

Pains or Cramps

"I carry Dr. Miles' Anti-Pain Pills with me all the time, and for aches and pains there is nothing equals them. I have used them for rheumatic pains, headache, and pains in side and back, and in every case they give perfect satisfaction."

HENRY COURLEN,
Boonton, N. J.

Pain comes from tortured nerves. It may occur in any part of the head or body where there is weakness or pressure upon the nerves.

Dr. Miles' Anti-Pain Pills

Relieve pain, whether it be neuralgic, rheumatic, sciatic, headache, stomachic, pleurisy or ovarian pains.

Price 25c at your druggist. He should supply you. If he does not, send price to us, we forward prepaid.

DR. MILES MEDICAL CO., Toronto.

Low Shoes

Dressy and Neat



In Tan, Pat. Colt, and Gun Metal. Latest Designs. Many Attractive Styles.

\$3.50 4.00 4.50
5.00

The Sawyer Shoe Store

Constipation.

No one need expect to be healthy if the bowels are allowed to become clogged up. A free motion of the bowels daily should be the rule with everyone who aspires to perfect health.

Constipation or constipation clogs the bowels, chokes up the natural outlet of nature, and retains in the system the poisonous effete waste products of nature, causing bad blood, dyspepsia, headache, biliousness, foul humors, pimples, boils, blotches, piles, etc. Burdock Blood Bitters has built up an unrivaled reputation as a cure for constipation and all the diseases which arise from it.

Mr. Burns Woodcock, Nashua, N.H., writes: "For over twenty years my wife was troubled with constipation."

"She tried several physicians, but could get no relief, but after taking three bottles of Burdock Blood Bitters she was completely cured and is today in good health. My wife and I cannot speak too highly of Burdock Blood Bitters."

For sale by all dealers. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Cook's Cotton Root Compound. It cures Diphtheria, Tetanus, and all other throat diseases. It is a powerful antiseptic and astringent, and is sold in three degrees of strength. No. 1, 25c; No. 2, 50c; No. 3, 75c. Sold by all druggists, or sent by mail on receipt of price. One penny bottle, 10c. **Dr. Williams' Pink Pills for Pale People.**

BICYCLES

BICYCLE SUPPLIES. Disc Records BICYCLE MUNSON at Cut Prices. 340 Yonge St., Toronto.

A man doesn't have to have good points to become stuck on himself.

STOCKS ARE GONE

THE CHEESE SITUATION IN MONTREAL AT PRESENT.

Exporters are Looking for Lower Prices, But This is Not Likely—The Butter Market Has Declined.

Special to The Whig. Montreal, May 4.—The cheese markets this week have opened easier in the face of the slow demand from Great Britain, and prices are steadily decreasing. At Campbellford to-day there were about five hundred boxes board, all white, about half of the total selling at 114c. per lb. Later in the day at stilling the buyers were able to clean up the board at 11 1/2c. per lb. The exporters generally look for still lower prices, and some of them are taking bids for their country markets at the end of the week. Prices however are not likely to drop so rapidly as that, as there is sufficient demand from the other side to maintain prices at about eleven cents per pound at factories. Any falling off in the demand however would certainly bring about lower prices.

The stocks of cheese in Canada are entirely exhausted, with the exception of the few hundred boxes of new goods that have come in from the factories during the past two or three weeks. Over in Great Britain however there is reported to be a larger quantity in stores this year than there was at the same time last year, and this probably accounts for the slow demand for new goods, the holders of old cheese being somewhat anxious to get rid of their stocks before taking on any new goods. Cable advices also indicate a steady decline in prices there for old cheese, and the wind up to the cheese business this year will not be as satisfactory as was generally expected. This condition of affairs in Great Britain will probably influence our market to some extent, and we may expect a dull flagging market for a few weeks at the start of the season.

