Boyd, was called one of the founders of the church, when he was still a student at Queen's. Mr. Laird preached a strong sermon, taking his text from John 12: "But as many as received him, to them gave he power to become the sons of God."

The preacher said that for Canada the words contained a warning as we were young and liable to fall an easy prey to indulgence and lust for gold, which has a large place in the making of a new country. While our opportunities for securing gold seem great, we should see to it that we are coming nearer God, and that our foundations are deeply laid in good deeds. The New Testament throbbs with the thought that men are the sons of God, and if sons then heirs of God. Paul grasped clearly the relationship of man to God.

We are custodians of those gifts and to fully understand and enter into the heart of Christianity is for us a great and difficult task. We can only do it, as we know that sonship, we belong to Him and He belongs to us, as parents and children.

What is God? The children in the Sunday school could give an answer, but we will go behind those words to one used by John. God is three things, God is Spirit, God is Light and God is Love. And if we are to be His we must be men of spirit, light and love.

Prof. Laird said that a man without mind, will, heart or conscience would not be worth much, but a man equipped with those qualities was far different. "Is man alone who can say at last, 'I am man but then he is done.' The power to say these things, contains real manhood, the smaller things being crowded out by these.

Prof. Laird said that a man must be men of spirit, light and love.

The steamer Kosswatin is loading coal in Oswego for Swift's. The steamer Seward arrived from Oswego with coal for Crawford.

The steamer Major Ferry arrived from Oswego with a cargo of coal for Sowards.

The steamer Ridenu King cleared this morning on her first trip of the season for Ottawa.

The steamer City of Montreal was down, Sunday, on her first trip to Montreal with passengers freight.

The steamer Alexandria is due at Fife's wharf, to-night, on her first trip of the season down the river.

The steamer Dundurn was at Swift's wharf this morning on her way to Montreal with passengers and freight.

The steamer Dunleath arrived from Fort William, on Sunday, with 70,000 bushels of wheat, and cleared for Fort William at Richardson's elevator.

The steamer Algoma arrived from Fort William, on Sunday, with 120,000 bushels of oats at Richardson's elevator. The Dunleath will clear for Montreal with grain for Toledo to load coal for Fort William.

The steamer Ironsides arrived from Dunn to Montreal. The schooner was undergoing repairs here. She will be at Montreal as a grain carrier. The Ironsides also had two grain barges on her trip.

At M. T. Co.'s elevator, the steamer Ironsides arrived from Fort William with 80,000 bushels of wheat, and cleared for Fort William.

The steamer Glomouth arrived from Fort William, with 120,000 bushels of oats, and cleared for Fort William, the Emerson cleared for Montreal with four grain barges.

Before the service, Rev. J. D. Boyd, pastor, said a few words; thanking all who had aided in times gone by. During the service special music was rendered by the choir.

Bryan on Advertising.

William Jennings Bryan has answered some thousands of questions and those of them may be considered as compliments. Here's an instance:

While the colonial was in Reading, Pennsylvania, one day a cheerful idiot inquired whether he really believed in advertising paid.

In its terseness and wisdom, Mr. Bryan's answer might be likened unto the philosophy of one Solomon. Said he: "The fellow who tries to attract business without advertising is like the young man who throws his sweet kiss in the dark. He knows what he is doing—but no one else does."

Harlow Calkins, Watertown, and Miss Edith Garlock, Cape Vincent, were modestly married at Prescott, Ont., Thursday. The bride is a well-known nurse.

The death of Miss Ida Hope, eldest daughter of the late Dr. Hope, Bellville, took place on Friday morning, after a very brief illness, the result of a bad cold.

Thomas Munro, Maberly, has, it is reported, purchased the hotel at Sharbot Lake, from R. L. Blair.

TALK OF THE TOWN

Nearly Every One in Albion, Mich., Praises Mi-o-na, the Money-back Cure for Indigestion.

Albion, Mich.—The people in Albion are elated to an unusual extent because of the many and remarkable cures which have lately been made by Mi-o-na, a dyspepsia cure with world-wide reputation. Everybody is talking about Mi-o-na. Here is what some respected residents say:

Mrs. E. C. Cass says: "Mi-o-na cured me of a stomach trouble that had bothered me a long time."

W. H. Mott says: "I had dyspepsia for months without help. I used Mi-o-na and since using it three years ago I have been free from the distress."

Mrs. Emma Avery says: "For months I had dyspepsia, had stomach distress, pains and nausea. Nothing I