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**Health and Beauty Hints**  
BY MISS MAE MARTYN.

**Maiden:** I am glad you value your youthful complexion, and if you avoid powder and rouge and use this sparkling lotion the skin will always remain divinely fair. Put 4 ounces of water in a 1-2 pint glass, add 2 teaspoonfuls of glycerine. Apply the lotion sparingly to the skin and rub lightly until it vanishes. Your mother will like the spumous lotion, because it dispels that sticky, yellow condition and gives a tone and velvety softness to rough skin. Unknown to users of powder, the spumous lotion is invisible when on and perspiration will not spot nor streak.

**Belle:** No glasses will not give a sparkle to dull eyes. Before you visit the oculist make up and use this harmless, inexpensive eye-tonic and I am sure you will be saved the expense and annoyance of glasses. Dissolve an ounce of crystals in a pint of water. Putting 2 or 3 drops in the eyes daily will relieve the smart and ache, overcome the bloodshot condition and give to dull, expressionless eyes a fascinating charm and brilliancy.

**Mrs. Ben:** You ought not to be sickly, and you won't any longer if you make up and use this good, old-fashioned tonic and regulator. Dissolve 1-2 cupful sugar in 1-2 pint alcohol, then stir in 1 ounce karens and add hot water to make a quart. The dose is a tablespoonful before each meal. A course of the karens treatments rids the body of all impurities, makes rich, red blood and builds up worn, waste tissue. Follow my suggestion and your health will soon return, and instead of a "muddy," oily, blotchy skin it will be clear and radiantly beautiful.

**Edith:** I always make it a rule never to recommend a recipe unless I know exactly what it will do and am convinced that it is quite harmless. Parents will dissolve your fat quickly and gently, without present or future ill effects. To prepare, dissolve 4 ounces paraffin in 1-2 pints hot water, and when it cools take a tablespoonful before each meal. This will

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**Chlorodyne**  
THE ORIGINAL AND ONLY GENUINE.  
The Most Valuable Medicine ever discovered.  
The best known Remedy for  
**COUGHS, COLDS,**  
**ASTHMA, BRONCHITIS.**  
Acts like a charm in  
**DIARRHOEA, DYSENTERY & CHOLERA.**  
Effectually cures short all attacks of STAMMUS. Checks and arrests those too often fatal diseases—FEVER, GRIPE and AGUE.  
The only palliative in NEURALGIA, GOUT, RHEUMATISM.  
Chlorodyne is a liquid taken in drops, graduated according to the severity. It invariably relieves pain of whatever kind; creates a calm refreshing sleep; always tranquilizes the nervous system when all other remedies fail; leaves no bad effects; and can be taken when no other medicine can be tolerated.  
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**LATE DR. A. F. MAVETY GUN CLUB EVENTS**

SHOOTING FOR A MEDAL—HOW CONTEST STANDS.

Invited to Take Part in a Trap Shooting Tournament in Montreal in August—The Sunday School League Games.

The third shoot of the series for the medal was held on Wednesday afternoon, at the Kingston Gun Club's range, on the K. & P. RR. The competitors are required to shoot at 200 clay birds and this is divided into eight shoots; at each of which the contestants shoot at twenty-five birds. The marking of the scores show some who have shot at three, some at two and some at only one shoot, and are, accordingly marked "Out of 75 birds," "out of 50 birds" and "out of 25 birds." The medal shoot at the conclusion of Wednesday's practice stands: Out of 75 birds—F. J. Todd, 62; E. Webster, 62; E. Godwin, 59; G. L. Turner, 52. Out of 50 birds—E. Roberts, 32. Out of 25 birds—E. Ashley, 15; N. Pappas, 13.

The spoon shoot on Wednesday was won by N. Pappas, with a score of 18 out of a possible 25.

The Kingston Gun Club has received an invitation from the Dominion Trap Shooting Association of Canada to participate in their annual tournament to be held in Montreal, August 20th, 21st, 22nd and 23rd of this year. It is expected that F. J. Todd, the secretary of the Kingston club, will represent that body at this meet.

