BRAIN FOOD

Is Of Little Benefit Unless It Is Digested.

Nearly everyone will admit that as a nation we eat too much meat and too little of vegetables and the grains.

For business men, office men and clerks, and in fact everyone engaged in sedentary or indoor occupations, grains, milk and vegetables are much more healthful.

Only men engaged in a severe out door manual labor can live on a heavy meat diet and continue in health.

As a general rule, meat once a day is sufficient for all classes of men, women and children, and grains, fruit and vegetables should constitute the bulk of food eaten.

But many of the most nutritious foods are difficult of digestion and it is of no use to advise brain workers to eat largely of grains and vegetables where the digestion is too weak to assimilate them properly.

It is always best to get the best results from our food that some simple and harmless digestive should be taken after meals to assist the relaxed digestive organs, and several years experience have proven Stuart's Dyspepsia Tablets to be a very safe, pleasant and effective digestive and a remedy which may be taken daily with the best results.

Stuart's Dyspepsia Tablets can hardly be called a patent medicine, as they do not act on the bowels nor any particular organ but only on the food eaten. They supply what weak stomachs lack, pepsin diastase and by stimulating the gastric glands increase the natural secretion of hydrochloric acid.

People who make a daily practice of taking one or two of Stuart's Dyspepsia Tablets after each meal are sure to have perfect digestion which means perfect health.

There is no danger of forming an injurious habit as the tablets contain absolutely nothing but natural digestives; cocaine, morphine and similar drugs have no place in a stomach medicine and Stuart's Dyspepsia Tablets are certainly the best known and most popular of all stomach remedies.

Ask your druggist for a fifty cent package of Stuart's Dyspepsia Tablets and after a week's use note the improvement in health, appetite and nervous energy.

TUCKETT'S

New

MYRTLE NAVY 4'S

20 Cents.

See T. & B. in Gilt on Each Plug.

Lincoln's Tablets Are not a Patent Medicine

These Tablets are the latest production of Modern Medical Science. They are the only reliable Medicine known for the treatment and cure of all Diseases of the Stomach, Bowls, Liver and Kidneys. They are infinitely superior to all pills or similar preparations containing gummy matter and chocolate compounds.

They are a positive cure for Indigestion, Heart Disease, Bright's Disease, Nervous Prostration and General Weakness; are a magnificent tonic, purifying the blood and give a good healthy appetite. To nervous and delicate women these tablets will prove a positive blessing if taken strictly according to directions.

Formula and samples sent free to any registered physician on application. Price 50c. per box. If you cannot get them from your druggist, do not waste your money upon a substitute. The tablets will be mailed free to any address on receipt of price by H. F. Macarthy, Druggist, Wellington street, Ottawa, or from the company's office. Prepared only by

THE

Lincoln Medicine Co.,

50 Queen Street, Ottawa.

FOR SALE.

THE BUSINESS, STOCK IN TRADE of groceries, provisions, wines and liquors, now carried on by JOHN WARD, Brock street, Market Square. Possession immediately if required. Apply on the premises.

CARPENTERS.

ALL UNION CARPENTERS AND sympathisers in the trade will take notice that there is trouble in Kingston.

By Order of the Executive.

MONEY AND BUSINESS.

D. J. WALKER, J.P., COMMISSIONER, insurance agent, land agent and appraiser. Money to loan, etc. Several houses and farms for sale. Office, 325 Earl street.

J. S. R. M'CANN, ACCOUNTANT AND real estate agent. Money to loan at lowest rates. Estates managed. Office, 332 King street, over Wade's drug store.

MONEY TO LOAN IN LARGE OR small sums, at low rates of interest, on city and farm property. Loans granted on city and county debentures. Apply to Thomas Briggs, manager of Frontenac Loan and Investment Society, Office opposite the Post Office.

TWO HUNDRED THOUSAND DOLlars in sums from one thousand to ten thousand dollars. For particulars apply at GODWIN'S INSURANCE EMPORIUM, Over Express Office, Market Square.

