

ROYAL BAKING POWDER

Absolutely Pure.



This Powder never varies. A marvel of purity, strength and wholesomeness. More economical than the ordinary kinds, and cannot be sold in competition with the multitude of low test, short weight, alum or phosphate powders. SOLD ONLY IN CANS. ROYAL BAKING POWDER CO., 106 Wall Street, New York.

SOILED BLANKETS

Murray & Taylor's.

We have just received

300 PAIRS

SLIGHTLY SOILED BLANKETS

Which we offer at much less than Regular Prices.

Call and see them at

Murray & Taylor's,

176 PRINCESS STREET.

July 25.

WOOD AND COAL.

HARD AND SOFT WOOD.

If you want the Driest, Cheapest and Best Hard Maple and Beach Cordwood, Oak, Birch Ash, Elm or Hemlock Cordwood, Sawed or Un-sawed.

Or if you want Kindling Wood, (Dry), or Stove Coal, Nut Coal, No. 4 Coal, Soft Coal or Blacksmith's Coal, go to

R. CRAWFORD & CO.,

Foot of Queen Street.

N.B.—Orders left at the Grocery Store of Jaa. Crawford, Princess Street, will receive prompt attention. Telephone communication.

BRECK & BOOTH,

Wharfingers, Vessel Agents and Wholesale and Retail Coal and Wood Dealers, Coal of the very best description, under cover, well screened and promptly delivered. Bunch wood and Hard and Soft Cordwood of first quality on hand. Inspection solicited and satisfaction guaranteed.

YARD—Corner Ontario and West Streets. Office—Clarence and Ontario Streets—Foot of Clarence Street.

ORDERS left at the stores of Mr. James Redden, Princess Street, and Messrs. McKelvey & Birch, Breck Street, will be promptly filled. Telephone communication.

Agents "Black Diamond Line." L. W. BRECK. E. A. BOOTH.

COAL AND WOOD.

Portland Cement, Water Lime, K. & P. White Lime, and Hair, all of the best quality, at

P. WALSH'S,

Cor. Ontario & Barrack Sts.

COAL YARD—Barrack St., next Dr. T. M. Fenwick's. Aug. 9.

COAL, WHOLESALE & RETAIL

BEST IN THE MARKET.

Yard No. 1—Ontario Street.

2—Clarence Street Wharf.

3—St. Lawrence Wharf.

Secure delivery before broken weather sets in. Chief Office—St. Lawrence Wharf.

Branch Office—Corner King and Clarence Sts. opposite British American Hotel.

Prompt and satisfactory delivery a specialty. Coal all under cover and well screened. Telephone communication.

Aug. 9. JAMES SWIFT.

DRY MILL WOOD AND SLABS,

Best and Cheapest in the city.

Foot of Clarence and Barrack Streets,

M. MALLEN.

May 9.

NASAL BALM

SOOTHING, CLEANSING, HEALING.

It Cures CATARRH, Cold in Head, HAY FEVER.

STOPS Discharges from Nasal passages, to the throat and excessive expectoration caused by Catarrh. Sent pre-paid on receipt of price, 50c. and \$1. Address FULFORD & CO., Brockville, Ont.

R. M. FULFORD

May 8.

THE SANITARY TRAINS.

THE FRENCH ARE ORGANIZING THEM FOR FUTURE WARS.

How They Are Planned and Operated. Moving Hospitals Sufficient unto Themselves—Cars Which Contain Everything.

The French are getting ready for war. They are organizing sanitary trains for the removal and care of the wounded. Some of their journals say these trains are an absolute necessity, as the next war will show, in moving masses so formidable that the mightiest armies of the past would be as nothing compared with them. What are we to infer from that? A general wrangle all over Europe!

The Germans have a very complete sanitary service. The Russians also have their sanitary trains; and the Austrians, thanks to the Chevaliers de Malte, are also admirably provided in that respect. But so far France has only about a dozen sanitary trains, a number quite insufficient, since it has been demonstrated by the fact that out of an army of 25,000 men one-fourth may be sick or wounded. Improvised sanitary trains are always defective in comfort. The minister of



THE SANITARY TRAIN.

war and the railroad companies are now engaged, in considering the question of sanitary trains. Already on one line a regular sanitary train has been put. It carries physicians, pharmacists, officers of administration, engineers of the railroad company, members of the society for aid to the wounded, which is composed of women, nurses, etc.

