

Thin Folks Who Would Be Fat

Increase in Weight Ten Pounds or More

A Physician's Advice. "I'd certainly give most anything to be able to fat up a few pounds and stay that way," declares every excessively thin man or woman...

FREE TO ALL SUFFERERS. FROM THE "OUT OF SOLE" RUN DOWN OF THE FINEST BLEND OF PURELY VEGETABLE OILS...

COAL. The kind you are looking for is the kind we sell. Scranton Coal is good coal and we guarantee prompt delivery. Booth & Co. Foot of West Street.

NO MORE FALLING HAIR NO MORE DANDRUFF. Nearly everyone has dandruff, and most reconcile themselves to the idea of becoming combed by means of a brush...

HERE'S A BUSINESS POINTER. Send for us when you want PLUMBERS who know their business from A to Z.

DAVID HALL. 66 Brock St. Phone 335. Res. 856. WESTERN FAIR. LONDON, CANADA. Ontario's Popular Exhibition. September 11th To 19th, 1914.

WESTERN FAIR. LONDON, CANADA. Ontario's Popular Exhibition. September 11th To 19th, 1914. Increased Prize List. Magnificent Programme of Attractions. Two Speed Events Daily. New Fireworks Every Night.

IRISH VOLUNTEER FORCE GROWING INTO BIG ARMY

Dublin, July 2.—To-day I asked a Nationalist friend of mine whom I know is closely in touch with the Irish volunteers for an estimate of the present strength of the new force which caused Nationalist members at Westminster such concern...

Ulster's Frontier Force. The keen men who are presiding over the destinies of the Ulster volunteers will have to face when they Nationalist brigades are efficient and armed...

Nationalists Already Armed. Here, in the South, I have seen hundreds of rifles, but for the present they are kept in hiding. They are short, snappy, Krag-Jorgensen, of the type discarded by the United States army...

How English Beauties Keep Faces Youthful. Christian Miller, F. C. I., noted English health expert, attributes early aging to American women mainly to the "national nervousness"...

SABINE. GIRLS HAVE FAIR LIKE THE RADIANT WAVY BEAUTIFUL A DAINY GLOWING DRESSING MEN-WOMEN BLOND-BRUNETT. Grows Hair in 30 Days.

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or so proud Irishmen—one I spoke to had been a policeman in New York and was still drawing a pension who carry the Stars and Stripes alongside the banner of Grattan with its emblem of rifles crossed over sabre and the dates 1798 and 1914.

Catholic Church Militant. On Sunday a Nationalist friend took me down into Leinster where he promised to show me a turn out that would surprise me. We moved past the Catholic college of Maynooth, and on the road I saw many priests drilling men from the countryside.

The Roman Catholic church, like the Protestant bodies in the North, is now become a church militant. "Perhaps when Home Rule comes they will again resume the preaching of peace, but just now they have caught the bull by the horns."

Like a Slice of Old Quebec. Crossing a red bog of several miles with nothing to relieve the eye but here and there a white-washed peat-utter's hut, we suddenly came to a little piece of old France. It might have been a slice of old Quebec, so distinguishing were the features of the village.

It was Monasteran, and its fine old church, built by the monks who had fled from the Edict of Nantes, gave the little village an air of peace. On the green-covered verandahs of the brilliantly-tinted houses—another French characteristic—were women and children. In the street or field, there was hardly a man to be seen.

Politics and Patriotism. At a crude performance with evergreens and banners. Its base was a dozen large foundation and the amateur carpenter who constructed it was proud of his work.

Each carried a glistening pike that had been speared in many an ancient Order of Ribonian parade. Green A. O. H. sashes marked the officers and when I asked one of them if he was a volunteer, he replied: "We all are and it won't be long before we have the guns instead of the pikes."

There was no questioning the feeling of the men, but when the speakers began their loomed up the political side just as it does in Ulster. Hon. John Redmond were on the platform, and in plain words they told the 3,000 sweating volunteers that unless they allowed the Irish political leader to lead their militant movement, they might not be defeated for Home Rule.

Irishman's character without understanding his religion, is like the man who would try to play Hamlet without the Prince of Denmark; for religion dominates every sphere of the national life as completely as every village church dominates the surrounding cottages.

THE WHIG'S JUMBLE. A Lot of Short Items Run in Together. Auction sale of ordered work not called for. Wess Co. "Rieser Color Talcum Powder," at Gibson's Red Cross Drug Store.

THE TOWN OF NAPANE. Death of Child—Visitors In and Out of Napanea. Napanea, July 11.—Professor A. E. Lang and Mrs. Lang, of Toronto, spent a couple of days in town this week visiting Mrs. Lang's mother, Mrs. Sidney Warner.

