WHY YOU ARE THIN; HOW TO GET FLESHY

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

Prescription Accomplishes Wonders.

have been always thin whether from tion. It assists the blood and nerves ives the thin person the same absorb-

of essence of pepsin, and three ounces cheered as lustily during the heats as of syrup of rhubarb. Then add one the men, and showed themselves to ounce compound essence cardiol. Shake be genuine sports.

The Wolfe Island more won because

ounce of tincture cadomene compoun



NY Typewriter that does less efficient work than the Underwood (and there are many) is working for you at a loss. Use the best-

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Your Liver is Clogged up

That's Why You're Tired-Out of Serts-Have No Appetite. CARTER'S LITTLE LIVER PILLS

recoming ment bear signature: ---

Breut Sood

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All the summer sports will soon be in full swing. This means light outing suits and fianuels. We can keep your clothes looking fresh and clean. We will call for them and return them promptly.

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Salvia, the Great Hair Vigor.

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The hair becomes fluffy and heal-The Best Drug Store refunds your money if it fails.

A large bottle costs 50 cents.







IS ALL SALT.

If you want that kind, bags or barreis, fine or coarse, call at ANDREW MACLEAN'S,

STRAIGHT HEATS.

May Wax Had Not Staying Powers. were elected : Grand master, Henry Sellen, St. A treatment which anyone can pre-pare cheaply at home, has been found to increase the weight, improve the health round out scrawny figures, im-beauth round out scrawny figures, imcodless. It puts flesh on those who matched race, the Wolfe Island mare Filson, Stella; grand treasurer, George have been always thin whether from scored three straight heats over her Quatkenbush, Trenton; grand lecturer, who by heavy enting and diet have in Kingston rival. The track was in fine C. E. Logan, Gibson, N.B.; assistant value tried to increase; on those who condition, and the weather could not grand lecturer, Frank Milligan, Toronfeel well but can't get fat; and on have been better for the contest. to; grand director of ceremonies, A method in vain. It is a powerful aid There were 800 people present, and if McElroy, Ottawa; inside tyler, E. the affair had been properly advertis- Leal, Tweed; outside tyler, W. to distribute all over the body the ed, double that number would have Brown, Stella.

the distribute all over the body the ed, double that number would have Brown, Stella.

the distribute all over the body the ed, double that number would have Brown, Stella.

District deputy masters—District No. who is there who does not like to see I, Thomas Francis, Kingston; No. 5 knows that it is to be conducted on John Carpin, Gibson, E.B.; No. 12 and nerves are deficient and until this the square, as Wednesday's event was, W. Chase, Toronto; No. 13, W. is corrected, thin people will stay thin. for there has been the keenest of rival- Davis, St. John; No. 18, A. Croshy separation by the digestive functions ry between the owners and the driv- Amherstburg, No. 19, S. Borland, Ot when this valuable treatment of blendsented, and the islanders were jubilant one can remain thin who uses it, for over the well-earned victory of their it supplies the long felt need.

Mix in a half pint bottle, three ounces of easence of pepsin, and three ounces cheered as lustily during the heats as Charles Smith, of Railton, Was Taxed

(not cardamom). Shake well and take she had the staying powers. She had the court of general sessions on Wed- been made in the-missionary work, afternoon, a temporous before and after meals a mark of 2.18½, while May Wax's read when retiring. Weigh before beginning.

Syka Direct, however, and when retiring. Weigh before beginning.

The old steamer Picton, burned four charge of attempting to criminally had travelled from ocean to ocean years ago, has been lowed to the To-assault Amelia Craig, a twenty-year-old English girl, whom he was drived to fifth synod he had visited and pletely overhauled, and new engines of the fifth synod he had visited and pletely overhauled, and new engines of the fifth synod he had visited and pletely overhauled.

