

# DOCTORS GAVE ME UP

### But "Fruit-a-lives" Cured Me.

MOOREFIELD, ONT., March 25th, 1910.  
"I suffered from severe indigestion and dyspepsia for nearly two years. I could not take food without fearful distress. I could not do any work and became so run down and weak that I could hardly walk. I was attended by two experienced doctors and they both pronounced my case incurable, that they could do nothing more for me as they thought my disease was HEART FAILURE AND INCURABLE. The doctors gave me up and I looked forward for death in a short time.



At this time my son asked me to try 'FRUIT-A-LIVES', and from the outset of taking these wonderful tablets I was better, and gradually this medicine completely cured me. I took a large number of boxes, perhaps a dozen, and now I am entirely cured and I have gained over thirty pounds in weight."  
HENRY SPERRS, J.P.  
"Fruit-a-lives" is sold by all dealers at 50c. per box - 6 for \$2.50, or trial size, 25c. - or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

### COLD NIGHT SPECIALS

Hot Bovril,  
Hot Chocolate,  
Oysters and Lunches,  
Pork and Beans,  
**Geo. Masoud's**  
ICE CREAM PARLOR,  
284 PRINCESS STREET.

### The Army of Constipation

Is Growing Smaller Every Day.  
**CARTER'S LITTLE LIVER PILLS** are responsible—they not only give relief—they permanently cure Constipation. Mil-lions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin, Small Pile, Small Dose, Small Price.  
Genuine and bear Signature  
*W. D. Carter*

### WESELL

## Scranton Coal Co's Coal

Selected from the Celebrated Richmond No. 4 and Ontario No. 1 Mines, the best Anthracite Coal mined in Pennsylvania.  
Place your next order with  
**THE JAS. SOWARDS COAL CO.**  
Phone 155.  
North End Ontario Street.

## KEEP THE SKIN CLEAR

With  
**CUTICURA**  
Soap and Ointment

No other emollients do so much for pimples, blackheads, red, rough and oily skin, itching, scaly scabs, dry, thin and falling hair, chapped hands and shapeless feet. They do even more for skin-tortured and disfigured infants.

# GARDENS OF JAPAN

### TRAINED TO REPRESENT BEASTS AND DRAGONS.

The Wealthy Class are Great for Dwarfing Many Kinds of Vegetation—Japanese Are Nature Lovers.  
In all the world there are no people to whom nature makes a stronger appeal than to the Japanese. Even the poorest devote as much space as possible to gardens, and they are not ordinary little gardens such as are found in the West, but are like exquisite bits of fairyland. In them are often found various forms of dwarf trees and shrubs which are perfect from root to branch and leaf. Trees that will, under ordinary conditions, reach a height of from 30 to 50 feet are kept down to but two to four feet. The wealthy, who, of course, can afford the space, are great for dwarfing many kinds of vegetation. Minute lakes, tiny creeks and rivulets, with miniature waterfalls, surrounded by all that nature provides, are seen in the more expensive gardens. Another feature among the Japanese is the fantastic in nature. Many trees and shrubs and, in fact, every type of plant that can be trimmed and trained to represent some form of animal life, are so treated that they form great beasts, huge dragons and reptiles.

It seems to give the Japanese gardener great pleasure if he can cause a tree or vine to grow in some curious or uncommon way. He loves to see what he can make it do—that is, to see it upright growing in trees are trained to droop like willows, and weeping branches of the willow and other drooping forms are trained to grow directly opposite to that which nature has provided. Gardens containing no more than from five to ten square feet of ground are often filled with a variety of fine plants, and these are kept so small they do not crowd each other. A rose garden in one of the private estates in Japan has over 30 varieties and none of the bushes is more than five inches in height. The flowers range from the size of a pinhead to the head of a tack. The color and fragrance are both there, however, and the bushes are filled with thorns, but so small they scarcely penetrate the hand. Sunflowers no larger than a penny, growing on thrifty stalks eight inches in height, are another novelty.

### Elephants Are Valuable.

What is an elephant worth? A feed dealer who once attached the pacifist part of a circus, which ate up a week's profits in one day, wouldn't give a cancelled stamp for one, but in Siam it's different. A consular report says that "roughly estimated the number of domesticated elephants in Siam is about 3,000. The supply has been decreasing yearly and prices have advanced until now a full grown male timber elephant is worth about \$2,300 and a female \$1,600. An elephant is full grown at 25 years, but not in full vigor until 35. The length of life is 80 to 150 years, and the average weight is about three tons."

