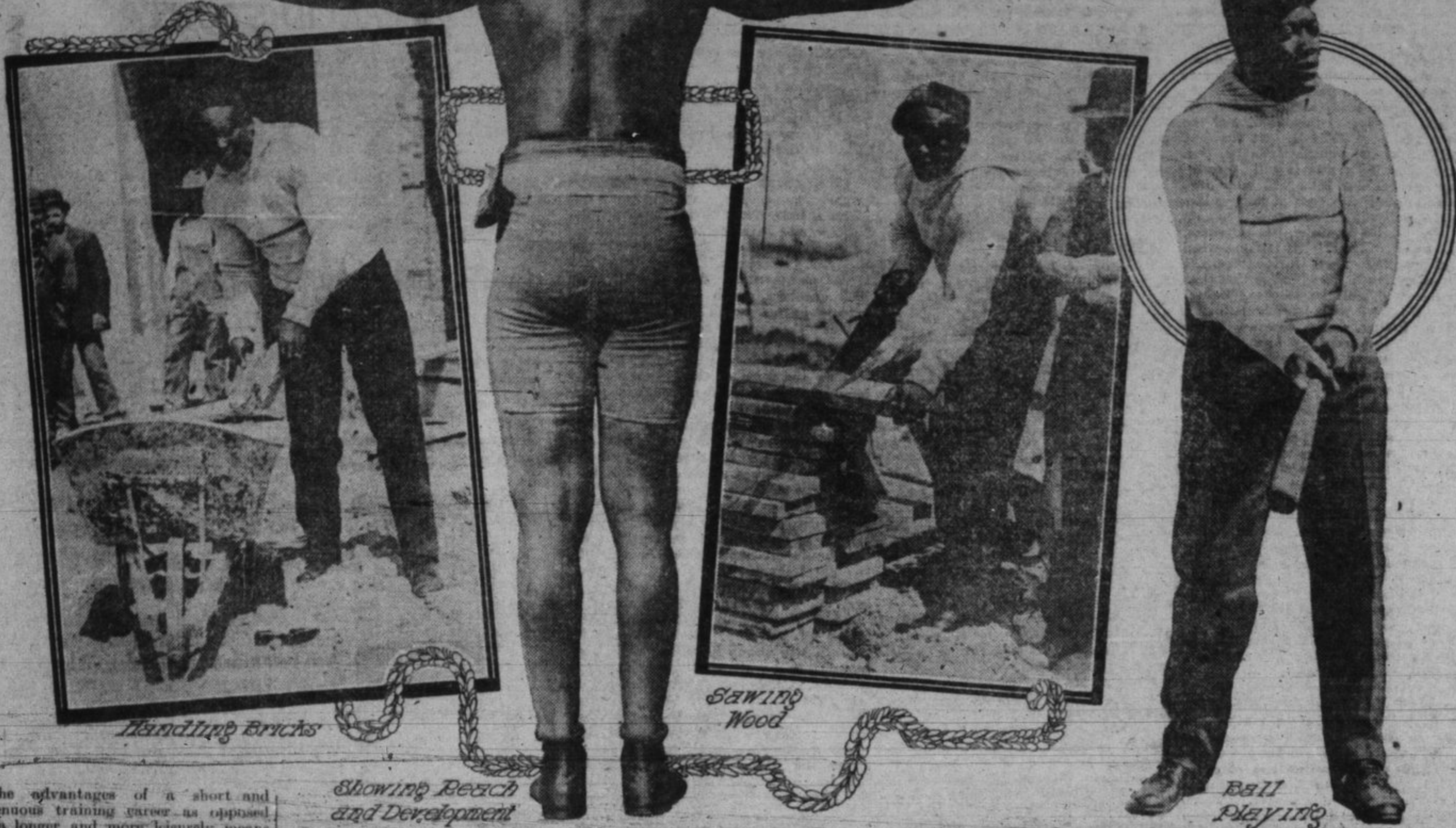


JACK JOHNSON in Training



The advantages of a short and strenuous training career as opposed to a longer and more leisurely means of getting into perfect health and physical condition are being exemplified by the rapid coming into shape of Jack Johnson, negro heavyweight champion of the world, and who shares with James Jeffries the divided attention of the entire sporting world.

At Ocean Beach, Cal., with the big fight in which the negro will stand against a man who never has been defeated in the ring, only two weeks away, Johnson is working hard, running several miles daily, boxing big, rough-and-tumble fighters and, according to those who are with him, is gaining strength and ease with each day.

