

An Easy Way to Get Fat and Be Strong

The trouble with most thin folks who wish to gain weight is that they insist on drugging their stomachs...

Thanks to a remarkable new scientific discovery, it is now possible to combine into simple form the very elements needed by the digestive organs...

Victoria CAFE

354 King St., Kingston. Finest Restaurant in the City. Now Open H. K. LEE, Proprietor.

GIVE THAT PUNY CHILD THIS GUARANTEED REMEDY

If your child is under weight, listless, falling, liable to get sick easily, it needs a medicine to build its weight and strength...

Furniture! Furniture!

15 to 20% off all Xmas and Fancy Goods

While looking forward to health and long life it is possible that you are unaware of the conditions necessary to attain healthful old age...

R. J. REID

FROM THE COUNTRYSIDE

WHAT WHIG CORRESPONDENTS HAVE TO TELL

News from Villages and Farms Throughout the Adjoining Counties—Rural Events, and Movements of the People.

Glendower Items. Glendower, Feb. 3.—The recent thaw has taken away the snow in many places...

Notes from Melcombe. Melcombe, Feb. 3.—Miss M. Wright, Gannanque, will teach the school for the year...

Enterprise Reports. Enterprise, Feb. 3.—The roads are just beginning to get broken up after the storm...

Travelling Tidings. Travelling, Feb. 2.—A number of young people attended the concert and ball in Mallorytown on Friday evening...

Charleston Notes. Charleston, Feb. 3.—H. Crozier came up from his island last week for the first time...

At Sharbot Lake. Sharbot Lake, Feb. 3.—The young people held another dance in Roland's hall on Tuesday evening...

Is Seriously Ill. Odessa, Feb. 3.—A large number attended the quarterly meeting in the Methodist church on Sunday last...

Here is the Secret of Long Life

While looking forward to health and long life it is possible that you are unaware of the conditions necessary to attain healthful old age...

Rev. Mr. Tucker, Mr. and Mrs. Tucker, this morning, to attend the Epworth League convention in Bowmanville for three days...

At Kalalar Station. Kalalar Station, Feb. 3.—The service in the school on Sunday morning was well attended...

MAIRIE HARVEY. In the Only Way at the Grand on Saturday, Feb. 21st, Mairie Harvey will present 'The Bread of the Treshams' on Friday, Feb. 27th.

Those on the sick list are: Marion Tryon, Claude Anderson, Walter Hughes and Mrs. Sadger Tryon...

McLean Items. McLean, Feb. 2.—Farmers are hauling logs to Jackson's sawmill...

Crow Lake Reports. Crow Lake, Feb. 2.—Mr. Mahon lost a fine young horse last week...

Perth Road Reports. Perth Road, Feb. 2.—Farmers are hauling logs to the mill...

Junetown Jottings. Junetown, Feb. 3.—Several young people from Junetown and vicinity were pleasantly entertained...

Robert Malvaugh, Orville Balle, Brockville, is the guest, this week, of his brother, Charles Balle...

Kingston Lady Broke Arm at Yarker. Yarker, Feb. 4.—Messrs. Connolly and Shultz spent Saturday and Sunday last at Lindsay...

Long Point Notes. Long Point, Jan. 31.—Mr. and Mrs. James Kelsey spent the week-end at Samuel Kelsey's...

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SEVERAL STORIES

OF SIR MACKENZIE BOWELL'S HONESTY OF PURPOSE

Sir John A. Macdonald Did Not Like the idea of Going Up Against Him—Mr. Bowell Displayed a Great Deal of Enterprise in Newspaper Work.

The occasion of the ninetieth birthday of Sir Mackenzie Bowell recently has brought Canada's distinguished ex-Prime Minister and senator considerably into the public eye...

On one occasion a big commercial house in Montreal was discovered to be "beating the customs."

"Do you know who I am?" shouted the angry merchant. "Yes, I know who you are, and if this matter isn't straightened up in two hours I'll order your arrest."

"That fellow Bowell," replied the Montrealer. "Good heavens, man!" roared Sir John, with feigned concern.

There is no "side" whatever about Sir Mackenzie Bowell. He is naturally proud of what he has accomplished and the high position to which he has risen...

Jews Quit Habitants. The character of an entire parish near Montreal has been changed, Jewish agriculturists gradually ousted...

Power Exporting. Seven of the ten hydro-electric companies operating under Dominion charter, generated 1,184,400 horse-power during the last fiscal year...

Tree Distribution. The forestry branch of the Canadian Government is now distributing some 3,000,000 trees annually among the western farmers...

Canada has got some ideas from the United States in forestry administration, but in this matter the Americans have copied Canada.

MEDICINE IN AFRICA

Faith Plays a Large Part With the Black Aborigine.

As might be expected, the African native is a person of great "suggestibility" in respect to health and disease.

Three things were likely to be the matter; too much meat, fever, or pus infection from slight wounds.

No matter what the matter was, the proper thing for the sufferer to do was to throw a red blanket over the head and to assume as miserable an attitude as possible.

The man indicated pointed to his head and the back of his neck, and groaned. If he had a slight headache, he groaned just as much as if his head had been splitting.

"I'm pretty near sure you're a liar," observed F., in the pleasantest conversational tone...

Without undue pride, I should like to record that I was the first to think of putting into the draft a peculiarly nauseous gun oil.

Women in England. In the seventeenth century Englishwomen were recognized as possessing an economic and political status side by side with Englishmen.

Eliminate kitchen worms; use White Rose flour.

Kingston Druggist Has Valuable Agency

G. W. Mahood, has the Kingston agency for the simple mixture of buckthorn bark, glycerine, etc., known as Adler's-ka...

SAGE TEA PUTS LIFE AND COLOR IN HAIR

Don't stay Gray! It Darkens So Naturally that Nobody Can Tell. You can turn gray, faded hair beautiful dark and lustrous almost overnight...

Those whose hair is turning gray, becoming faded, dry, scraggly and thin have a surprise awaiting them, because after one or two applications...

Gas Bills Reduced

LIGHTS can be turned ON and OFF without matches if connected with our bypass. Saves time, gas and matches.

IF BACK HURTS USE SALTS FOR KIDNEYS

Eat Less Meat if Kidneys Feel Like Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasion...

DAVID HALL

66 BROCK ST. Phone 325 or 356.

A Guaranteed 8 Per Cent Investment

We own a portion of an issue of First Mortgage Bonds of the Okanagan Falls Land Company, Limited. They are issued in small denominations for a term of seven years yielding eight per cent, payable half-yearly.

National Finance Company, Limited

(Capital and Reserve, \$2,000,000.00, Assets, \$5,000,000.00) 10 ADELAIDE ST. EAST, TORONTO.

THE ROYAL BANK OF CANADA

INCORPORATED 1868. Capital Authorized \$25,000,000. Capital Paid Up \$11,500,000. Reserve Funds \$18,000,000.



A LOVELY EVENING CLOAK. Of the softest electric-blue silk brocade artistically draped with black chiffon velvet, supplemented by a beaming gold embroidered with snow white White Rose flour for all purposes.