

STAMINA IN MEN AND HOW TO POSSESS IT.

A prominent physician being asked the question: "What are the things that a man needs most?" answered: "Physical health, strong nervous system, clean, money and social success." Any man possessing these five attributes is a success.

GRIDIRON HEROES. Ones Who Never Win Places in the Football Hall of Fame.

These Practically Unknown Men Are the "Scrubs," Who Help to Keep the Varsity Team on Edge—They Play the Game For the Queen's Side.

THE VEILED PROPHECY. He Was the Most Noted Impostor of the Middle Ages.

The celebrated "Veiled Prophet" of history was a Moslem fanatic whose real name was Hakon Ibn Haschem. He was born about the middle of the eighth century and became the most noted impostor of the middle ages.

AN EQUINE JOKER. Sculptor Ward's Model, Lex, Seemed to Have a Sense of Humor.

The late J. Q. A. Ward, the sculptor, found great diversion in watching the tricks and peculiarities of the horses which served as models for some of his equine statues.

Kidney Poisons In the Blood. The Cause of Widespread Ill-Health. How To Tell Whether Your Blood Is Impregnated.

WARNER'S SAFE CURE. The World's Best Remedy for the Kidneys, Liver, Bladder and Bowels. Constipation and Biliousness.

HOTEL DIRECTORY. DESERONTO. Go to the STEWART HOUSE, Leading Commercial Hotel. Rates, \$1.50 per day.

GRAND TRUNK RAILWAY SYSTEM. ONTARIO PROVINCIAL FAIR, GUELPH, ONT. December 24th to 28th.

LOCAL BRANCH TIME-TABLE. Trains will leave and arrive at City Depot as follows: Going West. Leave City. Arrive City.

GRAND UNION HOTEL. 1000 CENTRAL STATION, NEW YORK CITY.

Cook's Cotton Root Compound. The great Uterine Tonic, and only safe effective Monthly Regulator on which women can depend.

R. PARKER & CO., Dyers and Cleaners, 68 Princess St., Kingston, Ont.

THE AMERICAN CAFE. 183 Wellington St. The Up-to-date Restaurant and Eating House.

M. NOLAN. 338 Princess Street. Phone 720. Raisins, Circuits and Peel.

UNITED TYPEWRITER CO. KINGSTON. J. R. C. DOBBS. Occasionally an astronomer discovers something to admire in the theatrical story realm.

WANTED HIS PAY. The Husky Jamaican Didn't Care to Work For Nothing.

An English naval officer tells of being on a war vessel which took provisions to St. Kitts, one of the British West India islands.

WHEN THE PLAGUE RAGED. Cat and Dog Lives in England in the Sixteenth Century.

Disease and the dog were believed to walk together in the sixteenth century. The terror then was as much a suspect as the rat today.

Jack Sheppard as a Text. Jack Sheppard had a great hold upon the imagination of the people of his time.

Sure on One Point. "Do you believe that great wealth has a tendency to keep a man out of heaven?" queried the party who was addicted to the conundrum habit.

Stuttered Out the Child's Name. Flannery—it seems his full name is Dennis K. K. Casey.

Also It Uses Up Gold. "Did you ever notice how a ring is like the marriage collection?"

Musical Note. A newspaper says of a recent operatic performance, "The ladies, the baritone and the bass were good, and so were the tenor's intentions!"

The Christmas Whig. Elsewhere in this issue attention is called to the Whig's Christmas Number, which will appear on Saturday.

When the Plague Raged. Disease and the dog were believed to walk together in the sixteenth century.

The terror then was as much a suspect as the rat today. In plague times he had only to venture into the street to court death.

Inquiries Her Delight. She was walking around the corridors of the Pennsylvania Academy of the Fine Arts with her prince nee libid at elbow length, evidently admiring some of the works.

The Lady or the "Tiger?" "Will you be my wife?" "This is so sudden!"

Sorrow. Sorrow is not an incident occurring now and then. It is the woof which is woven into the warp of life, and he who has not discerned the divine sacredness of sorrow and the profound meaning which is concealed in pain has yet to learn what life is.—F. W. Robertson.

Shed Your Light. Talents are not wasted in a narrow sphere. Your lamp could add but little to the great glow that illumines the world, but it may fill with light a home that without it would be in darkness.

Be not hurried away by excitement, but say, "Remember, let me see what you are and what you represent."—Epictetus.

A splendid rail or overcoat made to order for \$15. At "Preston's," Brockton street. All new goods to choose from.

WARNER'S SAFE CURE. The World's Best Remedy for the Kidneys, Liver, Bladder and Bowels.

COWAN'S PERFECTION COCOA. (MAPLE LEAF LABEL) has rare food value. Splendid for children.

LADIES' AUTO—A Skate Made for Ladies Only. Light, Dainty, Very Strong. This is a skate which is very light, and well-balanced in its design.

CHRISTMAS SUGGESTIONS. LARGE STOCK. What is nicer than a Piece of Furniture, useful as well as ornamental.

KINGSTON & PEMBROKE RAILWAY. In Connection With CANADIAN PACIFIC RAILWAY.

Trains Leave Kingston. 12:01 p.m. Express—For Ottawa, Montreal, Quebec, St. John, N. B., Halifax, Boston, Toronto, Chicago, Denver, New York, Salt Lake, Portland, Seattle, Vancouver, Victoria, San Francisco.

RAILWAY OF QUINTE RAILWAY. Train leaves Union Station, Ontario street, 4 p.m. daily (Sundays excepted).

Lake Ontario and Bay of Quinte Steamboat Co., Limited. Leaves Kingston daily except Sundays at 3 p.m. for Picton and intermediate Bay of Quinte ports.

Str. ALETHA. Leaves Kingston daily except Sundays at 3 p.m. for Picton and intermediate Bay of Quinte ports.

WARD LINE. New steamships, excellent cuisine, large comfortable rooms and lounging deck.

WM. MURRAY, Auctioneer. Furniture Sales given special attention.

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