Over five thousand boxes of cheese came into Montreal last week, an increase of over thirty per cent over last year. There is certainly a much heavier make going on, and if it continues we can look for a bumper crop. Reports from all parts of the country indicate that conditions are favorable for a large make of both cheese and butter. In the face of steadily increasing receipts the butter market has declined this week, and prices are about one cent per pound lower than at this time last week. At the country markets on Saturday the offerings were cleaned up at from 20c. to 20 1/2c. per lb., and on this market quotations ranged from 30c. to 30 1/2c. per lb., according to quality. Dealers generally are looking for a sharp decline any day, as the receipts will soon be fully equal to the demand. This market would have broken long ago but for the great demand for supplies from out of town, the demand coming from as far west as Calgary this week.

SAM THE GUIDE.

Story of His Travels With an Editor, in Washington.

New York Press. Sam Stearns was a guide for the upper departments in Washington and the White House. He used to stand in front of the Treasury Building and trap the visitor to the capital, offering to show him around and depend on the generosity of his client for his living.

One day Sam was at his post and a patriarchal person came along. "Would you like a guide to show you the sights?" asked Sam. "Indeed, yes," said the patriarch. Sam took him in tow, led him through the White House, the State War and Navy Building, the Caprotan Art Gallery, and other buildings. The old man was appreciative, but he said nothing about luncheon. Finally, Sam suggested that he knew a place where they could get a schooner of beer and some lunch for a nickel, and the old man went along and enjoyed his beer at Sam's expense. Then they went down on the Mall and visited the Smithsonian and the National Museum and from there to the Capitol and the Library. Sam was very tired when he had shown the old man all around and was expecting a good fee.

At six o'clock, when they had finished everything the old man suggested that he was to take a train at half-past six and asked Sam to show him to the Baltimore and Ohio station. Sam took him over. "Now, my friend," said the old man, "you have been very kind to me and I appreciate it very much. I am an editor of an agricultural paper out west, and when I get home I am going to put you on my mailing list for a free copy of my paper as a token of my gratitude. Good-day." "Hold on," shouted Sam; "wait a minute."

"What is it?" asked the old man. "Please be sure to send me only one copy of that paper," said Sam, "because I can't eat more than one."

Pittsburg Sowed and Reaped. The people are electing councilmen in Pittsburg, Pa., to take the places of the indicted grafters, and they are making the old mistake of choosing their qualifications. One former member of the Pittsburg council, on trial for accepting bribes, was an ideal official from the machine viewpoint. He was a workman, earning \$2.10 a day, and could get off to attend meetings of the council only once in two weeks. He did not know whether he was on any committees or not. He was wholly ignorant of council methods.

"Those fellows could make me vote any way they wanted me to," he said, "and when I did not vote their way they marked me down as having voted that way anyhow." In some cases he tried to contradict votes credited to him, but it did no good. He confessed profound ignorance of the meaning of various measures on which he voted. If people will elect such representatives what can they expect?

"Poor chap! Everything he earns goes on his wife's back!" "Well, if you'd see her at the opera you wouldn't think he earned much." It is a great pity that the chap who invented trouble didn't take out a perpetual patent on it.

WORK AND WORRY

Weakens Women—New Health Through Pink Pills.

It is useless to tell a hard working woman to take life easily and not to worry. But it is the duty of every woman to save her strength as much as possible, to take her cares as lightly as may be and to build up her system to meet any unusual demands. It is her duty to herself and to her family, for her future health depends upon it.

To guard against a complete breakdown in health the blood must be kept rich and red and pure. No other medicine does this so well as Dr. Williams' Pink Pills for Pale People. This medicine actually makes new, red blood, strengthens the nerves, restores the appetite and keeps every organ healthily toned up. Women cannot always rest when they should, but they can keep their strength and keep disease away by the occasional use of Dr. Williams' Pink Pills, which have done more to lighten the cares of weak women than any other medicine. Mrs. James H. Ward, Lord's Cove, N.B., says: "About two years ago I suffered so much from nervous prostration that I was little better than a helpless wreck. I suffered from headaches and a constant feeling of dizziness. The least unusual move would startle me and set my heart palpating violently. I had little or no appetite and grew so weak that I was hardly able to drag myself about, and could not do my housework. In every way I was in a deplorable condition. As the medicine I had been taking seemed to do me no good, my husband got a supply of Dr. Williams' Pink Pills. I had only been taking the pills for a couple of weeks when I seemed to feel somewhat better, and this encouraged me to continue the treatment. From that on my strength gradually but surely returned, and in the course of a few more weeks I was once more a well woman, able to do my own housework, and feeling better than I had done for years. I have since remained well and I feel that I owe my good health to the healing power of Dr. Williams' Pink Pills."