### The Screw.

The invention of the screw is generally attributed to the old Greek Archimedes, from all accounts one of the greatest scientific thinkers and mechanicians the ancient world ever knew. The screw is one of the greatest things in mechanics, simple as it is, and adds immensely to the unaided human power. It is claimed that one man, with the help of the screw, can press down or raise up as much as 200 men can without it. In addition to the invention of the screw, Archimedes invented the sunglass, various devices for battering down walls and some half dozen other valuable ways and means of providing power.

### The Word Good-bye.

In the changes that have come in our language we have sometimes crowded a whole sentence into a single word. One word for farewell is one of these. In Shakespeare's time, one said to his friends at parting, "God be wi' ye." From that time we have clipped it more and more till now it has come to be simply "good-bye." But it is surely pleasant to remember that we bid our friends good-bye that we are saying to them in good old Saxon phrase, "God be with you."

### A Taste of Brogue.

An Englishman met a man at a French table d'hôte, who addressed him in French. His accent betrayed him, and, rather rudely, the Briton said, "Ah, you are English."  
"The devil a doubt of it, darlin'!" said the stranger.  
"An Irishman, too; still better," went on the other.  
"Well, then, isn't it strange," said the man, "my French always shows me to be English and my English to be Irish?"

### His Ungrammatical Name.

There are some surnames which jar on the susceptibilities of purists. A story is told of an Oxford don who, after hearing the viva voce of an undergraduate named Little, thus addressed him: "Mr. Little, your Greek prose is disgusting, your Latin prose is disgusting, your translation is disgusting, and your name is ungrammatical."

### A Man Much Sought After.

She—Who is the most popular man in your club? He—I am. She—Isn't it conceited of you to say that? He—Oh, no. It is equivalent to saying that I lose more money at cards than any of the other members.

### Important Part.

Lawyer—Then, too, there will be the court crier's fee. (He—A fair litigious (French of promise)—Oh, I shall do my own crying. I should never think of trusting anybody else to do that—goodness, no!

### A Nose for Snuff.

The Scotch are great users of snuff. It was a Scotchman who once asked a big nosed stranger if he took snuff and, receiving a negative reply, remarked: "What a pity! You have such a grand recommendation."

# Hay's Hair Health

### Restores color to Gray or Faded hair—Removes Dandruff and invigorates the Scalp—Promotes a luxuriant, healthy hair growth—Stops its falling out. Is not a dye.

Hay's Hair Soap is recommended for Shampooing the hair and keeping the scalp clean and healthy, also for the rough chapping hands and face. 25c. at Druggists.

REUSE ALL SUBSTITUTES  
**JAS. B. McLEOD, AGENT.**

### LADIES' COSTUMES AND WRAPS.

It is hard for the ladies to keep clean their delicately tinted costumes and evening wraps. It is easy for us. Try us and we will prove it to your satisfaction.  
R. PARKER & CO.,  
Dyers and Cleaners,  
25 Princess St., Kingston, Ont.

# COAL!

The kind you are looking for is the kind we sell.  
**Scranton Coal**  
a good coal and we guarantee prompt delivery.  
**BOOTH & CO.**  
FOOT WEST STREET.



BATES, FINISHING, ETC.,  
Manufactured by  
**PARTRIDGE & SONS**  
Phone 230,  
Crescent Wire and Iron Works,  
Also Electro Plating.

# Quick Shoe Repairing

The New Machine will be in good working order in a few days. It will sew on a pair of half soles in five minutes, or in the same amount of time it takes an ordinary shoe repairer to prepare his waxed thread. All work guaranteed.

**JOHN GREEN,**  
280 PRINCESS STREET.

# CATARRH STAMPED OUT!

### LOATHSOME DISEASE CURABLE.

Chronic Cases Cannot Exist with Morriscy's No. 26 for Internal and External Use.

ROGERSVILLE, N. B. April 6, 1910.  
"A few words as to the merit of your Catarrh Cure. For the last 10 years I was troubled with Catarrh of the head and stomach, and during that time tried all kinds of remedies with no results. I was, however, determined to find a cure, and, hearing of your No. 26 decided to give it a trial, and am glad to say it has cured me, and I highly recommend it to all Catarrh sufferers."  
A. C. Thibodeau,  
General Merchant.