The train is composed of twenty-three carriages, disposed in this order: A van for fuel, one for linen, one for medicine and officers of administration; seven ambulances; a car for the nurses, one for the cuisine, one for the pharmacists and surgeons, and one for the provisions. All the cars, from one end of the train to the other, communicate by a central corridor, which permits the doctors and surgeons and others to have ready access to whatever department requires their services. During the transit



AMBULANCE CAR.

from Paris to Havre twenty-seven nurses gave their care to eighty-eight pseudo wounded.

The management of this train has cost the state 60,000 francs, and has reflected great honor on the two engineers who furnished the plans. The smallest bit of space has been utilized; each car contains eight beds arranged in the fashion of the berths at sea. On the left of each couch is a little board or shelf to hold the cup, glass and other immediate trifles for giving medicine or drink.

The furniture of the car consists of a brush, a broom, a coal scuttle and slop pail. They are ventilated by an ingenious system of openings at the bottom of the car or wagon. In the evening the cars are lighted by four lanterns. The arms and clothing of the soldiers are put in wire nets in the space between the beds. A stove of the most manageable variety will heat the car in winter. A linen bag at the head of each bed receives the papers establishing the identity of the sick or wounded occupant of the bed. On each head is a hospital cloak, a shirt, a pair of trousers and a pair of stockings.

The cuisine car contains a large stove with boiler of hot water, two ovens, kitchen utensils, tables, etc. The cooks are clothed in white linen trousers and blue linen blouses. A coffee mill is fastened to the wall, a cupboard contains the bottles and glasses, and a tube running near conveys the water from an outside reservoir, and a drain against the wall of the car carries away the waste.



DOCTOR'S CAR.

The car of the pharmacist is also admirably arranged. To the four walls of the car a set of pigeon holes are arranged to carry the bottles without danger of breakage. Boxes containing the surgeon's implements are also ready at hand, and everything bearing the label of what it contains.

The sanitary train is indeed a veritable moving hospital, sufficient unto itself for any emergency. Then, when necessary, ordinary trains will follow the sanitary, bearing merchandise and even the wounded.

PHYSIOLOGY AND HYGIENE.

Diet for Complaints Incident to the Season and Other Timely Topics.

In cases of summer complaints prepared flour is not only the safest form of nourishment, but in its first stage this diet will often relieve it so effectually as to preclude the use of medicine. Flour for this use is prepared by tying about a pint of it very tightly in a cloth, which is then put into boiling water and boiled three hours. Upon untying it, the gluten of the flour will be found in a mass on the outside of the ball. Remove this and the inside will prove a dry powder which is very astringent. Grate this and wet a portion of it in cold milk. Boil a pint of milk, and when it is at the boiling point stir in as much of the wet mixture as will thicken it to the quality of palatable porridge. Stir in a little salt, and let this be the article of diet until the disease disappears. Mutton broth, which is also very astringent, may sometimes be advantageously used to afford a little change of food.

A small quantity of wild cherry brandy, a very little tea, thoroughly boiled rice, beef juice and toast also figure in the usually accepted dietary for complaints incident to summer.

Thirst in Infants.

Now that warm weather prevails it should be remembered that infants require water to drink as well as milk. It does not follow that because milk is a liquid it is capable of satisfying thirst. On the contrary, according to Popular Science News, being warm as it is drawn from the breast, it causes thirst after it has remained in the stomach for some time, the same as other food. It is this sense of thirst which causes healthy, breast nourished infants to often cry for long periods of time after freely nursing. It is claimed that there are many cases of indigestion due to insufficiency of the child's gastric juice, which would be greatly benefited, or even cured, by allowing the child occasionally a drink of decidedly cool water.

The Infectious Period of Disease.

An English medical journal gives the duration of infectiousness in a number of diseases: Measles, from the second day for exactly three weeks; small pox, from the first day, under one month, probably three weeks; scarlet fever, at about the fourth day, for six or seven weeks; mumps, under three weeks; diphtheria, under three weeks. Science, in commenting upon this statement, doubts whether any one can fix the exact period during which any of these diseases may be communicated, as is here done with measles. Some excellent authorities believe that even before some of these diseases make their presence known, persons exposed may contract them.

A Tiresome Habit.

Many people unconsciously get into the habit of repeating questions that are asked them, and of asking others to repeat what they have said. One's experience with such people is usually something like this: "How long have you been in New York?" "How long have I been in New York, did you say?" "I think it will be warmer to-morrow." "What did you say?" If one thinks he has been understood, all that is necessary, as a rule, is to keep silent and look his interlocutor in the face for a moment, to be made sure of it.

Mistaken Elegance.

