A SARNIA LADY

Tells How Milburn's Heart and Nerve Pills Cured Her Nervous Troubles and Strengthened Her Weak System.

Milburn's Heart and Nerve Pills are an inestimable boon to anyone suffering from any disease or derangement of the heart or nerves or whose blood is thin and watery.

Mrs. E. Horning, of 115 George Street, Sarnia, Ont., is one of those whose experience with this remedy is well worth considering.

It is as follows:—"I am pleased to recommend Milburn's Heart and Nerve Pills to anyone suffering from nerve trouble, no matter how severe or of how long standing.

"For years my nerves have been in a terribly weak condition, but Milburn's Heart and Nerve Pills, which I got at Geary's Pharmacy, have strengthened them greatly and invigorated my system, leaving me no excuse for not making known their virtues.

"I cannot refrain from recommending these pills to all sufferers as a splendid cure for nervousness and weakness."

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, Bowels, 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 St., Toronto.

Elmer J. Lake, M.D., C.M.

Dispensary Physician at Pittsburgh, Pa., From 1884 to 1897 in the Treatment of Eye, Ear, Nose, Throat and Skin Blemishes.

Will continue the practice of those specialties in Kingston.

Special attention will be given to diseases of the Eye and Restoration of Sight by Glasses, Medicine or Surgery as may be necessary; to Ear Diseases and Restoration of Hearing; to Removal of Nasal Discharges, Deformities and Obstructions; to Hoarseness, Cough and Throat Affections; and to Permanent and Safe Removal of Hair, Moles, Birth Marks and all Skin and Face Blemishes.

Surgery and Consultation Rooms, 258 Bagot Street, Corner Princess Street.

Hours—9 to 12, 1:30 to 4.

PATENTS

CAVEATS, TRADE MARKS, COPYRIGHTS AND DESIGNS.

Send your business direct to Washington. Saves time, costs less, Better service.

My office close to U. S. Patent Office. FREE preliminary examination made. Atty's fee not due until patent is allowed. PERSONAL ATTENTION GIVEN—19 YEARS ACTUAL EXPERIENCE. Book "How to obtain Patents," etc., sent free. Patents procured through E. G. Siggers receive special notice, without charge, in the

INVENTIVE AGE

Illustrated monthly—Eleventh year—terms, $1. a year

E. G. SIGGERS, Late of C. A. Snow & Co. 618 F St., N. W., WASHINGTON, D. C.

Before. After. **Wood's Phosphodine,**

The Great Eng. Remedy. Sold and recommended by all druggists in Canada. Only reliable medicine discovered. Six packages guaranteed to cure all forms of Sexual Weakness, all effects of abuse or excess, Mental Worry, Excessive use of Tobacco, Opium or Stimulants. Mailed on receipt of price, one package $1. six, $5. One will please, six will cure. Pamphlets free to any address.

The Wood Company, Windsor, Ont.

Wood's Phosphodine is sold in Kingston by W. H. Medley and Henry Wade, druggists.

SECOND-HAND DEALER.

ALL KINDS OF GOODS BOUGHT in large or small lots.

A large and well assorted stock of Furniture, Stoves, Clothes, etc., always on hand at the lowest prices.

If you have anything you want to get rid of kindly drop a card and it will receive prompt attention.

L. LESSES,

22 Chatham St., Cor. Princess St.

Chocolate, Ice Cream. Vanilla, Ice Cream. Pineapple Fruit Ice Cream.

Put up in bricks, any size, and packed for private use, at

A. J. REES',

Princess St. 'Phone 58.

Free Cure For Men.

A new remedy which quickly cures sexual weakness, varicocele, eight minutes, impotence, nightly emissions, lost manhood, etc., and restores the organs to strength and vigor. Dr. E. W. Knapp, 266 Hall Building, Detroit, Mich., gladly sends free the receipt of this wonderful remedy to any that write him. Cure sure, harmless, at home.

CHASING THE WILY BOER.

DR. ROSS TELLS SOMETHING OF THE CHASE.

The Privations Experienced by the Troops — Good Work by the Canadians—How the Vet River Was Crossed—Canadians First Into Kroonstadt.