The above prescription is not a "Cure-All" or so-called patent medicine. Dr. Morriscy prescribed it for 44 years, and it cured thousands after other doctors failed.  
Price, 50c. for the combined treatment at your dealers, or Father Morriscy Medicine Co., Limited, Montreal, 700  
Sold and guaranteed in Kingston by J. B. McLeod.

# Make Light Out of Darkness



### TUNGSTEN LAMPS

give  
**Sunlight at Night!**  
In the darkest night a Tungsten Light will make its surroundings as clear as in the light of day, so powerful is its illuminating properties. It turns night into day and has a wonderful steadiness and brilliancy. We install Tungsten Lights in private residences, stores, shops, offices, and factories, and our charges are based on moderation.

**H. W. Newman Electric Co.**  
79 Princess Street  
PHONE 441

# HE WOULD HAVE LAUGHED.

### Had Grandpa's Doctor Told Him That Fear is a Disease.

In our grandfather's day the doctor who named fear among the diseases would have met with the same derision which greeted the man who claimed to be ill with "nervous trouble." Nerves, according to our worthy ancestors, didn't exist; were, in fact, but another name for nobby-pamperness, bad temper or laziness. Fortunately for a whole lot of us times have changed. The man or woman who jumps a foot, more or less, when the phone rings or a door is slammed isn't gazed upon with scorn when he tells his condition to the family doctor, who not only believes in nerves, but knows positively that fear, of various kinds and conditions, are forms of nervous disease not to be treated lightly. There is the fear of open or closed places, fear of high places, fear of men or women, fear of crowds and of solitude, fear of animals, fear of insects, fear of darkness, fear of accidents, fear of fire, fear of travel, and in fact fear of anything.

There is no end of the absurdity of acts which may be occasioned by these persistent ideas of fear. Those that possess the fear of riding on a train find no pleasure in travelling, those that have fear of closed places do not enjoy going to church, and generally always sit near the door ready to fly at the first sign of danger. Various fears may also develop in connection with the occupation of the patient; for instance, barbers sometimes suffer these attacks whenever they see a razor, or telegraphers when they catch sight of their instruments, which finally necessitates giving up the occupation.

Among women especially there occurs the fear of dirt, contagion or infection. The countless bacteria always present in the air are the chief source of annoyance. The patients are always complaining of bad air and are always throwing open the windows. Books are especially avoided as a possible source of contagion. In patients with fear of injury they will throw away all needles in the house or they will no more wash windows for fear that the glass might break and cut them.

The intellect in these cases is not only undisturbed but may be unusually good. Patients exhibit throughout a pronounced feeling of mental illness and frequently a clear insight into the morbidity of the individual symptoms. These fears do not require a warned brain for their judgment, though the weakened brain may be vividly impressed by them. To be regarded as symptoms of disease these fears must be groundless as far as influences external to the brain are concerned. They must proceed from a morbid state of the brain and not from properly exciting external causes. They must be fears peculiar to the individual under peculiar circumstances or cerebral disturbances and not fear common to others and due to causes that naturally cause alarm and fright.

# The Camellia.

The camellia was named from a missionary in the Orient, Kamei. On his return to France he brought with him some gorgeous specimens of a flower which he called the rose of Japan. His friends, however, gave it his name and called it camellia. Dahlias were brought from Peru by one Andre Dahl. Fuchsias were named for their discoverer, Leonard Fuchs. Magnolias received the name of Prof. Magnol de Montpellier, who first brought the beautiful trees from Asia and America to France. Lavender is so called because the Romans put a spray of it in the water in which they washed their hands. The Latin word to wash is lavare.

# Professional Mourners.

In ancient times funerals were followed by professional mourners, who simulated the appearance of the wildest grief. The custom survives in the valley of Sondrio, in the Alps. There the women do not follow the funeral, but they group themselves at the entrance of the cemetery and burn, in honor of the dead, candles which vary in size, according to the remuneration. They are as prodigal as were the mourners of ancient times in their simulation of excessive grief.—London Spectator.

