

Heart Trouble Shortness of Breath

Mrs. Geo. E. Bowman, Morrisburg, Ont., writes: "I am writing you a few lines to let you know of my experience with Milburn's Heart and Nerve Pills. Two years ago I became very poorly with my heart and nerves and whenever I took the least little bit of exercise my heart would start to jump and flutter. I could not walk up-stairs without having to sit down and rest before I was half-way up, on account of my breath becoming so short."

MILBURN'S Heart and Nerve Pills

and in no time I felt a great improvement, and can now heartily recommend them to all those who are troubled with any affection of the heart."

H. & N. Pills are for sale at all drug and general stores; put up only by The T. Milburn Co., Limited, Toronto, Ont.

CANADIAN PACIFIC SAILINGS

Table with columns for destination (Liverpool, Belfast, Glasgow, etc.), dates, and ship names (Empress of Scotland, etc.).

Advertisement for Boils and Absorbine J, featuring an image of a bottle and text describing its benefits for skin conditions.

Advertisement for Princess Pharmacy, highlighting their chocolate syrup and various medicines.

Advertisement for J. M. Patrick, a repair shop for mechanical and electrical work.

Advertisement for Kingston Ice Company Ltd., offering guaranteed pure ice for various uses.

Sunday Services in Churches

St. Paul's—Morning prayer, 11 a.m. Preacher, Canon Fitzgerald, M.A.; Sunday school, 2 p.m.; evening prayer, 7 p.m. Preacher, Canon Fitzgerald, M.A. Princess Street Methodist Church—Rev. John K. Curtis, B.A., minister. 11 a.m., Rev. Dr. MacGillivray will preach; 7 p.m., Rev. Dr. Baird will preach; Bible school. Seats free and a hearty welcome.

ANAEMIA

A remarkable discovery has enabled thousands of worn-out, tired, nervous, anemic people to increase their strength and energy, often in two weeks' time, and to quickly change their leaden pallor and listless look to the pink skin, rosy lips and sparkling eyes of glowing health. Formerly they were given the old-fashioned tinctures and pills made from mineral iron, which many doctors say are scarcely assimilated at all, and so give little benefit.

THE TOWN WATCHMAN

A month ago the Town Watchman decided to take a "loaf" after nearly twenty years of weekly contributions to the Saturday Whig. He just quietly dropped out, as it were, not thinking that his going would be noticed in these days of hurry and change. But he finds that the living are missed as well as those who have passed on to the shadowland.

Over 500 New Studebakers Each Day-

TO MEET the insistent demand for the New Studebaker models, Studebaker's mammoth factories began, on April 1st, to produce over 500 cars per day!

But even this gigantic production has not been able to stem the tide of orders.

Orders from Canadian dealers for shipment during May were three times greater in number on May 1st, this year, than on the same date last year.

The demand for May follows on the heels of the April record—when sales showed an increase of 109 per cent over the same month last year.

The public knows that the New Studebaker models are a year in advance of current design. Knows that the greatest motor car value in Canada is the New Studebaker. Acting on this conviction, thousands of people, each month, are naming Studebaker as their choice of motor cars.

If you have not seen the 22 New Studebaker models, see them today. Learn for yourself why Studebaker has captured the favor of automobile buyers throughout the world!

THE CHEESE FREIGHT RATES CONSIDERED

By the Dominion Board—Railways Would Cancel Special Rates to Montreal.

There was a hearing before the Board of Railway Commissioners in Ottawa on the 19th inst. in connection with the proposal of the railways to cancel the special freight rates on cheese to Montreal, at which an officer of the Ontario Associated Board of Trade and Chambers of Commerce attended.

There is something touching in the realization that one's work is missed. The city of Kingston misses some of its big men who have gone to rest in recent years. Two men whom the Watchman misses most are the late Edw. J. B. Fense and Robert Meek. They were great men and closely allied in working for the good of the people.

And besides men we miss institutions. About six months ago the 9.30 p.m. gun that was fired from Fort Henry hill for probably three-quarters of a century was suddenly ordered to be stopped.

We miss, too, the oldtime observance of the 24th of May. It was a pity that the recognition of the old queen's birthday was allowed to pass by Kingston, the second oldest city in Canada. We would not mind if the present king's birthday was decently celebrated, but neither day has for a long time been recognized as the 24th of May was in the past.

How the old timers miss the cricketers who had their quarters and their cranes in the present cricket field. It was almost sacrilege for the baseballers to knock a ball over the cricket section in those days.

It looked for a time as though we were going to miss a circus this season, but the latest information is that one is coming the middle of June. Yes, we all hope it will come. A year without a circus is like a year without a warm summer.

Things we miss! Seeing drunk men shoved out of barrooms into the street. Have you ever witnessed the sight? Well, that is something we are glad to miss in these days. Now comes the announcement that the old bars are passing entirely, for which we should be thankful, for it will be much more pleasant and peaceful to drink our beer at tables.