LONDON, LIVERPOOL & GLOBE FIRE INSURANCE COMPANY.

Funds over $52,000,000. In addition to which the policy holders have for security the unlimited ability of all the stockholders.

FARM AND CITY PROPERTY insured at lowest possible rates. Before renewing old or giving new business get rates from STRANGE & STRANGE, Agents. W. J. FAIR, Special Agent, King St., Ontario Bank.

HIS ACTION SUSTAINED.

ALD. SHAW REPORTS ABOUT THE FIRE HORSES.

Major Fages Complains That Hose Was Not Laid at the Barracks Fire—Militia Department to be Asked to Pay For a Main.

The fire and light committee met on Saturday afternoon. There were present: Chairman Shaw, and Alds. Cunningham, Bell, Campbell and McLeod. A communication was read from major Fages, stating that the fire brigade had not stretched hose to the barracks building in which there was a fire last Tuesday. Chief Youlden explained that after examining the fire he did not order the hose to be laid as it was not required. The chief pointed out to the committee that the nearest hydrant to the barracks was at the corner of Queen and Ontario streets. Ald. Cunningham suggested that the chairman write the militia department and lay the matter before it. No doubt the department would pay for laying a main to the barracks and for placing a hydrant which was necessary for the fire protection of the place. The chairman promised to do so.

On motion of Ald. Cunningham, William Newman and John Burns were retained as callmen.

Chairman Shaw reported upon the purchase and sale of fire horses. The committee had appropriated $350 for horses, and only $330 had been spent. He had purchased horses to the extent of $820, and had sold several old ones for $490. The committee approved of the action of the chairman.

Ald. McLeod asked chairman Shaw from whom he had purchased the horses, and the chairman stated that he got them from Samuel Harkness. "If I had purchased them from John Carson I don't suppose I would have been hauled over the coals so much, but as far as I am concerned I would rather deal with Harkness than Carson."

PERSONAL MENTION.

Movements of the People — What They Are Saying And Doing.

Joseph Nolan went up to Deseronto today on a business trip.

John Cassiday has been appointed postmaster at Rossmore.

Alderman Donnelly left this morning for the west on marine business.

M. B. Malcolm returned this morning after spending Saturday and Sunday with friends at Perth.

Miss Leonore Macgillivray takes part in St. Andrew's Y.P.A. concert, Gananoque, on Tuesday night.

Benjamin Watson has taken Wesley Hawley's place on the local electric street railway as motorman.

Miss Mary E. Shaw, Main street, left to-day for Toronto, to accept a position as stenographer in a bicycle agency.

C. Houghton, driver for J. S. Henderson, won the gold watch at a raffle on Wellington street on Friday evening.

Rev. T. G. Brown is under the doctor's care and was not able to take his appointment in Queen street Methodist church last night.

Louis Fraid, clothier, of Gananoque, is to be married Tuesday to Miss Bessie Kellert, daughter of W. H. Kellert, wholesale clothier, Montreal.

Dr. H. E. M. Douglas, who graduated from Queen's medical college in 1897, is now in England, recovering from the wounds received at the battle of Magersfontein.

John Reid, visiting his parents, Mr. and Mrs. James Reid, Union street, will return to Portland, Ore., next week, where he has steady employment as telegrapher.

Robert Givens, driver for T. J. Leahy, is still laid up with a broken finger. The injured member is beginning to heal now, and he will be able to resume his duties shortly.

In the course of a couple of weeks Lieut.-Col. Hunter will surrender the command of the 47th battalion, Frontenac infantry. He will likely be succeeded by major and brevet Lieut.-Col. Cox.

Ottawa Journal: Miss Bertie Woodburn, Daly avenue, has left for Kingston, where she will take a course in the training school for nurses. Miss Woodburn is a popular member in the Eastern Methodist church and also in the King's Daughters.

The principal speaker announced for the convocation of Queen's medical faculty, the first week in April, is Dr. Frank Ferguson, of New York. This distinguished youn Canadian is professor of pathology in several of the leading college hospitals in New York city.