# Lighter Than Cork.

One of the strangest trees in existence is the ambash, growing in the shallow waters of Lake Chad, in Africa, a body of water which when at its maximum extent covers 10,000 square miles, and yet has on the average a depth of only six feet. The ambash tree grows so rapidly as to attain its full size, twenty-five high, with a trunk four feet in diameter, in two years. The wood when dried is unrivaled in lightness, its density being only two-fifths that of cork.

# Gravy on the Tablecloth.

When gravy has been spilled by some hapless diner on your pot tablecloth rub the grease spot thoroughly with French chalk on both sides of the cloth. Fold the cloth and leave it until the next time it is needed. Lightly brush off the chalk with a soft clean brush, and your cloth will be as spotless as when freshly laundered.

# Not What She Needed Most.

"I am sending you a thousand kisses," he wrote to his fair young wife, who was spending her first month away from him.  
Two days later he received the following telegram: "Kisses received. Landlord refuses to accept any of them on account."  
Then he woke up and forwarded a check.

# Big Families.

Lewenhook, a great naturalist, who lived years ago, is authority for the statement that the cod spawns about 9,000,000 in a season. He adds that the flounder usually produces more than 1,000,000 and the mackerel more than 5,000,000.

Because I condemn the hypocritical church member no one has the right to infer that I am against the church and its good teachings.  
Most of us are too cowardly to say what we think.

## Protect Yourself From Chronic Colds

Of course you prepare for winter weather externally by changes in your clothing. Prepare yourself internally, too, by taking a course of

# NA-DRU-CO Tasteless Cod Liver Oil Compound

this Fall and the colds won't bother you. Na-Dru-Co Tasteless Cod Liver Oil Compound is rich in the medicinal and nutritive qualities of the best Norwegian Cod Liver Oil, specially treated to remove the disagreeable fatty acids that upset the stomach. Combined with this, in carefully worked out proportions, are Extract of Malt, Hypophosphites and Extract of Wild Cherry.

The preparation is very pleasant to take, without a trace of the disagreeable flavor of the plain oil.

For delicate or run-down children a course of Na-Dru-Co Cod Liver Oil Compound is the Fall and another in the Spring is one of the best possible safeguards.

Your druggist can supply it in 50c. or \$1.00 bottles.

### A NA-DRU-CO Specific for every ill.

**National Drug and Chemical Co.**  
OF CANADA, LIMITED.

# McCormick's

## JERSEY CREAM

### SODA BISCUITS

Irresistibly delicious! If once tried you will always use and persist in having McCormick's Jersey Cream Sodas. Quality incomparable.

Tin Box or card 25c to 35c

10c per Pkg.

## Buy PURITY—the high-class flour

### and do your duty to your cooking-ability

WITHOUT a high-class flour like PURITY you cannot do your duty to your cooking-ability. A cheaper, weaker, ordinary flour cramps and puts a limit on your efficiency. On the other hand, PURITY FLOUR broadens your scope; provides you with unlimited opportunities to do ample justice to the cooking-ability of which you are so rightly proud. PURITY FLOUR responds nobly to the skill of the cook. It yields the daintiest and most delicate cakes. And pies so creamy, so delicious, your husband will vote you a wonder. And the reason is not hard to discover. PURITY FLOUR consists exclusively of the high-grade portions of the best Western hard wheat berries. Unlike ordinary flour, PURITY FLOUR contains no low-grade portions, nor is it weakened by mixing soft wheat flour with it. PURITY FLOUR will cost you slightly more, because it costs us more to make. But it's worth the difference.

# PURITY FLOUR

"More bread and better bread"

Reminder: Because of the extra strength and soft Cook Flour, just the thing for the frying or baking room grate, no trouble, no dust, no smoke, as cheap as coal to use. Let us give you a price slip and set complete.

Phone 515. Personal attention. J. A. McFARLANE & CO., Cor. Sydney and Ordnance Sts.

Add PURITY FLOUR to your grocery list right now.

"J. A. McFarlane, Distributor, Kingston"

### GAS FIRES.

We have the imitation hard and soft Coal Fires, just the thing for the frying or baking room grate, no trouble, no dust, no smoke, as cheap as coal to use. Let us give you a price slip and set complete.

Phone 515. Personal attention. J. A. McFARLANE & CO., Cor. Sydney and Ordnance Sts.

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Try our Full Course Dinner.

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