

In Search of Beauty

You Must First Win Health by Getting the Blood Rich and Red.

Dr. Chase's Nerve Food

Every man and every woman has an individual idea of what constitutes beauty.

Is beauty skin deep or does it depend on the glow which health alone can give? Is it due to regularity of feature or to the gracefulness and elasticity which accompany health and vigor?

To win beauty you must first gain health. Rich, red blood is the secret. Dr. Chase's Nerve Food is successful and popular because it forms rich, red blood and in this way gives gracefulness to every movement and a healthy, natural glow to the complexion.

This blood and weak nerves soon give one a tired, worn out appearance. Worry and anxiety show themselves in wrinkles and care lines. Dr. Chase's Nerve Food enriches the blood, restores vigor to the nerves and drives away headaches and bodily pains.

By filling the arteries with new, red blood Dr. Chase's Nerve Food rounds out the form to healthful proportions, makes the muscles and tissues firm and strong, and gives vivacity to mind and body.

Dr. A. W. Chase's Nerve Food, 50c, a box, six boxes for \$2.50, at all dealers or Edmundson, Bates & Co., Toronto.

Spring Suits

See our Line of New Spring Suits at

\$15.00

Best English Worsted, all patterns, Brown, Grey, Black and Blue Serge Suits. Latest styles.

Also large variety of Boots, Shoes and Rubbers at reasonable prices.

ISAAC ZACK'S

271 PRINCESS STREET.

BUILDERS' SUPPLIES

BEAVER BOARD.

LATH.

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BRICK.

CEMENT.

S. ANGLIN & CO.

Cor. Bay and Wellington Sts.

Cook's Cotton Root Compound

The great Uterine Tonic, and Remedy for all Diseases of the Female System, on which women can depend. Sold in three degrees of strength—No. 1, \$1; No. 2, \$1.50; No. 3, \$2.50. For special cases, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. The patentees, Cook's, Toronto, Ont. *Formerly by Windham*.

Are You Going Away?

If so, I will pay the highest cash price for your Furniture and Household Effects. No commission, no wait, no trouble.

Headquarters for Antique Furniture. Big stock and variety now on hand for your selection.

L. LESSES,

Cor. Princess and Chatham Sts.

Dr. Martel's Female Pills

EIGHTEEN YEARS THE STANDARD

Prescribed and recommended for women's ailments, a scientifically prepared remedy of proven worth. The result from their use is quick and permanent. For sale at all drug stores.



Light on a Dark Subject

COAL—of course.

A universal fuel derived from prehistoric vegetation—about 85 per cent. carbon—varying in color from brown to black.

Coals have all been classified and only the grades known to be best for heating find their way here.

Try our black carbon—not thing prehistoric about its quality—it's this year's FRESHLY MIXED COAL.

Crawford

THE WHIG, 78th YEAR

DAILY BRITISH WHIG, published at 269 King Street, Kingston, Ontario, at 55 per year. Editions at 2.50 and 4 o'clock p.m.

WEEKLY BRITISH WHIG, 16 pages, 25 cents, monthly, published Thursday morning at 51 a year. To United States, charge for postage had to be added, making price of Daily 50 cents.

Attached is one of the best Job Printing Offices in Canada; rapid, stylish and cheap work; nine improved presses.

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Daily Whig.

WHITNEY A FOSSIL.

Sir James Whitney is a fossil. That is evident from his attitude upon the single tax idea. Last year Mr. Fripp, of Ottawa, submitted a bill, the aim of which was to tax the land and not the improvements upon it. The hostility of the premier caused Mr. Fripp to drop the measure. But this session saw it revived. Mr. Fripp called attention to the fact that many councils had declared in favour of it. He could have added the evidence submitted by the city auditor, and to the effect that a land tax basis enabled a city to get at the actual market values. The liberal leader endorsed the principle of the single tax, and cited the experience of Vancouver, where the principle of land values was giving satisfaction. Sir James Whit-

ney showed that he was far behind on this subject, however, and he reached the climax of absurdity by referring to the Fripp bill as the "entering of the wedge of the Henry George system." The legislature should give the municipalities the option of adopting the land tax or the general tax. In this way, and in time, Ontario will have an experience worth something.