Sympathy is extended to R. J. Bennett, foreman of the Evening Times, and his wife in their hour of sorrow. Their eighteen months old daughter died Sunday morning of convulsions, due to teething. The little girl was a bright little pet, who gave promise of great possibilities had she been spared.

Rev. C. M. Sheldon has obtained an eight months' leave of absence from his church and proposes to spend most of the time travelling in the United States and England, organizing Sheldon bands to apply the teachings of Christ. He hopes to establish an organization somewhat similar to the christian endeavor.

In Saturday's illustrated portion of the Toronto Globe appear cuts of Sergt.-Maj. W. McIntyre, "D" field battery, and Sergt.-Maj. W. Grimblett, "C" field battery, the Siamese twins. Both were Sergt.-instructors in "A" field battery before being appointed to the Sergt.-majorships of "D" and "C" batteries respectively for service in South Africa.

Slaughtering Shirt Sale.

Colored and dress shirts to fit everybody. Boys' colored shirts, regular 75c. line, now 35c., men's colored shirts from 14 to 18 size, regular $1 and $1.25 goods now 48c., 60c. unlaundried shirts, sizes black shirts all sizes, now 30c., fast black shirts all sizes, now 30c., extra value, $1 fine white dress shirts, now 45c. each, $1.25 short front dress shirts 65c. each, 2 for $1.25, full dress shirts regular $1.75 goods now 90c. each or 2 for $1.75, $1 fine wool grey flannel shirts now 50c. each, the latest khaki vests for $1.75. The Glover & Brais bankrupt stock, Sinclair's old stand, 342 King street. Bert. Prevost, manager.

When reading the lesson last night Rev. E. B. Lanceley, of Sydenham street Methodist church, came to the words: "They that be whole need not a physician, but they that are sick." Commenting on it he said: "To my mind there is no stronger ground against Christian Science than these words of Jesus—'they that are sick need a physician.'"

CITY AND VICINITY.

Has Returned To Kingston.

Charles McCullough, son of John McCullough, sr., Colborne street, has returned from Hamilton, where he has been employed for nearly three years in the Shea dry goods establishment. He has accepted a position here with Steacy & Steacy. His many young friends are pleased at his return.

A Wrong Burial Certificate.

When a physician issues a burial certificate for one who has died of consumption or throat trouble, he should say, cause of death, neglect to take Four T's when the cough first started. Four T's cure a cough in twenty-four hours and the worst cold in two days, and you get a large bottle for 25c. at J. B. McLeod's drug store.

Stole Church Money.

Last evening Mr. and Mrs. Walter Trousdale, Cherry street, attended service in Pine street Presbyterian church. While there thieves broke into their residence, stealing therefrom $15. The money belonged to the church. Nothing else was disturbed. The robbers did not leave any trace as to their identity.

He Would Not Build.

A well-known citizen intended to build a double brick house this spring on some vacant land he owns, but has decided not to proceed in view of the stand taken by the carpenters' union. He says that in this city the people cannot pay the wages demanded by the carpenters, as rents are not high enough. He could not afford to put up a house under the present state of things.

Are All At Work.

An officer of the local union of carpenters stated this morning that all the carpenters who left work at Davis' ship yard, because of a refusal on the part of that firm to grant an increase in wages, had found employment at the union scale. Two of the number have work to go to but at the present are employed in looking after some business in connection with the union, for which they are receiving pay from the order.

Life Insurance For Fifty Cents.

Any one wishing to insure themselves against heart, stomach, kidney or liver troubles, can do so by taking Merrill's System Tonic. This wonderful medicine combines the blood building properties of iron with the blood purifying and nerve toning powers found in herbs — skilfully compounded by a reliable druggist. Fifty doses for 50c. Sold at J. B. McLeod's drug store.

Two Corps Coming.

This morning city clerk Drennan, secretary of the queen's birthday celebration committee, received a communication from Charles Burton, secretary of the naval division of Rochester, N. Y., containing a copy of a resolution adopted by the division, accepting with thanks the kind invitation of the citizens of Kingston to attend the queen's birthday celebration here.