lengths, in 2.19. The second heat was a pretty one, and at the finish, the Wolfe Island lead. Again at the grade, Syka Di- and using the rooms, shower and If the work in the west was neglect- the immediate relatives. rect came up even with the Kingston plunge baths, etc. The Y.M.C.A. tent ed we, in the east, would suffer; if The bride, unattended, was given mare. On the home stretch, the race on the camp grounds has been of great we should forget other nations we in away by her brother, George S. Lowe. was a pretty one, and the Wolfe Is- benefit, for there the men can go to Canada would suffer. land mare managed to beat out May read and write or get refreshments. "I do wish that some of our men broidered net over silk, and carried a Wax by a few feet. The time for the E. F. Trimble has received a letter from the east, would go to the west bridal bouquet of roses. heat was announced as 2.181, al. from the secretary of the Toronto Old to work for Christ, instead of though it was covered in probably Boys, asking for a list of boarding make dollars and cents," added

knew that they had lost, as it was coming. scarcely possible that their favorite could win the next three heats, al-

result of the race.

as was expected of her on the fair There's a difference. grounds track. Syka Direct showed hat she had more speed than the mapority of the local trackmen imagined

First Baptist Won.

the game in favor of the First Bap- for the plaintiff for \$100. tists. Some took objection to this, but he did right, as it is a rule that five innings must be played. It was John Meredith, night clerk of the in the work were fast disappearing, getting dark, but not too dark to Windsor hotel, Montreal, Canada's people had their eye fixed on the obfinish out the innings.

Junior Game To-night.

James' and Cook's. Another Game This Afternoon. At the cricket field, at six o'clock the second game in the Merchantile League, will be played, when "Live Coals" and "Railroaders" will clash. Both teams have had loads of

Live Coals-B. Stansbury, s.s.; Dick, p.; Sowards, Tb.; O'Neil, 2b.; Gravelle, 3b.; Nolan, 1.f.; Rattay, m.f.; Bowman, r.f.; J. Stansbury, c. Railroaders-Allaire, c.; S. Driver, p.; G. Driver, 1b.; Mackie, 2b.; Ward, s.s.; Millan, 3b.; Grattan, l.f.; Joyce, m.f.; Attwood, r.f.

Thousand Islands-Rochester a.m., for 1,000 Island points and at 5 p.m., for Rochester. J. P. Hanley,

"Eddie" Hiscock was chosen

To Join the Staff. Bert. Daley, son of Patrick Daley, "Now we give the little folks some pids King, on which he will sail this sionally some soft-boiled eggs,

A meeting of the city property committee was called for yesterday after-noon, but Ald. Graham found that there was no quorum of his flock. The grown so sturdy and strong, and we meeting of the city property com-

THE OFFICERS ELECTED.

By 'Prentice Boys' Grand Lodge -Meet in Ottawa in 1911.

The grand lodge of Prentice Boys onclude its business on Wednesday afternoon. Ottawa was decided on as Stronger-Second Heat Was Very to open on the second Tuesday of Close-Fast Time Was Made-June, 1911. The following officers

May Wax, at the fair grounds course, Arbuckle, Ottawa, grand secretary, C on Wednesday afternoon, and in the O. Buckman; assistant secretary, John

a good horse race, especially when he D'Arcy Ketcheson, Belleville; No. 10

Are Very Welcome.

Syka Direct had now won two list he has, but states that there is money. Reference was made to heats, and the backers of May Wax not half enough for the crowd that is great tide of immigration to the west.

Wrong in the Heart.

er, placing Fleming behind May Wax, cillors in discussing the sending of of the people. The judges were L. Boyes (Napanee), councillor, "your township case is of untiring zeal and energy.

Verdict of \$100.

Here to Recuperate. greatest hostelry, is in Kingston on a ject, and were going towards it. treal Windsor management.

14th Regiment History.

containing a history of the 14th Regi- whole work should be looked upon as ment, is on sale at Uglow's book an "enterprise of the Catholic church. book store, and the Whig office. Price, the nature of the gospel-that it was 25c. The pamphlet has received much universal, the character of the church, praise from outside newspapers.

FEED CHILDREN

On Properly Selected Food-It Pays Big Dividends.

Str. Caspian leaves Sundays at 10.15 A mother writes saying: "Our roadway, and had to be assisted to the children are all so much better and its feet, stronger than they were before we made a change in the character of the food. We have quit using potatoes

Wellington street, left for Montreal fruit, either fresh, stewed, or canned, this morning to join the steamer Ra- some Grape Nuts with cream, occasome Postum for breakfast and per. Then for dinner they have some

attribute this change to the food ele-

pt. Cote. He brought a cargo for teething and had a great deal of sto- never better assorted.