Who'll be in Line? A good deal of curiosity is being evinced by baseball fans as to what the new line-up of the C.L.C. team will be on Saturday. The only statement is that it is picking up a team and no anxiety on its part is visible.

Notes on Sports. New Westminster now leads by 3 to 1 in the British Columbia lacrosse league. Lachine and Brockville will send crews to the Ottawa rowing club regatta on July 1st. "Billy" Allen, champion lightweight of Canada, and "Joe" Bayley will meet at Banano, Alberta, June 29th. Governor McDonald, of New Mexico, will attempt to prevent the Flynn-Johnson fight at Las Vegas on July 4th. "Mike" Don'ta has been playing great ball in the field this season and hitting in the neighborhood of 400 for the Haysburg Pirates. The Ottawa say that Brantford has the team to beat in the Canadian baseball league. They believe London will soon strike the toboggan. Officials of both the National and American baseball leagues have begun an investigation of charges that members of the New York and Brooklyn teams have been playing Sunday baseball here in semi-professional teams under assumed names. The Washington club of the American baseball league has just closed its first western invasion of the year, after establishing a record unparalleled in the history of baseball—winning sixteen consecutive games on foreign fields. Fred Clark, leader of the Pittsburgh Pirates, has won over \$800 worth of clothing by reason of his staying out of a ball game until June 1st. Clarke made a number of wagers with Pittsburgh friends, mostly for suits, hats, shoes and socks. It looks as if Clarke would have enough clothing to last him for three years.

Spent Sunday in Watertown. Going Saturday, 1.30 p.m.; return Monday, \$1.65. An Algoma deputation will ask that \$2,000,000 out of the \$5,000,000 set aside by the provincial government for the development of the northern districts be allotted to the four western districts, Rainy River, Kenora, Port Arthur and Fort William. At Goderich, Ont., a serious outbreak of rabies is announced.

Artillery Man Tells His Story. Daniel Fry, North Keppel, Ont., is a pensioner of the British army. He belonged to the Royal Artillery and was stationed in Toronto in 1850. Mr. Fry is now eighty-six years of age and attributes his good health to the use of Dr. Chase's Kidney-Liver Pills. For three or four years he suffered greatly from constipation, pains in the back and at the bottom of the stomach. By using Dr. Chase's Kidney-Liver Pills, these troubles have been overcome. He would not be without these pills in the house and finds that by using one or two a week he can keep the bowels and kidneys healthy and active.

Dr. Chase's Kidney-Liver Pills are especially appreciated by people of advanced years who have difficulty in keeping the kidneys and bowels regular and active. They are definite and certain in action and can be depended on to bring about the desired effect.

FOR THE FISHERMEN. The New Regulations Which Have Just Been Issued. Now that the fishing season is in full swing, the regulations of the Ontario game and fisheries laws, for the present year, which have just been issued, will be of interest to the local anglers.

Apart from the usual regulations of previous years, an extract from the fishery laws and regulations provides that no one shall fish for, catch, or kill in any of the waters of the province, in one day, by angling, or shall carry away, a greater number than eight small or large mouthed black bass. It also says that no small or large mouthed black bass less than 10 inches in length (measuring from the point of the nose to the centre of the tail) shall be retained or kept out of the water. The number of fish caught is limited to four. In any case of pickerel, a greater number than twelve must not be carried away.

ive Le Roi! Toronto Star. This year, for the first time since he left this world, the grave of Sir John Macdonald was not decorated with wreaths of flowers on the anniversary of his death. During all these years of trouble when the political party of which he had been the great leader was down and out, the anniversary of the old chief's death was remembered by the men, women and children of the clan, and his grave was decorated with flowers. But since last year prosperity has come to the party. It might have been supposed by sentimental persons that instead of forgetting the great man, the party would have made special provisions for bedecking the statesman's bed with a triumph of bloom. It was not done because nobody thought of it. That is the way of the world—not to think of it. Had the suggestion been made, carloads of flowers would have been available.

At St. Catharines, Ont., James Quinn, Guelph, who masqueraded as John Viehe, Toronto, whose union card he stole, was sentenced to three years for burglary. "Hudnut's preparations." "Gibson's." Twenty thousand British immigrants were distributed in Ontario during the last six months.

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