The Highland cadets of Montreal, have also accepted, and will come up unusually strong.

Pill Manufacturers Enraged.

The makers of all the various pills on the market are greatly troubled over the new medicine, Merrill's System Tonic. It is doing away with their business. System Tonic is not only a positive cure for habitual constipation, but a blood purifier and builder as well as a tonic for every organ in the body. One 50c. bottle cures to stay cured. Sold at J. B. McLeod's drug store.

Have Entered Action.

James Gibbons and his son, Harvey Gibbons, have entered an action against the Kingston & Pembroke railway company for damages sustained in being struck by an engine at the Mayhew crossing last fall. Their horse was killed and each of the men got a leg broken and received other injuries. Craig & McNab are the solicitors for the plaintiffs, and McCarry, Grout & Devine for the company. The case will probably be tried at the assizes in Pembroke beginning May 28th.

The Washington Trip.

The New York Central's 14th annual Washington excursion from Kingston via West Shore RR. to Jersey City and Pennsylvania RR. to Washington, will be run on Tuesday, April 10th. Special trains of best day coaches and Pullman sleepers will start from Cape Vincent and run through without change. Rate $10.50. Limit ten days. Stop-overs on return trip at Baltimore, Philadelphia and New York. Returning via New York Central. For full particulars apply to Fred. A. Folger.

Ideal Treatment For Catarrh.

Robert F. Gray, of 256 Clarence street, London, Ont., says: "I believe Catarrhozone will produce a positive cure for catarrh. After using it a few times relief was an assured fact. The disagreeable dropping in the throat soon lessened and the nasal passages became tolerably free and the breath became less disagreeable. Catarrhozone is an ideal treatment and I hope it will find its way into the hands of many affected ones." Catarrh-o-zone is a guaranteed cure for catarrh and asthma. Sold everywhere.

THE MOTHER

with a nursing baby has two lives to support. Her flesh, strength and vitality are taxed to the utmost, and must be maintained or both will surely fail.

Scott's Emulsion

will keep up the mother's strength and vitality. It also enriches the baby's nourishment, and supplies the elements necessary for proper growth and development of bones, teeth and tissue.

50c. and $1.00, all druggists. SCOTT & BOWNE, Chemists, Toronto

INCIDENTS OF THE DAY.

PARAGRAPHS PICKED UP BY OUR BUSY REPORTERS.

The Spice of Every Day Life — What The People Are Talking About — Nothing Escapes Attention.

A creased pair of trousers may need patching.

Repairing and mattresses renovated at James Reid's.

Miller's Granules cure constipation. Sold by E. C. Mitchell.

We observe that railroad men always have good appetites.

Every man thinks the market goes up just after he has sold.

When a man sells his home, everybody wonders if it is mortgaged.

It is not the man with the biggest gun who gets the most game.

If your tongue is coated, try Miller's Granules. Sold by E. C. Mitchell.

It takes some nerve to select one of two barbers when both are idle.

The fellow who goes to the train earliest does not always get away first.

Even a woman has no use for a man who sits around the house in the afternoon.

There is now a full complement of joiners working at the steamer Rideau Queen.

Miller's Granules are small; children will take them readily. Sold by E. C. Mitchell.

Examinations in connection with the medical department of Queen's will begin Friday.

The way a woman scatters a baby's clothes, the wonder is that she ever finds them again.

It is said that Sheldon did more building last year than any other town of its size in Iowa.

Miller's Grip Powders Cure. Sold by E. C. Mitchell.

The clock always seems to strike at the most critical time, when you are putting the baby to sleep.

One Irishman felt so happy on Saturday that he danced a saud-jig in the snow on the market square.

The last short course at the dairy school will begin on Wednesday, running until the 7th of April.

Miller's Compound Iron Pills, only 25c. for fifty doses. Sold by E. C. Mitchell.

A Princess street merchant will locate at Vancouver, B.C., providing he can sell off his local business to advantage.