A very mistaken idea of elegance is that which leads a member of her own family, a near relative or an intimate friend to speak of or to a young unmarried lady other than by her baptismal name. In notes and in speech she is addressed as Miss Blank, by mere acquaintance, gentlemen and servants. But the use of Miss by her own circle is not considered good form; for the reason that it leaves no distinctive title by which remoter persons may mention or address a young girl.

Poisonous Effect of the Ox Eye Daisy.

A physician has recently called attention to the poisonous effect which the common ox-eye daisy sometimes produces. It is chiefly observed in those persons who suffer similarly from the poison ivy and poison oak, the symptoms consisting in troublesome heat and itching and the formation of vesicles, followed by desquamation of the cuticle.

A Malady Hard to Overcome.

Fear is considered by some physicians the worst malady they have to fight. It cannot be fought with medicines. When once it takes firm hold of a patient, the thing to do is to work upon the mind and imagination, and he who can do this most successfully is the greatest physician.

Hints About Health.

The very tight lacing now in vogue can hardly fail to increase ill health.

If every one would make a practice of eating an orange before breakfast, doctors would have less to do, says a member of the fraternity.

A beautiful complexion is an outside mirror reflecting the internal harmony of the vital functions. In other words, it is visible health.

SOCIAL ETIQUETTE.

Manners and Customs Practiced in Polite Society.

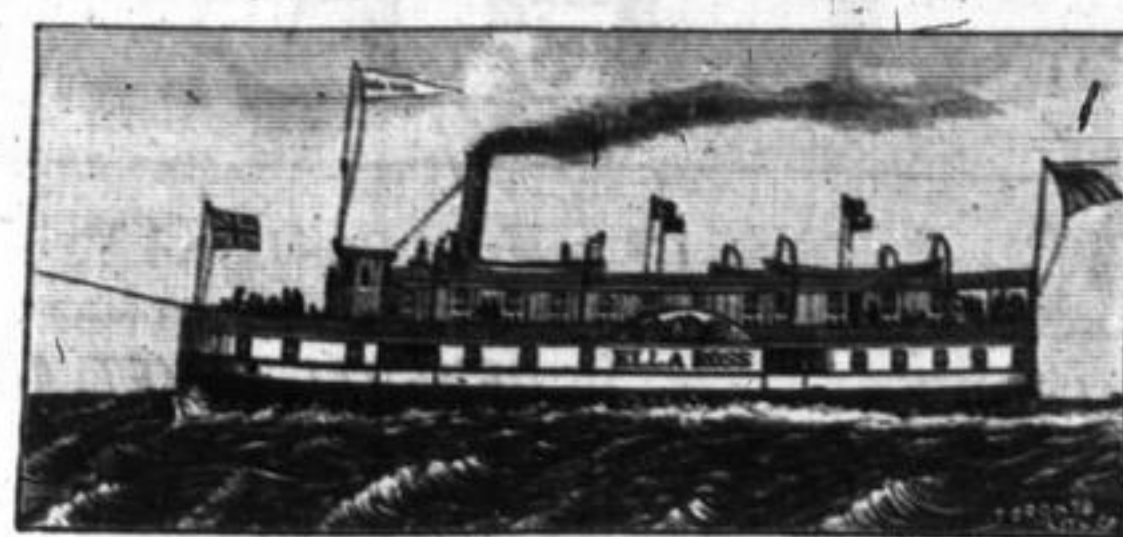
The present liking for house or "at home" weddings has led to the giving, by The Art Interchange, of some timely information on the most suitable and convenient way to conduct them. Among other points, if the house contains two large parlors, one is generally closed at first and the guests received by the lady of the house in the parlor nearest the front door. As the relatives of the bride and groom enter they are invited to pass into the room which has been reserved for them, while friends and general acquaintances assemble in the front room.

After the guests are assembled, the mother of the bride may join the bridal procession or else take her place in the inner room. The latter is more generally the custom. Before the bride comes down stairs, the ushers (four or six) provide themselves with a rod six feet long covered with flowers and ribbons. Holding the ends of the rod in one hand and the ribbons in the other, two ushers clear a way through the front parlor, open the doors between the rooms and walk on till a space is cleared for the bridal party. Other ushers follow them, holding the ribbon, and station themselves at proper intervals so that the crowd may not press back again into the lane thus formed. The long rod may then be laid aside. The bride, leaning on her father's arm, may enter the room, either followed or preceded by her maids; or the groom may enter first with her mother and the party walk to the space provided for them, where the clergyman should be standing in readiness to marry them. The ribbons should be held in place during the ceremony.