Contrary to the general belief and contrary to the custom of a good share of fighters, Johnson is not given to dissipation. His time between fights is not devoted to carousals, and he does not go off into a run-down and unfit condition.

Consequently his strength is conserved, and when he gets at his active training, working himself into shape for the ring, the process is not accompanied by the heart-wearing efforts of many other fighters.

At Ocean Beach he now is in the midst of preparations and the training, called mild to the negro, is sufficiently wearing to send his trainers and

camp followers to bed, sore and weary each night.

A play of training outlined by Johnson six months ago is being adhered to religiously. No exercise beyond that necessary for proper health was undertaken up to a time eight weeks before the fight, which will be far and away the event of greatest general interest on July 4th.

Eight weeks before the fight the actual working out began. For three weeks Johnson practiced the lightest kind of training. Handball for less than half an hour at a time, and hardly severe enough to cause perspiration, and accompanied by equal periods of complete rest, served to work the giant's muscles into condition.

Former fighters, sporting writers, doctors and physical experts say the results have justified Johnson's faith in his system. His muscles are little and powerful, and unless something unforeseen happens he will enter the ring on July 4th more than ready for the most noted ring battle ever undertaken.

At present Johnson is working hard. Monte Cutler, Joe Cottah, Watson Burns and Sailor Burke, all heavyweight fighters and men who attained a certain eminence in the ring, are his

sparring partners, and their instructions are to treat Johnson just as though he were in a ring and they were struggling for a decision.

"I want to be put into shape by big heavy fighters who can give punishment and who are ready to take it," said the fighter. "I don't want to box. I want to fight, and these men who go into the ring with me are able to stand it. If they get a chance to get a good, solid wallop home while we are boxing, I want them to do it, and sometimes they do. I want to be ready to take a beating and still stand up and fight."

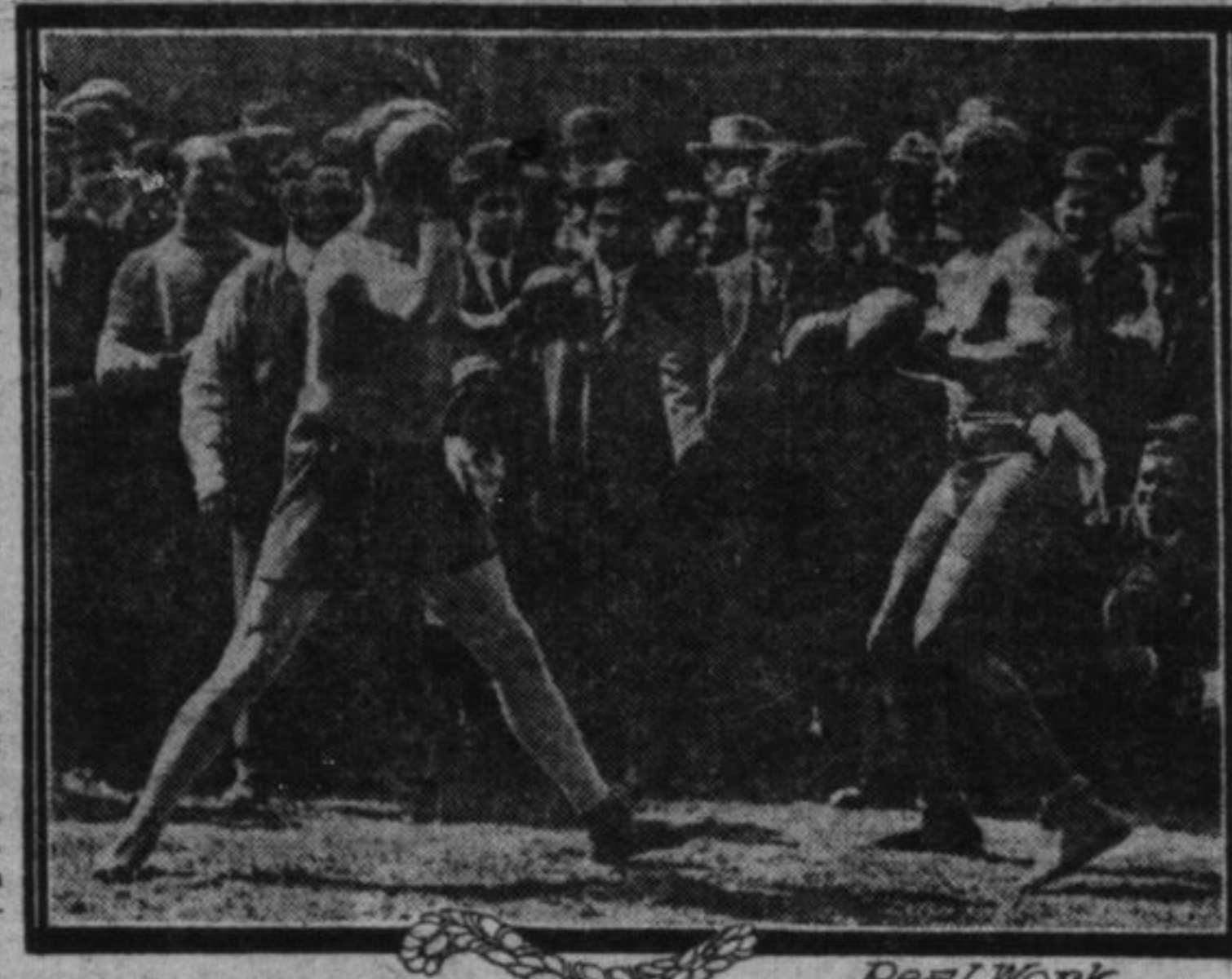
Each of the three fighters stands up to Johnson for several rounds each day. They fight hard and put the champion to all his ingenuity to escape punishment. In addition to his boxing he puts in at least twelve miles on the road each day.