It takes a male congregation five minutes to leave St. Mary's cathedral after a service; it takes a female congregation half an hour.

The street railway sweepers were kept in operation last night clearing the tracks of snow which had drifted in during the afternoon and evening.

The street railway trolley wire at the corner of Bagot and Princess streets became disarranged this morning, needing the attention of linemen to re-place it again.

On Saturday Davis & Sons were given the contract by the Trent Valley navigation company to build the hull and machinery of a steamer, 70 x 14 feet to be shipped to Lindsay, by May 10th.

The spring graduation ceremonies in connection with the nurses' training school of the Kingston general hospital take place in Convocation hall on March 29th. Thirteen nurses will receive their diplomas.

For to have bright furniture use furniture restorer. James Reid.

Next week the Wormwith piano company will begin moving into its new building, the old vehicle works. The company has recently added to its staff of workmen, so that the old quarters became overcrowded.

That weak, tired condition will soon change by the use of Miller's Compound Iron Pills; fifty doses 25c. Sold by E. C. Mitchell.

Prevost, Brock street, has received his spring stock of English and Scotch tweeds, latest designs; also spring overcoatings and serge of all kinds. These goods made to order at very low figures and a first class fit guaranteed.

It is altogether likely that the 14th battalion band will procure new khaki uniforms for the coming summer, even though it is decided not to equip the entire regiment with this clothing. The bandsmen are determined to purchase a new private uniform.

Yes, it is true, I was very weak and Miller's Compound Iron Pills made me strong. Sold by E. C. Mitchell.

The clerk in Mrs. W. A. Bowman's bakery shop on Brock street accepted on Saturday a $4 bill in payment for goods. On examination it was found that the money was not any good. It was issued by the Stadacona bank, which has since closed its doors.

No less than six Kingstonians will leave this week for points in British Columbia. When their families follow, Kingston will lose altogether eighteen persons. Though they are departing from Kingston it is pleasing to know that they are not leaving the country.

A TORONTO LADY CURED OF ASTHMA

After Twelve Years' Suffering—Toronto Physicians Advised Leaving Her Home to go to Manitoba—Clarke's Kola Compound Cured.

Mrs. McTaggart, 80 Vanauley street, Toronto, writes: "I have been troubled with asthma and bronchitis for twelve years, which gradually grew worse each year, in spite of the hundreds of dollars my husband has spent with several doctors, and almost every remedy we could procure. For the past two years I could not lie on my left side, and during the past year previous to taking Clarke's Kola Compound the asthma became so severe that I had not had a full night's sleep, and during most of that time we had a doctor in attendance. We gave up several doctors, as I was becoming no better, and the last doctor, after about two months' treatment, told me he could do nothing for me, and advised me to go to Manitoba or some dry climate. We heard of Clarke's Kola Compound being a cure for asthma, and before taking this remedy made several enquiries from those who had taken it, and in each case found the result so satisfactory that we resolved to try it. After taking the first bottle I became much better, and began to sleep well at nights. Since taking the third bottle I have not felt the slightest symptoms of my former trouble. I have during the past six months gained nearly twenty pounds in flesh, and feel perfectly healthy in every way. I can assure you that I will do all in my power to induce any sufferer from this terrible disease to try it."

Clarke's Kola Compound is sold by J. B. McLeod, druggist, Kingston, or by the Griffiths & Macpherson Co., limited, 121 Church street, Toronto.

EDUCATIONAL SERMONS.

Preached Yesterday by Prof. Dowsee and Rev. Eber Crummy.

Educational sermons were preached yesterday in the Brock street Methodist church by Rev. Prof. E. R. Dowsee, B. A., B.D., of Albert college, Belleville, and by Rev. Eber Crummey B.A., B. Sc., of Sharbot Lake. The sermons were excellent and were listened to by large and appreciative congregations. The proceeds were well in advance of last year. The choir was out in full force, and rendered excellent music at both services. The duet by Mr. Robison and Mr. Delong in the morning was greatly appreciated. Miss McVety's excellent voice delighted the audience with her solo in the evening.