Every other week, sickly, worn out woman should follow the example of Mrs. Ward and give Dr. Williams' Pink Pills a fair trial. These pills will send new blood coursing through the veins and bring brightness and energy to the weak and despondent. Sold by all medicine dealers, or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"What a Delicate Child." Is the remark we often hear when referring to little ones whose faces are pale and wan, and limbs thin and spindling.

If mothers in this vicinity only realized how quickly these little ones can be made strong, robust and rosy by our delicious cod liver and iron preparation, Vinol, we would not see so many delicate children on our streets. Geo. W. Mahood, druggist, Kingston, Ont.

WHIG'S FASHION HINT.

Photo Courtesy, Mrs. H. B. BISHOP, INC., NEW YORK HEADLINE CO. Italian straw hat, with pink roses.



PHOTO COURTESY, MRS. H. B. BISHOP, INC., NEW YORK HEADLINE CO. Italian straw hat, with pink roses.

SOUR RISINGS FROM STOMACH

Those Who Experience Fullness and Pain After Meals, Stomach Disorders and Indigestion, Should Read Below.

"When I was working around the farm last winter I had an attack of inflammation," writes E. P. Dawkins, of Port Richmond. "I was weak for a long time, but well enough to work until spring. But something went wrong with my bowels, for I had to use salts or physic all the time. My stomach kept sour, and always after eating there was pain and fullness, and all the symptoms of intestinal indigestion. Nothing helped me until I used Dr. Hamilton's Pills. Instead of hurting like other pills, they acted very mildly, and seemed to heal the bowels. I did not require large doses to get results with Dr. Hamilton's Pills, and feel so glad that I have found a mild, yet certain remedy. To-day I am well—no pain, no sour stomach, a good appetite, able to digest anything. This is a whole lot of good for one medicine to do, and I can say Dr. Hamilton's Pills are the best pills and my letter, I am sure, proves it. Refuse a substitute for Dr. Hamilton's Pills of Mandrake and Butter-nut, sold in yellow boxes, 25c. All dealers.

OUR ROOSTER BRAND OF TOBACCO.

Smoking and Chewing at forty-five cents a pound is a good tobacco. Why pay eighty-five cents. Andrew Maclean, Ontario Street.

J. E. Hutcheson

Auctioneer and Appraiser. A card sent to 517 Albert Street or an order left at H. Waddington's or J. K. Henderson's Stores will receive prompt attention. Best references given.

TAKEN VERY ILL

AND PASSED AWAY TWO DAYS LATER.

Henry Wilson was a Richmond Farmer for Many Years—Deaths of Ladies at Camden and Gretna.

Napanee, May 4.—Henry Wilson, one of Napanee's most respected residents, passed away, yesterday, after but a short illness, aged seventy-six years. Deceased was in his usual health until Sunday, when he was taken suddenly ill. The trouble could not be diagnosed, but it was thought to be peritonitis. Deceased was a prominent farmer of Richmond and resided until about twelve years ago on his farm west of Selby. He leaves, besides his widow, two sons, J. W. Wilson, New York, and W. A. Wilson, Govan, Sask. The latter, with his family, spent the winter with his parents. Deceased was a man of sterling qualities, and a consistent member of the Methodist church. The funeral will take place on Thursday.

Mrs. Charles Moore, Gretna, died, Monday, aged seventy-two years. Heart failure was the cause of death. The funeral will take place this afternoon to Sand Hill cemetery.

Mr. and Mrs. G. E. Grieve left, yesterday, for the west. W. A. Steacy was in Perth, this week, attending the funeral of his brother, Herbert Baker (last death), for North Bay, to act as five ranger for the summer months. Frank H. Stevens left, yesterday, for the west for the benefit of his health.

TALKS ON TEETH

By S. A. Aykroyd, D.D.S., L.D.S., of Kingston.