Saul's Great Career

By Wm. E. Gilroy, D.D., Editor-in-Chief of The Congregationalist. Whatever Saul believed he believed intensely. He was no mere sympathizer with a cause or half-hearted disciple. So, when he became a Christian he began to work at it just as earnestly as he had worked at the business of persecution.

In this he sets a fine example that is not often followed. Indeed in the modern world there are certain people who seem to think that there is something commendable in that type of moderation that never becomes very deeply interested in any cause.

No matter how important the issue in religion, social life, or politics, they are content to be spectators upon the sidelines, or, at best, mere well-wishers. One should note the significance of the very first statement in our lesson. Saul was destined to become a great apostle to the Gentiles. Through him Christianity was to make its first entry into Europe; so that the Gospel has come down to us and has influenced our lives and our particular civilization through Saul's missionary activity.

Advertisement for Dr. Hamilton's Pills, for headache, biliousness, constipation, indigestion, kidneys, liver, and bowels.

and let him down by the wall in a basket. What is the meaning of this reference to Saul's disciples? The Christians as yet hardly trusted him, so that it may mean that when Saul became a Christian he influenced immediately some of those who had deep faith in him personally, who he came to Jerusalem the Christian disciples were still exceedingly afraid of him.

Apparently they regarded him as a spy and were hardly prepared to believe that a man who had been so violent in persecution could have changed front so suddenly and become a sincere believer in Jesus. Note, however, that it was Barnabas who dared to have faith in him. It was this Barnabas, we may remember, who had showed such courage and consecration in selling his property and devoting the proceeds entirely to the work of the church and the spread of the Gospel.

A man who will take great financial risks for the Kingdom of Heaven will take other risks as well, and the faith that Barnabas had in Saul was soon to be justified.

Found New Peace. Saul had found a new peace in Christian experience, henceforth his life was to be one of supreme joy and blessedness, but it was not the joy and blessedness of ease and safety. The very intensity of his convictions roused intense hostility in his foes.

Everywhere apparently his foes wished to kill him, and it was found advisable to get him out of Jerusalem and to send him to Tarsus, his old home. Saul apparently was in a certain degree of retirement for a number of years.

He refers to certain years during which we have no record of his activity, but we may be sure that during these years he was not inactive. He was building up a sound faith and was preparing himself in many ways for his great apostolate. His course was to be one of danger and adventure. He has himself enumerated the privations and perils that met him at almost every turn of the way, but nowhere in history is there the record of a man so profoundly satisfied in his inner life as that of Saul as it appears in the New Testament.

He was a marvelous man and a great Christian, and the message that he would have for us if he were here today is that every man may share the experience that he himself had if he will only be a medium in the hands of God and allow divine strength to conquer human weakness.

Representatives tried to impress upon the commission that from the evidence given, it appeared that any increase in the rates to Montreal would ultimately come out of the producer and that, if the commission was satisfied as to that result, they took it they would see that in any adjustment they might order, no harm would be done the industry, that the cheese industry was a very important one to Canada and had stood its proportion of the various increases in rates brought about by the war conditions and that it should not now be burdened further, rather that its markets be extended by a basis of rates that would encourage production.

Table with columns for location (Brookville, Kingston, Napanso, etc.) and prices for different cheese types (Pro-P.C. In-ent, posed, crease).

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See Tweddell's \$22.00 Suits. Robert N. Wilson, aged eighty years, who was born in Belleville and lived there all his life, died Thursday. Deceased was a veteran of the Fenian Raid of 1856.

Relieved of Rheumatism and Lumbago

Now Quebec Man Recommends Dodd's Kidney Pills. Mr. George Tremblay was unable to work, but is now in good health. St. Marie, Que., May 23. (Special)

"Your Dodd's Kidney Pills have done me a lot of good," states Mr. G. Tremblay, who is well known and highly respected here.

"When I sent for them I was unable to work. I took ten boxes and to-day I can do my work and am without pain. I recommend them to all who suffer with backache, rheumatism and pains in the kidneys." Dodd's Kidney Pills are not put forward as a cure-all, but for the specific maladies for which they are recommended, namely, rheumatism, backaches, diabetes, dropsy, lumbago, urinary troubles and heart disease.

Table listing car models and prices: STANDARD SIX (3-Pass. Duplex-Roadster \$1750, etc.), SPECIAL SIX (4-Pass. Duplex-Roadster \$2300, etc.), BIG SIX (7-Pass. Duplex-Phaeton \$2855, etc.).

[These prices include taxes and freight. They cover cars with standard factory equipment, delivered complete and ready for service.]

Advertisement for The Central Garage Ltd., Distributors of Studebaker cars, located at Brock and Montreal Sts., Phone 600.