THOUGHTS OF PAD BOYS.

The declarations of Mrs. Thornley, of the W.C.T.U., at London, that the institutes and public schools of Ontario, are hot beds of vice, should not be allowed to pass. On what are they founded? Personal experiences. Not of the women, but of those who have been employed by the W.C.T.U. in promoting purity in the law.

The union has been interested in the propagation of certain truths which are calculated to free the youths from many delusions. It has had in its service Arthur Beele, a graduate of Queen's and for a time a foreign missionary. He has made social purity a special study, and has, in the schools, high and public, been devoting himself to educational work of the highest value.

"Know thyself" is a wise suggestion.

But it is remarkable how many youths do not realize the danger they are in from associations and thoughts of a demoralizing kind.

Mr. Beele has laboured in Kingston, under the auspices of the W.C.T.U. He has had the permission of the board of education to visit the schools, and talk in them, as he only can do, on social purity. He has been doing the work that properly belongs to the parents, and which, to their eternal shame, the parents entirely neglect.

The educational department has been urged to appoint Mr. Beele, as a provincial officer, with a special commis-

sion to preach personal purity.

If things are as bad as Mrs. Thornley paints them—if conditions are terrible to consider, and they begin and run right through the schools, from the primaries upward—the department is to blame for not acting at once.

BRIDGE SCHEME DOOMED.

The bridge scheme has been settled by the decision of the Exploration company to make Collins Bay its shipbuilding point, and it can only be wished success with its venture. In

the letter of Mr. Hanna to the mayor there is a sting which will be remembered.

The vacillating course of the council is severely scored, and not without reason. At every stage of the civic proceedings there is a display of impetuosity and timidity, alternating, until the company must have been strongly impressed. There is a lesson in the result. It is that the council do its business with some degree of determination, that it reach conclusions and then hold to them with high officials.

At her house, says the prosecution, most of the murders and robberies of the clan were planned, and there they washed their hands after their butcheries and secured protection. She emphatically denied all charges, and said the evidence against her was manufactured.

With the Exploration company out of the way what is to become of the bridge by law? It should be withdrawn. The council may later decide that it wants the bridge, and that the property can be turned to good account in boozing the city, but for the present, and under existing conditions, it is not warranted in purchasing the bridge. Why should it? The lower harbour may be needed—there may be an advantage in dredging it and constructing a wharf—but there were no plans with regard to all this, and the people have had enough of adventure. Two things are quite clear to the Whig:

1. That the city will not be justified in paying fifty cents on the dollar to the bridge company for its stock. It is demanded that the city ascertain the original cost of the work, the amount realized by the company on the sale of the road company's stocks, formerly held by the city, to the county, and, deducting this, the ac-

tual cost of the structure for which the city has been willing to offer about \$14,000. When the city has got at all the facts perhaps it will not be quite so liberal with its funds.

2. That the people should not be asked to vote upon the by-law, or vote for it, until the council has gone thoroughly into the issue, and shown what its designs really are. There is no hurry about the work. No interest will suffer because time is being taken to reason out the situation.

I brought up the same argument at Washington," said Mr. Grant, in commenting on the expression of the Canadian cheese man. "If our market went up three-quarters of a cent the Canadians would be able to pay the duty of six cents and be strong competitors. That reciprocity means two cents less a pound for American cheese than we have been getting and the same applies in proportion to milk and cream."

Mr. Grant pointed out that Aver & Co. of Montreal stated that there was exported out of Canada last year 2,200,000 boxes of cheese of eighty-four pounds each, and declared that reciprocity would let that amount at least into this country provided the American market remained higher than the English market.

"It's all one-sided," declared Mr.

Grant. "It knocks the farmer and the paper manufacturer, while they have to pay just as much for what they use as ever."

The Watertown Standard says:

"The contention of former President Grant is the sentiment of every salesman on the Watertown Produce Exchange who has looked into the situation.

They feel sure that if reciprocity prevails, cheese from across the border which has been going to the mother country will cross here and become competition for the product manufactured in Northern New York."

LIFE INSURANCE.

SEE for Accounting Against Milwaukee Company.