SHOULD BE GIVEN AN INCREASE BY THE CHUECH.

Wolfe Island Mare Proved to be the next place of meeting, the session Advocated in an Address Given by day, from Montreal to Hamilton. R. W. Allin, of Laymen's Missionary Movement-Addresses at Mis-ed up to-day from Montreal to Chi-

> "Unless we, as a church, remember." the clergy better than we have in the Charlotte with a cargo of coal for past we will not succeed the way we R. Crawford. some of the men are receiving, and! The steamer City of Montreal is due it. We should increase the stipend of from Montreal, that the matter has been taken up at Montreal on her way to Cleveland, to all the other synods, and I hope that load coal for Montreal. it will be taken up here in Kingston. The steamers Midland Prince and

> Laymen's Missionary Movement R. treal, with the barge Thrush, loaded W. Allin, travelling secretary, made with pulpwood, on the way to Osthe above statement in addressing the wego. Dean Bidwell and Rev. A. P. Shat- is seventeen feet. mission cause was manifested.

noon of common assault. The prison- the synods had been endorsing the There was never a finer contest on er's lawyer put up a strong defence, work of the Laymen's Missionary; the race track in Kingston than this Judge Madden fined Smith fifty dol- Movement, and there had been a trerace. The heats were all fast. In the lars and costs or six months in jail, mendous increase in the offerings for One Occurred in Toronto, Other in first, May Wax broke at the first quar-and gave him a month in which to the cause. The speaker cited many ter, and Syka Direct kept the lead new the leave which amounted in all to cases where there had been an increase throughout, winning by several pay the levy, which amounted in all to cases where there had been an increase lengths, in 2.19 been an increase in the givings for Lowe, eldest daughter of Mrs.

Men who had money were welcomed as citizens, just as if money would tard diagonal cloth and hat to match make a great nation. There was only Dr. A. E. Hett, one of the best though they thought that she might At the county council session, on one thing which would make the coun-

The latter, however, was never in the the Kennthec boy to Industrial school Mr. Allin referred to the death of E.

and George Darragh and F. McCue different. It is a case of being wrong Dean Bidwell said that we should in the head, while the Kennebec one not lose sight of the missionary work May Wax made quite as good time is a case of being wrong in the heart. accomplished at home. He believed that just as heroic and noble work was carried on at home, as in Central Was Held at Kingston Mills on The first civil case with jury taken should not be lost sight of. The up at Belleville county court, was that world could be evangelized for Christ, | On Wednesday, the annual picnic of of Frank Plue against John Smith, an and all that was necessary to carry the Church of the Holy Name, Cushenaction for slander. Both parties reside this out, was that there should be dall was neid at Kingston Mills and The senior game, in the Sunday in Tyendinaga. The case arose over a enthusiaom. The idea that every as usual was a grand success. This School League, on Wednesday night, disagreement as to the ownership of Christian could be a missionary was picnic is always the big one of the was given to the First Baptist. The various articles and Plue contended being revived. We could see the hand year in that vicinity and every year score stood 16 to 15, in favor of that Smith insinuated at the former of God in the work. This present seems to be better. This year was far Chalmers, but they refused to play trials at Deseronto and Shannonville generation could carry out the work, better than any other, everything passout the full five innings, and on this that Plue was a thief, hence the act- In mission work, distance was not to ing off in fine style. The weather was account the umpire, Roy Ward, decided ion. The jury brought in a verdict be considered. The ground to be cov. ideal for such outing and hundreds of ered was considered in no way to be people from near and far attended. a barrier. The work was steadily From the city, the pleasure seekers spreading. All the supposed difficulties

visit to his brother, and to recuper- Rev. A. P. Shatford, in his open-There is a game scheduled for to- years ago, was on the staff of the esting way, to some of his experiences night, in the junior series of the Sun- British-American hotel, of this city. in missionary work, in the Ontario day School League, between St. He is highly thought of by the Mon- diocese. As regards the collection of funds for missionary work he said that it was a mistake to divide the money into different funds. One place Kingsley and his corps of assistants An excellently prepared pamphlet, was just as important as another. The store, Best's drug store, McAuley's We should ever keep in mind the fact

Had a Lively Mix-up.