"The boys" have just received a long letter from "Doc" Ross, hospital sergeant with second contingent, C.M.R., on service in South Africa. It is directed to "Chaucer" Elliott and is dated at Kroonstadt, May 16th. After a short introduction the writer proceeds:

"I suppose you people in Kingston are preparing for a great celebration on the queen's birthday; many of our fellows out here would like to have the prospect of sharing the sport with you. We have just finished a two weeks' march from Bloemfontein, and it was a rough trip indeed. You know those Boers cut a very zig-zag course in their movements, and some days in chase of them we would march thirty miles to cover seven. Many times we wished to see the war end, because 'grub' was scarce, the weather cold at nights and the days scorching hot. Our food consisted of hard tack, tea, coffee, and meat, the latter being commandeered along the route, but being killed and cooked within a few hours did not render it very inviting; the meat was always boiled, and one grows tired of such. We did not always fare any too well, because some days we were given rations for two days and set out on march; we sometimes became hungry and ate all our 'grub' the first day, which meant that we went without the second day. I used to carry all my food in the ambulance, but one day Dr. Forrester ordered me to follow the squadron; I rode away without food, blanket or great coat, and for three days I was absent; I had to depend upon the generosity of others for an occasional bite, but had to go without the other necessaries. One night I crept in beside Fred. Metcalfe and had rather a good sleep, though it was one of the coldest nights we have yet experienced. I was glad when the ambulance came along again, because in it I had three cold ducks, some potatoes, etc. Of bread we have not tasted for three weeks. We have any amount of sickness; about fifty of our two squadrons are in hospital; we do not attempt to give the sick much treatment; rheumatism, dysentery, etc., are the chief ailments. Dr. Duff has not been with us for over three weeks; he was ill before we left Bloemfontein, and it is almost impossible for any sick man to pick up under existing conditions, so he stayed behind, consequently I had more hard work and greater responsibility. Some of the officers are trying to get me a local lieutenancy, but the powers that be do not seem inclined to do much for any body out here.

"For a time I was attached to the New South Wales ambulance corps; being with them I was away from the column for two days and came near being placed under arrest for being lost. However, our adjutant knew all about the circumstances and set me straight. Then I was put to work under Dr. Devine, of Winnipeg, senior medical officer, and I am more 'At Home.' I suppose you would like to know something about our mode of marching— Well, each corps in the brigade is accompanied by a number of waggons, which carry the baggage of the officers, provisions, supplies, etc.; these waggons form what is known as the transport. When a brigade starts out these waggons all go together, the troops preceding them. It is a nice sight to witness a column marching across country, and I can assure you that it will take the Boers a long time to repair the wire fences we remove during our marches. The country does not appear to be thickly populated, because we pass such few farm houses; each farm consists of 1,000 or more acres. We often have lots of fun in passing a Boer farm house. For instance, for some days the New South Wales ambulance corps had about twenty men afoot, now they all ride fine Boer horses, which were commandeered; many men dropped behind on account of illness, and in a day or two they come on again, driven in nice Boer waggons and carriages. In many places where it was known that prominent Boers resided not a single article was left intact, but orders have been issued that nobody can enter a house unless accompanied by an officer.

"After leaving Bloemfontein we went slowly for upwards of a week; we were under fire every day. I will always remember the first skirmish we were in; the Boers used their pom-pom; this gun fires a whole string of shots, one after the other, scattering them in all directions, and the report is like pom-pom. In this first engagement our men came upon the Boers unexpectedly and after we gave them a good shelling they picked up and ran; only one of our men was wounded, a fellow named Brown receiving a flesh wound above the knee; he will be around again in a week or two. Several English soldiers were hit and came in to be dressed, after which they were taken to hospital. One fellow had two plugs of tobacco in a pocket of his serge; a bullet cut the edge of one plug, went through the other and entered his groin; the tobacco was named 'Lucky Hit,' and it certainly was well named, as it saved his life. That evening we took a place called Brandfort, or rather it was taken by Charlie Ross, the north-west scout, and fifteen men; he and his men put to flight a body of Boers numbering 300 men, and next day the British officers entered and turned him out.