In the morning, Prof. Dowsee spoke from John VIII, 32, "Ye shall know the truth and the truth shall make you free." Pilate asked Christ the question, "What is truth," in a sneering manner, but before him he had, if he had known it, the personification and embodiment of truth revealed to the world. Men and nations in the past have had partial and distorted views of truth, while others have had the full brightness and beauty of truth and yet have chosen to hide and to smother it, and as a result they have degenerated and decayed. Truth may be defined as the harmony of our thoughts and words of reality, but in a truer and deeper sense the ultimate truth is only realized and found in God, for in Him all truth and all truths centre. The truths makes us free from superstitions. Our lives are now free from the dread of and terror of death and the grave, and all superstitions that once oppressed men, because of the revealed truth in Christ. The truth makes us free from sin. There are miracles performed to-day when we see men who have been freed from the power of sin, sitting clothed and in their right mind at their Master's feet.

The truth makes us free from ignorance. Over the doors of Victoria university in Toronto are written the words, "The truth shall make you free." This has been the policy of Methodism, that education and religion should go hand in hand, and the result is seen in her educational system to-day. Education means the leading out of the powers that are latent in the soul. It may be a hard process, but the result is the attainment of a higher conception of truth, and nobler character. And this is our duty to press forward to this high ideal before us, that he may know the truth and by its sanctifying power, be made wholly free.

Sermon By Rev. Eber Crummy.

Mr. Crummy's subject at the evening service was "The Flying Volume of Zachariah's Vision." In the volume flying through the land with the two chief classes of sins then common written on its two sides, the prophet saw an effective means of checking crime by giving publicity to it. The same principle is embodied, but to a degree undreamed of by the prophet, in the printing press of to-day. The newspaper is an effective check on crime and can be made yet stronger by giving publicity to wrongdoing. But the greatest triumph of the printing press in this regard is seen in the extensive dissemination of the bible during the century. By revealing man to himself it has done much to drive him out of self.

It is this principle that lies at the basis of one educational system. The law obliges us to send our children to school for five years because illiteracy is a fruitful source of crime. But the years may be effectively or ineffectively spent. The object is not to inculcate knowledge but to develop their intellectual faculties so that their use will be a pleasure. There is abundant evidence that the time and a less time is sufficient to accomplish this if well spent, but there is likewise too much evidence that in the majority of cases the purpose aimed at is not accomplished. The church cannot be indifferent to the success or failure of this system. There are three ways that lie at hand by which all may contribute to the effectiveness of our school work:

1. Co-operation with the teacher so as to make his influence with the child paramount.

2. Higher stipends which would lead to the removal of the chief evils of our school system.

3. Making the university strong by contributing to its revenues. Twenty-five cents a member from the Methodist church to the educational society would in all probability, after all other claims were deducted, place $40,000 a year at the disposal of Victoria university—equal to an endowment of one million.

The moral results of the increased effectiveness of our school system may be seen. First, in the freedom from morally dangerous influences which delight in intellectual activity secures; secondly, in the fact that thinking reveals the possession of undreampt of possibilities; and thirdly, thought elevates the point of view so as to give place and therefore effectiveness to life.

Church Paragraphs.

Rev. Dr. Lindsay preached in St. Andrew's church on Sunday morning.

A local congregation thinks its minister has been reading Quo Vadis instead of Tacitus.

In St. Andrew's church last evening, Mrs. Singleton and Miss McClarty sang as a duet, "That Beautiful Land."

Evangelistic service will be continued in Sydenham street Methodist church this week. The pastor will be assisted by Rev. Mr. Bates, Portsmouth, who is a good singer as well as speaker.

In Williamsville Methodist church yesterday educational sermons were preached, in the morning by Rev. E. B. Crummy, Sharbot Lake, and in the evening by Mr. Doxee, student, of Victoria college.

W. T. Prettie, Queen's final year divinity student, preached two clever sermons in Cooke's Presbyterian church last night. The young man promises to become a brilliant speaker and a deep-thinking theologian.