There was a lively mix-up on Princess street, on Wednesday afternoon. A horse attached to a fruit waggon, If parents will give just a little in- got frightened, and ran away, and elligent thought to the feeding of this started another delivery horse, their children the difference in the and the two were going at the same health of the little folks will pay, time. The rigs were damaged, but no many times over, for the small trous one was hurt. Another horse got excited at the runaways, and fell on the

The Hot Days Have Come.

three times a day with coffee and so had at last got clear away. On Wed- neer in the employ of the C.P.R., a nesday afternoon, the thermometer at | Souris, Man. Dr. Knight's observatory registered "Camphor ice," put up in neat meseventy degrees in the shade. This tal boxes, at Gibson's Red Cross drug morning, at eight o'clock, the mercury store. egistration was 69.6 degrees, so it yould be the hottest of the season.

Beautiful Stock to Choose From. Prevost, Brock street, has a fine as sortment of tweeds, serges and che-Mrs. Peter Cote and Miss Kathleen ments that, I understand, exist in will do well to call on him. Ready-to-day. They came on the Echo, with "A short time ago my baby was made clothing and gents' furnishings

IN MARINE CIRCLES.

The steamer Toronto passed down and up to-day. The steamer Dundurn passed up, to-The steamer City of Montreal pass-

sionary Meeting, in St. George's The steamer India and consort Burma arrived at Deseronto, with iron

they are asked to do a big work for to pass up, to-night, on her way the clergy and I am very glad to see The steamer Rosemount arrived from

We have not been treating our lead- Saskatoon will pass up, to-night, on their way from Montreal. Speaking as a representative of the . The tug Thomson arrived from Mon-

missionary meeting of the Ontario Harbor Master William McCammon, synod, in St. George's Hall, on Wed- was busy with his new guage, or nesday evening. Bishop Mills presid- Thursday morning, and reports that ed, and addresses were also given by the depth of the water in the harbor

ford. There was a very good attend- Capt. Kendall and crew, of the ance and much enthusiasm over the steamer St. Lawrence have arrived in the city, from Clayton, It was ex-In the case of the King vs. Charles Mr. Allin had the encouraging an pected that the St. Lawrence would The Wolfe Island mare won because Smith, of Railton, who was tried at nouncement to make that progress had be able to leave for the islands this

strength that won. In the last heat, ing to his home to see her sister, the everywhere there was a tone of optim-put in. She is likely be in running ism with the church advancing. All order by the end of the season.

SEVERAL MARRIAGES.

Watertown, N.Y.

and in addition cases where there had The marriage of Miss Bertha Lillian all purposes of the church. And it Lowe, formerly of Kingston, to Dr. must be stated also that only the Ralph Newbury Prentiss, of New mare led by scarcely half a length. The secretary of the board of directinge of the possibilities had been York, eldest son of Mr. and Mrs. S. It was this heat that really decided tors of the Y.M.C.A. has issued invitouched. Only the threshold of the L. Prentiss, of Boston, Mass., took the race. Before an eighth of a mile tations to the soldiers, in camp, to work had been entered upon. It was place, Wednesday morning, at the reguiding May Wax, had taken the pole tution, while here. Every evening, so lizing what really could be accomplish-bourne street, Toronto. The cerehowever, came up on the grade. At this kindness by visiting the Y.M.C.A. need for missionary work in the west. glican church, in the presence of only

Later in the day Dr. and Mrs. Prenhouses in the city. He has sent the speaker. Some have gone to make Kingston, and the Thousand Islands, before going to their home in Brooklyn, N.Y. The bride travelled in muswith blue wings.