What is Transpiring in the Little River Town. Gananogue, July 11.—District Elder W. H. Reynolds, of Kingston, is in town taking charge of the quarterly meeting services in the Free Methodist church, which opened last evening and will continue this afternoon and evening, and all day to-morrow.

Results in the recent lower school examinations show that Gananogue high school, out of ten candidates, five have passed: Helen Mabee (honors), Jean B. Shaw, Helen Thompson, George Hills and Ernie Bradley.

Neat, Effective Light, Durable. The Wire Netting which is securely fastened to a neat wood handle is practically invisible; the air passes perfectly between the strands, and the stroke to dispatch the fly is delivered surely and effectively.

SWAT STICKA FLY-KILLER. J. A. HENDRY Wholesale Agent for the Dominion of Canada.

AUTOS FOR HIRE At Bibby's Garage Moderate Charges. Residence Phone 201 Garage, 917.

POISONOUS MATCHES. In less than two years it will be unlawful to buy or to use poisonous white phosphorus matches. Everybody should begin to use EDDY'S NON-POISONOUS "Sesquin Matches" And thus ensure safety in the home.

THE SPORT REVIEW.

Notes About Baseball, Lacrosse and Canoeing. According to reports, the two major baseball leagues, American and National, have spent \$2,074,961.75 on new ball players in the last five years.

Whether the British Columbia Amateur Athletic Union is to have authority in amateur affairs in British Columbia or whether 'Joe' Lally will be permitted to say who is amateur and who is professional, will be determined on Saturday, July 18th, when representatives of the Pacific Coast, A. L. A. and the B. C. A. A. U. will meet in Vancouver for the purpose of discussing the action of the Amateur cup trustees in the present lacrosse embargo.

Picton Cheese Board. Picton, July 11.—At the Picton cheese board, yesterday, 1,475 colored cheese were boarded and sold at 12 7/16c and 12 1/2c. Cook offered 12 7/16c and took Bloomfield, 150; Bengill, 45; Cherry Valley, 50; Wauvers, 70 and Black River, 70, at 12 7/16c. Miller took L.E.L., 165; Allisonville, 50; Cressy, 35, and Royal Street, 95, at 12 1/2c.

Clearing sale of summer suits beginning July 11th. For fifteen days we will sell all our summer suits at 20 per cent discount. W. Carroll, the leading tailor, on Dundas street, returned on Friday after spending a week with friends in Brockville. "During the hot weather" Grape Fruit-Salt makes a cooling drink. Sold only at Gibson's Red Cross Drug Store.

10c. TRADE-MARK KING FLY-KILLER. 10c. Neat, Effective Light, Durable. The Wire Netting which is securely fastened to a neat wood handle is practically invisible; the air passes perfectly between the strands, and the stroke to dispatch the fly is delivered surely and effectively.

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Established 1840. NORDHEIMER "Quality Tone" PIANO. The Artistic Standard of Canada. A PIANO may be high grade without being artistic, but it can never be artistic without being high grade. It requires genius to build an artistic piano. The secret of the success of Nordheimer Pianos is, first, the result of an ideal as to tone quality in the mind of the builder, and, secondly, the ability to reproduce that ideal in a piano. A Nordheimer Piano will cost you a little more, but the increased cost is made up in satisfaction and pleasure. Illustrated Booklet on Request. The NORDHEIMER PIANO & MUSIC CO., Ltd. Head Office—15 King St. East, Toronto. Branches and Agencies Throughout the Dominion.

COMING FOR THE LAST TIME THIS SEASON. PROF. DORENWARD (of Toronto) who has visited your town for many years and has many patrons in the vicinity, will be at The Hotel Randolph, Kingston, on Monday, July 13th. LADIES: Who would like a fine hair-braid, a switch, transformation, wave, pompadour, etc., and GENTLEMEN WHO ARE BALD, do not overlook this special opportunity of paying a visit to Prof. Dorenward. In order that many more men and women may appreciate the benefits of Dorenward hair-structures, on this special trip only, enormous reductions will be offered on all goods. Prices below cost. LADIES: Make your appearance youthful and attractive. BALD MEN: You cannot afford to lose this opportunity of at least having a demonstration of a Dorenward toupee which will be of benefit to your health and younger appearance. A DEMONSTRATION OF ANY STYLE IS FREE. Remember this special reduction offer is for this trip only. Call early and bring your friends. The Hotel Randolph, on Monday, July 13th.

OUR TOBACCO. With the "Rooster" on it, it is crowing louder as he goes along. Only 45c. per pound. For chewing and smoking. AT A. MACLEAN'S, Ontario Street. OUR FRESH GRAND COFFEE AT 40c. CAN'T BE BEAT. Try a sample order and be convinced. NOLAN'S GROCERY, Princess St. Phone 720. Prompt Delivery.