Johnson now weighs 215 pounds. He expects to enter the ring at from 208 to 210 and declares he can make this weight within two days' notice, and, furthermore, can make the weight without any grueling loss of strength which sometimes accompanies a struggle to cause an unnatural loss of weight. The plan by which Johnson hopes to defeat the one known man who now stands between himself and undisputed world's championship has been thought out and will be adhered to during the struggle.

"I will stay away from Jeffries for the first ten rounds," said Johnson, "and hope he will tire himself out. For ten rounds I will let Jeffries do the work and then, when my strength will be as fresh and ready as ever, I will enter the fight to Jeff and hope to put him away."

The right uppercut in the breakaway of a clinch, the blow that put Ketchel away and that made Tommy Burns' great stepping into the ring with the negro, is the chief stock in trade of the big fighter. In his daily bouts with his trainers Johnson works steadily at this punch, and keeps the others busy saving themselves the effects of a disastrous blow. He also practices avoiding the shifty uppercut, Jeffries' favorite blow that has won the big white man's battles for him.

The change of location of the match from Evesville, Cal., to San Francisco was finally effected some time ago, and thousands of light fans will welcome the chance to witness the battle without travelling out of the city. The board of supervisors of San Francisco has extended the time and number of rounds in which the fight may be held from twenty to forty-five, has granted permission for the fight to take place and the site has been decided upon as the old site of the Central Park. The chief stumbling block and one which threatened at times to knock out the contest, the choice of a referee, was settled with the selection of Tex Rickard, one of the promoters of the fight and among the best-known of western fight promoters and sporting men. Tex Rickard was chosen from Eddie Graney, Eddie Smith, Jack Welch and a dozen others at a time when the choice seemed well nigh impossible.



Real Work



A DIGNIFIED GOWN OF BROCADED SATIN AND JET.

Though unsuited to a debutante, this impressive costume would well become a mature woman, or even a young matron. The material is black satin brocade in a Venetian pattern well thrown up on the surface of the satin and the little bodice is made of apple green chiffon over white lace the shoulder straps, which apparently lead up the heavy, jet tunic passing over this apple green skirt with very broad effect. The gloves also are green, and are of the cool, dainty embroidered sort which are fancied for summer wear. These cool, greenish Niagara gloves, as they are called, unite with the green bodice in giving individuality to the costume.

No Chance of Departing.

The rural editor looked out of his office window. In a near-by locust tree was an aeroplane, twisted and tangled in a way that would require a cyclone to extricate it.

"Ah," exclaimed the rural editor, sarcastically. "I wonder if a Higgs' machine called 'The Aeroplane Has Come to Stay.'"

An apparatus has been patented to convey water through pipes by air pressure from a tank to the place where it is to be used.

SMUGGLING A PROFESSION.

Legitimate in Tiny Mountain Republic of Andorra.