known physicians of Watertown, N.Y., get one. Mr. Carson changed his driv- Wednesday morning, one of the country great, and that was the character and a graduate of Queen's, was quietly married on Wednesday morning. The bride was Miss Mabel M. Coulter, last heat, Syka Direct making almost at the expense of the county, declared J. B. Pense, whose death, he said, The ceremony was performed by Rev. a runaway race of it. The Hawkins that Kingston had many bad boys, was a tremendon's loss to the Lay- W. H. MacClenthen, pastor of the Armare had the speed, the weight and but they were not sent away at the men's Missionary Movement. Mr. Pense the staying power, and finished fifty expense of the city. Another councillor had been one of the foremost workers with the home of the bride's brother ring at the home of the bride's brother vards in the lead. May Wax's driver said that his township had to pay for for this cause, and the other members. It No. 109 East Lynde agreet. The not pressing her when he saw that the a girl who had been sent to an asylum engaged in the work, would feel his honeymoon began with the departure heat was gone. The time given for the Kennebec case, he thought it this heat was 2.181. It is estimated that nearly \$3,000 changed hands as should also pay for the case charged that nearly \$3,000 changed hands as Smith's Falls, Toronto and Buffalo. to his township. "Oh," responded a classes of humanity, and was a man About thirty friends and relatives were invited to be present at the

A FINE PICNIC

went in a steady stream, in autos, vans, livery rigs and bicycles.

There were all kinds of amusements, and booths were erected on the grounds, where many dainty and use ful articles were offered for sale. In the evening, after the fine supper served on the grounds, dancing was held in ing hours before the people thought of going home and all will remember it as about the best ever. Father

Women Stockholders. The female stockholders of the Pennsylvania Railroad number 27,767, or 46 per cent. of the total. These figures show indirectly how our financiers are dying early under the stren-uous life and leaving their worldly treasures to their widows. Men are paying the penalty of overaction and the world through the law of the survival of the fittest. With the shears of fate the widow turns from dress pat-

Trinity church, Brockville, was the when Miss Lillie May, daughter of Mr. and Mrs. John Foxton, was uni-It would seem that the cool weather | ted to J. Corbett Suddaby, an engi-

F. H. Consitt, who lost his life in looked as if this 16th day of June the Herald disaster, at Montreal, was a former resident of Perth, and a brother of Dr. Consitt, of that place.

he Grove Inn.

H. Cunningham, piano tuner from seemed to agree with him until I hickering's, Leave orders at Mc- tried Grape-Nuts softened and mixed.

The members of the R.C.H.A. band factured by F. J. Chency & Co., Toledo, prescriptions from reputable physicians as the damage they will do is ten fold to the good your can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Chency & Co., Toledo, prescriptions from reputable physicians as the damage they will do is ten fold to the good your can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Chency & Co., Toledo, prescriptions from reputable physicians as the damage they will do is ten fold to the good your can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Chency & Co., Toledo, prescriptions from reputable physicians as the damage they will do is ten fold to the good your can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Chency & Co., Toledo, prescriptions from reputable physicians as the damage they will do is ten fold to the good your can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Chency & Co., Toledo, prescriptions from reputable physicians as the damage they will do is ten fold to the good your can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Chency & Co., Toledo, prescriptions from reputable physicians as the damage they will do is ten fold to the good your can provide the good your ca Auley's bookstore.

The board of education will have a special meeting to-night, to ratify a new agreement with the Queen's Faculty of Education and to appoint several new teachers.

William Swaine, piano tuner. Orders received at McAuley's. Phone 778.

Auley's bookstore.

The members of the R.C.H.A. band left, at noon, to-day, via the C.P.R., for the camp at Petawawa. There were twenty-five in the band.

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William Swaine, piano tuner. Orders are genuine, true, and full of human interest.

New Wash Costumes, In White, Cream, Blue, Grey, Mauve, Pink, Tan.

Separate Coats and Separate Skirts In White and Cream.

New Princess Dresses in White, Cream, Mauve, Pink and Blue Mull, very prettily trimmed with lace, tucks and embroidery.

Millinery, Millinery - The latest Summer Hats are here.

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The Leading Millicery Store GRANULATED SUGAR



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LADIES' WASH SUITS

SATURDAY MORNING, 8.30 O'CLOCK.

Regular \$8.50, 9.00, 9.50, 10.00, For \$4.98 Each

WASH COATS

Regular \$7.50, 8.50, for For \$3.98.

WHITE MUSLIN **BLOUSES**

Regular \$1.00, 1.25, 1.50.

58c Each.

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> Regular 90c, \$1, for 48c Each.

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