Fashionable Notes.

The fashionable billet of today is written upon a sheet of medium sized parchment paper or Irish linen of fair and creamy surface, folded once to fit a square envelope. Elaborate monograms have passed away. A feminine authority affirms that the house address in gold, silver, lavender or pale blue, with sealing wax to match, is the only coquetry now left to adorn a lady's epistle.

THE IRON PALACE PASSENGER STEAMER.



W. GARRETT, MASTER.

Will commence her Regular Weekly Excursion Trips about 15th May from KINGSTON to MONTRÉAL, thence returning by the Ottawa and Rideau route, running all the Rapids, and passing through the matchless scenery of the Rideau Lakes and 1,000 Islands by daylight. The ELLA ROSS will remain over Sunday at the 1,000 Island Park, calling at Alexandria Bay each Monday morning. This is the only Passenger Steamer making the round trip. As this is one of the most popular routes on Canadian waters accommodation will be at a premium, and those wishing a cosy, comfortable trip will do well to go early. Only \$14 for the Round Trip; Meals and Berths included. May 8.

JAS. SWIFT, Agent, St. Lawrence Wharf, Kingston.

WIGWAM SHOES,

For Ladies, Gents, Boys, Misses and Children.

The most comfortable foot wear for this hot weather.

D. F. ARMSTRONG

HEADQUARTER SHOE STORE,

141 PRINCESS STREET.

FINE ORDERED CLOTHING A SPECIALTY

DEVOTING OUR TIME EXCLUSIVELY

To the manufacture of Ordered Clothing, and guided by a very long experience in buying in the different markets, we are enabled to offer to our Old Customers and to New Ones

West of England Broad Cloth, for Dress Suits.

Fine English Worsted, for Evening and Dress Wear.

English, Scotch and Canadian Tweeds, for Business Suitings.

Black and Blue Serges, for Summer Suitings.

Light Overcoatings, in different colors, for Evening Wear.

Fancy French Trouserings and Halfax Tweeds, especially adapted for the

Hot Months of Summer, at Prices which defy competition.

Our time is given exclusively to the manufacture of Clothing. We feel justified in assuring our customers that Perfect Satisfaction will be given as to Fit, Workmanship and Durability.

Thos. Moore, - 59 Brock Street.

May 16.

Sweeping Reductions in Balance of Spring & Summer Stock

C. ROBINSON'S

In order to make room for Fall Purchases.

Some of the Choicest Goods still left to select from. Leave your order in season and secure a Bargain.

C. ROBINSON,

Merchant Tailoring and Gents' Furnishings,

Wellington St., 1 door from Princess St.

N.B.—Sole Agent for Knight of Labor Emblems.

July 7.

SPECIAL GOODS, LOW PRICES, AT WALDRON'S

Gents' Balbriggan Pants and Vests, Low Prices.
Ladies' Balbriggan Vests, high necks, long sleeves.
Ladies' Balbriggan Vests, low neck, short sleeves.
Ladies' Lisle Thread, Silk and Balbriggan Hose, Low Prices.
Girls' Black Silk, Black Lisle and Black Cotton Hose, Low Prices.
All Summer Dry Goods at Reduced Prices.
All Summer Prints at Reduced Prices.
All Fancy Satteens and Chambrays at Reduced Prices.
All Parasols, Silk Umbrellas and Fancy Parasols Reduced.

R. WALDRON.

July 8.

GREAT RUSH TO THE CHEAPSIDE

—FOR—

White and Colored Dress Muslins, only Five Cents.

Chambrays, Seersuckers, Lawns, Drilllets, all Reduced in Price.

Big Drives in Dress Goods, Hosiery, Corsets and Gloves.

Our Great Cheap Sale is still going on.

July 20.

BOWES & BISONETTE.

DRY GOODS STILL LOWER!

As our Fall Goods are already arriving we must get rid of ALL SUMMER GOODS, and have decided to make the Prices Lower than ever.

Gents' Scarfs and Underwear, Summer Dress Goods, Muslins, &c., at ACTUAL COST PRICE.

A. J. M'MAHON,

July 21.

110 Princess Street.

CAMP FURNITURE AT JAS. REID'S.

See our Wove Wire Camp Folding Cot.

See our Upholstered Camp Folding Cot.

See our Folding Canvas Camp Cot.

See our Large Red Arm Rocker.

See our Large Red Arm Chairs.

See our Red Sewing Chairs.

Veranda Chairs of all descriptions at

JAMES REID'S,

254 & 256 Princess St.

June 24.