San Julia de Laria, the rival of Andorra-la-Villa, is the great trade and smuggling centre. It has about 600 inhabitants only, but can boast several large shops and warehouses full of contraband commodities, openly displayed. As a matter of fact, the whole nation is more or less a smuggler on principle. They have neither import nor export duties themselves, and they are fully persuaded of the benefits of free trade for everybody. France makes commodities wanted in Spain; Spain grows articles required in France and Andorra lies between these two nations. What more natural, therefore, than that she should give aid to both her neighbors—for a consideration, of course? But smuggling in Andorra is not looked upon as a fraudulent business. On

the contrary, it is considered an honorable and legitimate profession—almost an art—and one that, in its higher branches, requires many aptitudes—business capacity, astuteness, diplomacy, a thorough knowledge of the art of bribery and a military method for directing one's forces and commanding one's subordinates. For instance, a wealthy Andorran goes over the border into Spain and buys up cheaply thousands of sheep, which he pays for in Spanish money; they are driven home to his mountain pastures, where they are marked with his cipher. Then, in company with his head man, he strolls casually across to the French frontier—every inch of which he and his underlings know by heart—and drops into the hut of the commandant of the douaniers for a chat. Before leaving, the commandant naturally offers him a petit verre—and bank notes of greater or less value are left lying on the table. Nothing definite is said; nobody's conscience or dignity is compromised. A few days later thousands of Andorran sheep are sold in the markets of France and paid for in French money. How did they get them across the frontier? Ah, that's just the point! The mere fact of buying with Spanish money and selling for French francs from twenty to thirty per cent. profit, without counting the difference in the prices of the animals. In addition to sheep, hides, tobacco, matches, olive oil, superior qualities of wine, salt, sugar and ultra marines are the principal commodities smuggled into France. The articles that go to Spain are mostly glass and china fancy articles, bric-a-brac, paper and cutlery, also a large number of muskets. The latter are bought in a wretched state for almost a song in France, turned out to grass on the splendid Andorran pastures for a few months, and sold in Spain at the end of the season for a high figure—July War World.

A Slight Jolt.

Sapleish—"I'd nevah mawry a strong-minded woman, docher know."

"Ah," exclaimed the rural editor, believe that—in fact I don't believe the woman who faces the person with you will have any mind at all."

A Masterpiece Anyway.

"Mud's life is what you would call a masterpiece."

"Well, then, or is it?"

Red Rose Tea

"Is Good Tea"

Never varies in quality; every package is good.

PE-RU-NA PROMPTLY RELIEVES A Case of Dreadful Suffering Which Had Continued For Months.

An Account of a Remarkable Recovery Given By Mr. Alfred Wood, Teacher of a Private School at Launceston, Tasmania.



MR. AND MRS. ALFRED WOOD.

Mr. Alfred Wood, who has a private school at 22 Frederick street, Launceston, Tasmania (Australia), has been a teacher for 37 years under the Educational Department of Tasmania. He writes, concerning his wife's case, as follows:

"My wife was suffering for months from gastro-enteritis, and was given up by her medical attendant.

"By good fortune I was induced to try Peruna in her case, and I can truthfully state that from the first dose her dreadful suffering ceased; and after taking five bottles she is permanently cured."

HOW does Peruna make such extraordinary cures as above recited? By simply arousing the forces of Nature to throw off the diseased action.

Peruna contains no magic and does not operate in any mysterious way, but it does help Nature to combat disease, and thus many times comes to the rescue of the patient in some important crisis.

There is always a time in the course of any disease when a little help goes a great way.

Just as the scales are beginning to descend, when one ounce more would determine the fate of the patient, a little lift will turn the scales in favor of the patient.

Peruna is a handy medicine to have in the household.

It helps many diseases by imparting a natural vigor to the whole system.

As a tonic or cathartic remedy, its reputation is well established all over the world.

As a remedy for stomach and bowel disease, the fame of Peruna is undoubtedly destined to become greater than that of any other medicine in the world.

A great many cases like that above referred to have found Peruna of untold value when no other help seemed of any avail.

Pe-ru-na For Indigestion.

Mr. Donald Robb, Jr., 16 Wrights Ave., Halifax, Nova Scotia, member Independent Order of Forresters, writes: "While on a visit to Boston, I must have eaten something that did not agree with my stomach, as a terrible case of indigestion followed.

"Peruna was recommended to me and after using three bottles I was entirely cured.

"I therefore recommend Peruna to any one suffering with stomach trouble."

Mr. Chas. Brown, Rogersville, Tenn., writes: "A friend advised me to take Peruna for indigestion and it cured me in a short time."

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