

WHY BE SO THIN?

Thinness is Embarrassing, Unhealthy, and Not Natural—Formula Now Used Which Adds From One to Three Pounds a Week.

Every one ought to have some extra flesh on the bony structure of the body, both for the sake of health and self-esteem.

Most thin people are sensitive to the harsh, unfeeling criticisms which are constantly being hurled at them by the more fortunate well-figured person.

Every one pines a thin, bony horse, but horses don't know it—while thin people are badly pined and ridiculed. It ought not to be so, but it is.

A well-figured figure, be it man or woman, excites admiration, not only for the figure, but for the bright eyes, pink cheeks, and lips, and vigorous carriage which accompany a well-nourished body.

Strength, health, beauty and sound flesh depend on the blood and nerves get enough nourishment out of the food eaten.

This prescription aids nature, helps absorption, digestion and assimilation. It helps distribute the blood and nerve elements which make sound flesh. Get the ingredients and make it at home, and see how very fast you gain in weight.

In a half pint bottle obtain three ounces of essence of papain, three ounces syrup marshmallows, then add one ounce compound essence cardamom, one ounce essence of sassafras, one ounce essence of nutmeg, one ounce essence of cinnamon, one ounce essence of cloves, one ounce essence of ginger, one ounce essence of allspice, one ounce essence of nutmeg, one ounce essence of cinnamon, one ounce essence of cloves, one ounce essence of ginger, one ounce essence of allspice.

Dr. de Van's Female Pills. A reliable French regulator, never fails. These pills are exceedingly gentle and have a conservative action on the female system. Refuse all cheap imitations. Dr. de Van's are sold at the price of three for 25¢. Sold in every drug store.

GRAND UNION HOTEL. 100 ROOMS. 4 and 5 Star. CENTRAL STATION NEW YORK CITY. Head to start for N.Y. City Guide Book and Map.

THOMAS COPLEY, PHONE 987. Drop a card to 19 Pine Street when wanting anything done in the Carpenter line. Estimates given on all kinds of repairs and new work.

THE CLUBHOTEL. WELLINGTON STREET. (Near Princess). There are other hotels, but none approach the Club for homelike surroundings.

KINGSTON BUSINESS COLLEGE. Highest Education at Lowest Cost. Twenty-sixth year. Full Term begins August 30th.

Custom Tailoring Opening. AT 231 PRINCESS STREET. (above Harrison's). Finest Ladies' and Gentlemen's Custom Tailoring guaranteed.

MR. I. COHEN, Ladies' and Gentlemen's Tailor.

The American Cafe 183 Wellington St. The Up-to-date Restaurant and Eating House. Separate apartments. Well furnished and lighted.

For House Cleaning. NAPHA POWDER, AMMONIA POWDER, GOLD DUST POWDER, SO CLEAN (Sweeping Compound).

D. COUPER, Phone 76. 341-3 Princess Street. Prompt Delivery.

COAL! The kind you are looking for is the kind we sell. Scranton Coal is good coal and we guarantee prompt delivery.

ROOTH & CO., FOOT WEST STREET.

NEWS OF NEIGHBORS

WHAT WHIG CORRESPONDENTS TELL US.

The Tidings From Various Points in Eastern Ontario—What People Are Doing and What They are Saying.

Verona Social Event. Verona, May 6.—The Epworth League social last night was a decided success, \$12.50 being realized.

At Chaffey's Locks. Chaffey's Locks, May 5.—Seeding is well under way in this vicinity and will be finished in a few days if the weather permits.

At Sharbot Lake. Sharbot Lake, May 8.—T. B. Campbell still continues ill. John Carey is ill with mumps.

At Carrying Place. Carrying Place, May 4.—Mrs. G. Corrigan arrived home from New York City on Friday.

At Mountain Grove. Mountain Grove, May 6.—R. T. Beverly and Miss Preston were quietly married recently.

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children. The C.P.R., in cutting down the sections, cut H. Loyd's section out. Mr. Loyd remains on the road under Joseph Patten's name.

A Wedding at Holleford. Holleford, May 5.—The home of Mr. and Mrs. S. Martin, at Holleford was, on Wednesday, April 26th the scene of a merry wedding.

At Carrying Place. Carrying Place, May 4.—Mrs. G. Corrigan arrived home from New York City on Friday. Mrs. Bingley came down from Toronto on Saturday to visit her son here.

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USE SUNLIGHT SOAP THIS WAY

Do not use boiling water with Sunlight Soap—lukewarm water is sufficient. Hot water weakens fabrics, removes paint and is liable to crack chinaware.

SUNLIGHT SOAP

DISTRICT DASHES.

News Clipped From Our Many Exchanges. The new Zion Presbyterian church at Carleton Place has decided to experiment with equal oil in its stoves.

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OUR BEAVER BRAND. Of Flour is unexcelled for bread or pastry. Price is moderate.

LIME For Sale. BEST FOR PLASTERING STONE AND BRICK WORK. W. Drury, 235 Wellington Street.

WILLIAM MURRAY, Auctioneer, City and Country Sales Carefully Conducted. Market Square, Kingston.

Carriage Painting. If you want your Carriages to look and wear well, have them with us. Children's carriages and go-carts assembled in all latest tints.

Geo. Muller & Son. Carpet Cleaning, Sewing and Laying, Bicycles, Go Carts and Baby Carriages repaired.

OUR CONSIGNMENT. Of Green and Black Teas from Ceylon have arrived. Though prices are much higher, we are still selling at 30¢ per lb.

AFTER MOVING. You find there's a room to be repaired or space for an extra picture or two. We can supply your wants at reasonable prices.

Wood's Phenolphthalein. The Great English Remedy. It tones and invigorates the whole nervous system.

"Royal" Vencer. Makes all things new. For sale everywhere.

TINSMITHING and PLUMBING. All kinds of Tinsmithing and Plumbing on shortest notice.

W. C. BENNETT, Phone 1033. Agents for the Souvenir Stores and Hon. Dr. Pym.

We have a large stock of COOKSON'S ANTIMONY for immediate delivery. Prices right. THE CANADA METAL CO., LTD., - TORONTO

..New Cocoanuts.. Pineapples, Tomatoes, Bananas, Florida Grape Fruit, Sweet Navel and Mexican Oranges.

166 Princess St. A. J. REES, Phone 58

A BRIGHT OUTLOOK "Dividend Probabilities"

It has been said that the best way to judge the future is by the past, and the history of the CANADA LIFE is rich with illustrations of splendid profit results.

J. O. HUTTON, 18 Market St. : : : Kingston, Ont.

Cast Iron Shoes For Boys and Girls

The Shoes we sell for School Wear are Good, Solid and Durable. Ask to see

Our Boys' \$1.50 and Our Girls' Boots \$1.25

We can count on you buying them.

REID & CHARLES

Mecca Ointment. Hospitals, physicians and nurses endorse it, and every-one who has ever used it.