Rev. James Elliott was too ill to fill his pulpit in Queen street Methodist church yesterday. James Anthony was the preacher in the morning and Rev. Joseph Follick at night. Next Sunday night a service memorial of the late Rev. Richard Whiting will be held.

Does a man reject the science of chemistry because there are hundreds of experiments he does not understand? No, he accepts it, although he cannot understand it all. Why not look at christianity with the same liberality? Accept it, though there are many things one cannot understand; these things will be made plain one day.—Rev. E. B. Ingersley last night.

Forty shares Frontenac Building and Loan society for sale by J. S. R. McCann, broker.

LETTER FROM THE FRONT.

FORMER KINGSTONIAN WRITES FROM BELMONT.

Sending Home Shell of First Bullet Fired in Earnest—Active Demand For Queen's Chocolate Boxes—Had a Hearty Meal on Outpost Duty.

Pte. Maurice Vanderwater, son of R. W. Vanderwater, late of this city, writing to his parents from Belmont, South Africa, under date of Feb. 3rd, gives some very interesting details of the life the Canadians are undergoing at the front. He mentions the fact that the members of the company to which he belongs are sending home as souvenirs the boxes received on January 1st from queen Victoria, and which contained chocolates. These boxes are selling at from £5 to £10; Pte. Vanderwater was offered £5 for his but refused. The writer mentions the fact that he is sending home some Kruger pieces of money, which are fast becoming rare. He is also forwarding the shell of the first cartridge he fired in earnest; he thinks he bowled over a Boer, as a corpse was found in the place he aimed at. Other souvenirs on the way home include a Mauser bullet and shrapnel bullet picked up on the battlefield of Belmont, and a bible taken from the landrost's house at Douglas.

Writing later on from Van Wyck's farm, a watering place, where he was doing special duty, Pte. Vanderwater intimates that "last night 321 waggons with sixteen oxen to a waggon went through here, and it took from 7.45 p.m. until 5 a.m. for them to pass, and they made such a noise that when I was relieved I could not sleep. I never saw such a sight and very few ever have or will ever again after this war is over. Imagine it 5,336 oxen in one convoy."

The writer also mentions a hearty breakfast he had the pleasure of partaking of. It was furnished by a young English girl whose parents were shut up in Ladysmith; it was the first hearty meal he had eaten since leaving Canada. The Canadians had orders to march somewhere, but nobody knew where, though it was suspected they were to form part of the Kimberley relief column.

SPORTING PARAGRAPHS.

The Various Events Which Have Occurred During the Week.

Sharkey knocked out "Texas Jim" McCormack in thirty-eight seconds at Hartford, Conn., Friday night.

The Woodstock hockey team are after the scalps of the Londoners, challenging them to play for a trophy valued at $100.

Herb. Soules and Charlie Queerie, two well-known figures on the lacrosse field, will play with the Toronto lacrosse club this season.

At Hamilton Grimsby team defeated Hamilton Victorias at hockey by a score of 11 to 5. It was the first match of the finals to decide the N. D. H. A.

Howland & Co's team won the championship of the Toronto mercantile hockey league, by defeating the merchants' dyeing and finishing company's team by 13 to 4.

Five boats are building at St. Paul, Minn., for the White Bear yacht club. These yachts will compete in trial races to determine which will challenge the Royal St. Lawrence yacht club for the Seawanhaka cup.

Jack Fanning, the crack wing shot of California, created a new continuous match record at the traps on Madison Square garden roof, New York, breaking 175 inanimate targets straight. This feat was accomplished without a rest.

The speedy Ramblers can claim the local junior hockey championship, having defeated the Universities again Saturday night by four goals to three. This is the third time this season these two teams came together and twice the Ramblers won. Saturday's match was a very keen one, in which brilliant play burst forth all through the game. W. Hiscock presided as referee.

The dissatisfaction among the eastern canoe clubs of the A.C.A. will probably be overcome by the northern division of the A.C.A. arranging for an annual war canoe meet in Eastern Ontario, the first to be held this year. The Bohemians, of Brockville, having carried off the honors last year, will probably have the honor of defending their title at home, as it is thought only fitting that the first races under the new arrangement should be held at Brockville.