"Next day we surprised the Boers, finding them in a cornfield; they quickly retired behind a kopje, and when our fellows came up they were greeted with a volley of shells and a brisk rifle fire. Eight men of our squadron were within 200 yards of the concealed Boers when they were fired upon; they hurried back amid a shower of shells and bullets, but remarkable to relate, not one of them was hit, which goes to show that the Boers are not the good shots they are held up to be; they can fire into a crowd and by chance hit somebody, but when in extended order and firing independently they do little damage. Next day we found the Boers in a strong position along the Vet river. Here they surprised some of our brigade; the Scots Greys advanced to a group of Kaffir huts, where a white flag was flying; the Boers were behind and inside these huts; when the Scots were about thirty yards off they were fired upon by a pom-pom; thirty-five were killed and four or five wounded. We were almost caught by a similar trick sometime later; we were coming sideways towards the same kopje, when they gave us a shell; it was warning enough for our men to move away; after watering our horses we moved straight on the kopje and the Boers retired. One of our fellows was lying down allowing his horse to graze; a shell hit beside him, he moved off and the shell followed at his heels. After giving us a shelling the Boers turned their attention to those following us. I saw a shell fall at the very nose of a horse, and the next minute one alighted at his heels, yet he never budged. At this time I was riding Charlie, Dr. Duff's horse; he showed fine military mettle until the shells began falling amongst us, and then he bolted; he did not mind the roar of our own guns, but he was afraid of the Boer shells. The shells can be heard whistling through the air coming towards us, but we cannot tell where they are going; one good thing about the whistling of a shell is that it enables us to gain cover, and when it alights and bursts it does little or no damage. We were heavily shelled at the Vet river, but fortunately none of our men were hurt.

"One of our squadrons advanced to the river's edge and prepared to cross. I felt sorry for them, as I saw the sand spurt up all around them where the hail of bullets struck, but after the place was taken I rode over the spot and failed to find even a wounded man. After our fellows got across the river they were quite safe, as the Boers ran. We found fifteen dead Boers and many wounded. There are no such places in Canada as these Boers pick out in which to entrench themselves; had the British held the position occupied by the Boers at the Vet river, all the armies of the world could not have driven them out. I was in the ravine and saw the Boers ride away, followed by our shells; it was a fine sight. Our fellows followed them up until nightfall, when they came upon the Boers strongly entrenched and blowing up the railways; there were not enough to give the enemy battle so they retired, followed by a hail of shell and bullets; our fellows came in singing, 'I Had to Leave My Happy Home for You.'

"We also had a heavy fight before getting into Kroonstadt, but, strange to say the first British troops to enter was the 3rd squadron of Canadian mounted rifles, in command of R. M. Vanluven, of Kingston, who galloped into the town on one side and out on the other in chase of the Boers. Lord Roberts entered next day at two o'clock and took over the capital of the Orange Free State. The station had been burned; the Irish brigade from Chicago, together with a crowd of Boers, got drunk the night before, looted the town, took all the whiskey and valuables they could find, burned the station and then fled.

"We are resting here now for a few days. On the way across we came across some splendid orange orchards and the boys made 'just a few' disappear. Lieut. Vanluven is not very well and may have to be sent to hospital. Jack Sparks is standing the trip in fine shape; so also is Metcalfe and Falson. Several of us Canadians have received offers to go as surgeons to some of the English brigades, but Col. Lessard would not hear of it. Of course, I am all right; I get the work, but not the pay; I am acting surgeon, but do not get one-quarter the regulation pay; we will remember it, lest we forget! The English brigades are short of surgeons; I heard that Gen. French had only one."

Gr. Robinson Writes.

Mrs. Alexander Robinson, Brock street, has received two letters from her son, Gr. A. Robinson, of "C" battery, R.C.A., 2nd Canadian contingent. The first was dated at Bulawayo on May 6th. At that date the battery expected to move in a day or two for Mafeking. Bulawayo is 300 miles from Biera, on the coast. When the battery arrived at Biera they took train for Marandallas, where they camped for a couple of days. From here they were ordered to Bulawayo. "We thought we would have to march it," writes Gr. Robinson, "but we left in small squads, in coaches. About eighteen men were in each coach. I never had so much trouble in all my life. All crowded into the coach, or on top, with our rifles, reminded one of the 'Wild West' coach. The ground was very rough. The principal place we stopped at was Charter. It is a small place with a store and liquor shop. Prices were very high; two shillings for a small one-pound loaf of bread. Canned goods are very expensive. It would take a fortune to live out here. We arrived at Bulawayo at 9 a.m., on Monday and will leave on Wednesday for Mafeking. All the Kingston boys are well. I have not been sick since I left Kingston. We expect to have Mafeking relieved by the 24th of May."