Cleveland, Ohio, March 23.—Alleging that a \$30,000,000 policyholders' dividend had declined to \$25,000,000 through the unlawful operations of its custodians, Charles W. Eberhard, Augustus Member and E. B. Miller, three Cleveland policyholders, have started suit for an accounting in the United States circuit court here against the Northwestern Mutual Life Insurance company, of Milwaukee. A receiver is also asked for the fund.

The complainants in the suit do not attack the financial standing of the insurance company as a whole. Their attorneys say the company is in no difficulties.

RHEUMATISM AND ITS CURE.

"If there is a disease more than any other that is caused by improper diet, and that can be helped most often by a diet properly adjusted to the capacity of the patient, it is rheumatism, almost every one of its forms," says Jean Williams, M.D., in Woman's Home Companion for April.

"There is a popular belief that meat, especially red meat, is the only arch-enemy that carries into the system uric acid and the other members of the uric group, but it is not correct. Tea, coffee, chocolate, cocoa, peas, beans, asparagus, onions, and a few other foods all contain the purin bodies to some extent. Animal soups and malt liquors are also guilty. All alcoholic liquors are objectionable, some, of course, more than others. By means of white meat of chicken or other fowl is considered much less pernicious than red meat, such as beef, mutton, lamb, etc., by others, this is contradicted. Excellent authorities, however, state that whatever may be true theoretically, the so-called red meats seem most objectionable practically.

"Increasing the easily-digested animal foods, allowing milk, eggs, a small amount of cheese, broiled or roasted meats, beef, lamb and chicken in small quantities once a day often brings a happy result. Combine with these farinaceous foods, such as rice, farina, tapioca, wheat bread, etc., and suitable vegetables and fruits. Such procedure may give just the relief the overworked machine is craving."

"During acute attacks of rheumatism the diet should consist of milk, buttermilk, milk toast, gruel, etc.

This should continue so long as there is any fever. All meats and other objectionable articles mentioned above should be excluded until recovery is assured.

"Alkaline waters, such as Vichy, Saratoga Springs, French Lick Spring and other similar waters are valuable,

and excellent results follow the use of generous quantities (at least three pints daily) of any pure, soft water, taken between meals."

TO SPEAK AT CONVENTION.

Owing to the fact that Rev. Benjamin H. Spence, general secretary of the Dominion Alliance, and editor of the Pioneer, is ill and has been ordered to rest, he will be unable to speak at the convention which is being held here this afternoon and evening. Rev. William Gottschall, travelling field secretary, as far as is known, will be the only speaker. The afternoon meeting was held at the Y.M.C.A., and the evening one will be held at Sydenham Street Methodist church. It is likely that local option campaign will be the chief topic for discussion.

MAKE BICYCLING A PLEASURE.

Do you remember that slogan:

"These are the only tools you'll need?"

With what joy you took to bicycling on Dunlop Pneumatic Tires? That was in 1892, or thereabouts, and Dunlop Bicycle Tires are still in the same comendable position. Nothing in the form of a bicycle tire has ever been invented that can approach the Dunlop.

HOCKEY FUND CLOSED.

The hockey fund for the Frontenacs closed to-day, and the amount des-

ired, \$360, has been secured. The committee wish to acknowledge the following additional donations, and at the same time return thanks to the many who have subscribed: From H. D. Bishop, Lewis Martin, Collamer Folger, James Carey, John McCay, George Masoud, \$2 each; and Taylor & Hamilton, \$1.

Charity ends at home with too many.

EYES ON WATERTOWN MARKET.

Reciprocity Would Benefit the Canadian Dairymen.

The Watertown, N.Y., Standard has the following comment upon the statement in Monday's Whig by Joseph Cramer, of Glenvale, on the advantage of reciprocity to the Canadian dairyman:

"A Standard representative read Mr. Cramer's view to Col. R. P. Grant, of Clayton, who appeared on behalf of the Watertown Produce Exchange before the ways and means committee of congress during last session."

"I brought up the same argument at Washington," said Mr. Grant, in commenting on the expression of the Canadian cheese man.

One visit advisable; if impossible, send him a free opinion and advice. Question blank and bold on diseases of men free. Consultation free. Medicine furnished in tablet form. Hours: 10 a.m. to 1 p.m., and 2 to 6 p.m. Sundays, 10 a.m. to 1 p.m.

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