Regarding the recent championship match between Queen's and Wellingtons, the university journal has this to say: "The difference in the tally is due to the tactics of the Wellington defence, the point continually tripping, and the goal keeper either lying down between the posts, or dropping his stick to catch with his hands. When both of these expedients were not sufficient the goal umpire rose to the height, and sat mummy-like while Morrison scratched the puck out of the net. The referee kindly kept his eyes closed. It was fate or luck that was against us? Not much! A combination of sports from Toronto. The combination of officials and players barely saved the cup for themselves." In explanation of the whole affair the college journal adds: "The referee was Slaght, of Toronto, and the goal umpire cadet Myles, of Toronto. Score, 5 to 1."

NOSE COMPLETELY STOPPED UP.

Had Catarrh so Badly That For Months Previous to Using Japanese Catarrh Cure He Could Not Breathe at all Through His Nostrils — Japanese Catarrh Cure Cured.

John McKenzie, Elgin, N.S., writes: "I feel it a duty I owe you to tell what Japanese Catarrh Cure has done for me. For Some years I have been a great sufferer from catarrh in its worst form, and for some months I could not breathe at all through my nostrils. Since completing the treatment with Japanese Catarrh Cure, I am pleased to say I am absolutely free from catarrh, and can now breathe as naturally as ever through my nostrils. Japanese Catarrh Cure cures catarrh by healing every diseased portion of the mucous membrane. It cures permanently. 50c. Sold by J. B. McLeod, druggist, Kingston.

Lieut. M. P. Cotton, Canadian militia, has been appointed lieutenant for machine gun detachment, with the temporary rank of lieutenant in the army.

"Your Money's Worth" IN SWIFT'S SCRANTON COAL

HEATS STRONGEST, LASTS LONGEST.

JAS. SWIFT & CO.

Pointer No. 70.—Learning and wisdom don't always travel hand in hand.

COAL TALK.

From whom should you buy coal? Would you go to an unknown jeweller to buy diamonds?

Your coal dealer should be as worthy of confidence as your jeweller.

We have been selling coal in Kingston more than 20 years.

FAIR DEALING, EXACT WEIGHT, GOOD QUALITY, CAREFUL DELIVERY.

These have been the corner stones of our success.

The year by year growth of our business suggests that we satisfy our patrons.

We would appreciate your patronage.

Coal for Furnaces, Coal for Heating Stoves, Coal for Cooking Stoves, $5.50 per ton cash.

Chutes to reach distant bins. coal hand screened at our yards. also sell wood and kindling.

Crawford COAL THAT SUITS.

'Phone 9.

WANTED

1,000 Citizens to leave their order for best quality Coal, SCRANTON; Also Hardwood, Soft Wood and Slabs (cut and uncut,

P. WALSH

Barrack Street, Telephone 109

ALWAYS RIGHT. QUANTITY, QUALITY, PRICE

JUST COAL

JUST The right weight to the ton.
JUST The right hardness.
JUST Soft enough to light easily.
JUST Hard enough to burn long.
JUST The same price as is asked for inferior coal.

Booth's, FOOT OF WEST ST.

JUST TAKE A LOOK.

Over our shelves and counters and you'll find that everything appeals to you. Why? Because of their cleanless, freshness and goodness.

To-day we direct special attention to our Jams, Jellies, Canned Goods, Cocoas, Confectionery and Fruit.

TOYE'S

Market Square. 'PHONE 300.

HOCKEY SKATES

And all kinds of skates away down. We're selling at cost to clear them out. Come and get a pair.

STRACHAN'S

Princess Street.

Up-To-Date in all that pertains to the world's best and latest Millinery. We have effects, styles, shapes and colors that are not bettered in Kingston. Our prices are more moderate than are charged elsewhere for goods that don't touch ours for style.

HANNAY & HAROLD, 246 BAGOT STREET