I have often thought of contributing something to your paper on the teeth, and with your kind permission will do so now. The time seems opportune, for the press and the public are beginning to recognize, as never before, the importance of the care of the teeth, especially the teeth of school children. It is a notable fact that the teeth of the present generation are not as good as those of our ancestors. One of the first questions asked the dentist is, why is this the case? To answer this interrogation fully would require more space than the limits of one newspaper article, but, briefly, it is due to our modern civilization. If space is granted, we will have something to say about the factors in the cause of the deterioration of the teeth, later on. Let us begin at the beginning, and then we shall be better able to understand the reasons assigned for the condition of degeneration which confronts us.

Advanced philosophers say there is no dead matter. The life principle is inherent in all forms of matter. "The Universe is alive." Individual organization of life begins with a germ.

In the jaw of the human foetus at about the sixth week there develops what is called the "primitive dental groove," in which the germs of the teeth appear. At about the thirteenth week of foetal life the germs of all the temporary teeth have made their appearance, enclosed in follicles, and forming what are called papillae, which now begin to take the shape of the various articles to be developed. About this time provision is made for the ten anterior permanent teeth by the formation of a "secondary dental groove." The papillae of the temporary teeth are gradually moulded into the shape of the dentine of the crowns of the teeth they are destined to form. I do not want to make these talks too technical, as I am writing for the lay reader, so will explain, that the papillae are little oval masses of cells, which have had their origin in pre-existing cells, that the follicle is simply an investing fold of mucous membrane. The young tooth then begins in the midst of cells which develop out of a pre-existing cell which has grown and multiplied by division. From these cells is formed a soft matrix of animal matter which becomes impregnated with mineral matter to form the complete dental tissue. When developed a tooth consists of a pulp, or central part, composed of soft tissue, blood vessels, arteries and veins, and nerves which enter the tooth through a very fine opening at the apex of the root, dentine which is the main portion of the tooth, enamel, the outer covering of the crown, and a substance called cementum which forms the covering of the root, or roots of the tooth. The enamel and dentine of teeth belong to the same tissue as the hair and the nails, that is, to the epidermic or skin tissue. Kindly remember this fact. Why I make the request will be apparent later. The pulp of the tooth is a part of the vascular and nervous system, and the cementum of the root belongs to the osseous, or bone, so that a tooth is a trinity, originating from and corresponding to the three great divisions of the human system, the epidermic, the osseous and the vascular.

From this it can be easily seen if we want our children to have good teeth we must begin early to care for them, even before the child is born. It is time civilized people began to think of these things and conduct themselves accordingly.

Point Road Pointers.

Point Road, May 3.—Farmers anticipate a heavy hay crop, as it is as far or farther advanced now than it would be in previous years at the first of June. Miss G. Rutlan has returned home, after spending about three months in the western and American cities, looking much refreshed. A large number attended J. Keenan's raising fee at Glenburnie, on Wednesday. F. McGrath is preparing a fine underground barn. B. Quinn spent Sunday at the corners. H. Day, city, spent Sunday at J. D. Baxter's. V. Fournier spent Sunday on the Middle Road.

A girl drank a sorority cocktail and walked down two flights of stairs on her hands. Excellent hint for medical students who wish to keep their feet from being tangled.



For the Street or Office no Clothing more Satisfying than Fashion-Craft. Graceful Contour maintained at all times and in all postures. Materials suitable for any required use. Priced from \$15 to \$30.

The Shop
"Fashion-Craft"
E. P. JENKINS Clothing Co., Kingston.

For Bilious Attacks

Here is help for you. Your bilious attacks may be both prevented and relieved, but prevention is better than cure. The means are at your hand. When a dull headache, furred tongue, yellow cast to the eyes, inactive bowels, dizziness, or a sick stomach, warn you of a coming bilious attack, resort at once to

BEECHAM'S PILLS

which act almost instantly on the liver and bowels, and quickly regulate the flow of bile. A few doses of Beecham's Pills will correct the stomach, put the blood in order, relieve headache and tone the entire system.

For over sixty years, on land and sea, Beecham's Pills, by their safe and thorough action on the stomach, bile and bowels, have maintained their world-wide reputation as

The Best Bile Medicine

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes 25 cents.

ORANGE MEAT

USE every morning for ten days and you will be convinced that Orange Meat and Milk is a Perfect Food.

Cowan's Nut Milk Chocolate

A chocolate confection of rich milk chocolate and fresh shelled walnuts. Simply exquisite. In 1/4 and 1/2 pound cakes.

THE COWAN CO. LIMITED, TORONTO.

2 in SHOE POLISH
No bottles—liquids—mops—or hard work. "2 in 1" shines instantly and gives a hard, brilliant, lasting, waterproof polish. Contains no Turpentine, Acids or other injurious ingredients. ALL DEALERS, 10c.
THE F. F. DALLEY CO., LIMITED, Hamilton, Ont., and Buffalo, N.Y.

TRAVELLING.
GRAND TRUNK RAILWAY SYSTEM
FIRST ANNUAL HORSE SHOW
Ottawa, Ont., May 5th to 7th
Round Trip Ticket will be issued, including one admission to the Horse Show, at \$4.20
Good going May 5th and good to return until May 9th.

ANNUAL HORSE SHOW
MONTREAL, MAY 14th-16th.
Round Trip Tickets will be issued, including one admission to the Horse Show, at \$5.80
Good going May 14th and good to return until May 16th.

Homeseekers' Excursions
TO THE CANADIAN NORTH-WEST
Tuesday, May 2nd, and every second Tuesday thereafter during the summer. Tickets good for 30 days. For full particulars, apply to J. P. HANLEY, Agent, Corner Johnson and Ontario Streets.

KINGSTON & PEMBROKE RAILWAY
In Connection With CANADIAN PACIFIC RAILWAY.

FIRST ANNUAL HORSE SHOW
OTTAWA, MAY 5-7th
Round Trip Tickets will be issued, including one admission to the Horse Show at \$4.20
Good going May 5th. Good to return until May 9th.

HOMESEEKERS' EXCURSIONS
May 3, 17, and 31.
June 14 and 28.
July 12 and 26.
August 9 and 23.
Good for 50 days.
Full information at K. & P. and C. P. Ticket Office, Ontario Street.
General Passenger Agent.

RAY OF QUINTE RAILWAY.
Train leaves Union Station, Ontario Street, Kingston, on Monday (except) for Tweed, Sydneyham, Napanee, Deseronto, Hannocksburn and all points north. To secure quick despatch to Hannocksburn, Maynooth, and points on Central Ontario route your shipments via Bay of Quinte Railway. For further particulars, apply R. W. DICKSON, Agent, Phone No. 1.

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In Artistic Designs

Musical Merchandise
Violins Cornets
Guitars Accordions
Banjos Harmonicas
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Bargains in Organs
Sheet Music and Music Books.

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232 PRINCESS STREET, KINGSTON.

HIGHEST GRADES

GASOLINE, COAL OIL, LUBRICATING OIL, FLOOR OIL, GREASE, ETC. PROMPT DELIVERY.
W. F. KELLY
Clarence and Ontario Streets, Toye's Building.

KINGSTON BUSINESS COLLEGE
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HEAD OF QUEEN STREET.
"Highest Education at Lowest Cost"
Twenty-sixth year. Fall Term begins August 30th. Courses in Bookkeeping, shorthand, Telegraphy, Civil Service and English. Our graduates get the best positions. Within short time over sixty secured positions with one of the largest railway corporations in Canada. Entertain time. Call or write for information. H. F. METCALFE, Principal.

H. PARKS & SON, Florists
Night Phone 225, Day Phone 225.
All kinds of Cut Flowers and Plants in season. Wedding and Funeral Designs a specialty shipped to all parts. 225 King Street.

OUR SALT
IS ALL SALT.
If you want that kind, bags or barrels, fine or coarse, call at ANDREW MACLEAN'S, Ontario Street.

Wah Long's Laundry
First-class work guaranteed. Drop me a card and I will call promptly for your laundry. 125 WELLINGTON ST., between Brock and Clarence Sts.