Writing again nine days later, and dating his letter at Mompole river, Gr. Robinson says he is well, and having as good a time as can be expected. The battery left Bulawayo on May 9th, and arrived at Plumer's camp on the 11th. Next day they started for the relief of Mafeking. "We have a very large force," he writes. "It is composed of our battery of four guns (two of our guns are on the way now), 800 of Plumer's force and one gun, one mountain battery and part of Gen. Methuen's force. The latter arrived in camp this morning, and comprise one battery of four guns, two Maxims, quick-firing guns and 1,000 men. They brought into camp thirty-six Boer prisoners. I have been appointed second gun layer, but I think I will be first. I never felt better in my life, though we do get poor grub."

A SUMMER TONIC in tablet form. Makes sick folks well and keeps well folks from being sick.

Our Native Herbs AB TABLETS

Enough for 30 days for $1.00. Sold by druggists, or box mailed on receipt of price. A registered guarantee in every box insures you against any possible risk.

THE ALONZO O. BLISS CO.? 232 St. Paul Street, Montreal, Canada.

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.

H. Cunningham, piano tuner from Chickering's, New York, Leave orders at McAuley's bookstore.

The 47th regimental band went down to Alexandria Bay, this morning, to take part in the celebration there.

Egyptian Rheumatic Oil cures rheumatism. Read testimonial in another column. For sale at Mahood's drug store.

McKelvey & Birch will begin work at an early date at the Hotel Dieu building, Cornwall. They do the heating and plumbing, a job that will cost thousands of dollars.

The annual conference of the East Ontario Free Methodists convenes at Cataraqui on August 26th. Rev. E. P. Hart, senior general superintendent, Alameda, Cal., will attend and preside.

Miller's Kidney and Bladder Pills are expressly for weak kidneys, bladder, pain in the back, etc. Sold by E. C. Mitchell.

The new officers of Cataraqui lodge were not installed last night as intended. The district deputy grand master was not present. One candidate was initiated into the mysteries of the order.

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

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

A local minister says graining is a lost art in Kingston. He views with a sad expression on his face the graining work done by painters on a prominent building in the city.

"North King" leaves Swift's wharf, Sunday, Tuesday and Thursday, 9 a.m. for Gananoque, Rockport and Alexandria Bay. Returning, leaves Kingston 6:30 p.m. for Charlotte and Bay of Quinte ports. J. P. Hanley, agent.

Two little boys from the United States, visiting in the city, declared themselves to be in favor of the Boers, and several other loyal little Canadian boys refuse to play ball with the visitors unless they change their views.

When children are pale, peevish and restless at night they require a dose or two of Miller's Worm Powders. Sold by E. C. Mitchell.

The monthly meeting of the mechanics' institute board of directors did not take place on Monday afternoon. It will not likely be held now for two weeks. The supply of books, ordered a long time ago, have not yet arrived.

Horses and cattle have colic and cramps. Pain-Killer will cure them every time. Half a bottle in hot water repeated a few times. Avoid substitutes, there is but one, Pain-Killer, Perry Davis'. 25c. and 50c.

It is interesting to watch the Chinamen in this city congregate about the bulletin board to find out how things are progressing in their native land. They will step aside when they learn, and commence a jabbering discussion of the situation.

A GRATEFUL CONTRACTOR.

Spent Hundreds of Dollars to Obtain Freedom From Asthma — Was Permanently Cured by Clarke's Kola Compound.

Mr. Albert Dixon, contractor, Nanaimo, B.C., writes: "For nearly nine years I have been a constant sufferer from bronchial asthma, night after night having to sleep sitting up in a chair. I spent hundreds of dollars with doctors and remedies, but got only temporary relief. My druggist, Mr. Stearman, recommended Clarke's Kola Compound. I took in all five bottles of this grand medicine, and am to-day completely cured. I can now sleep well every night, and now play my instrument in the city band once more." This remarkable cure is also certified by Mr. F. C. Stearman, Phm.B., one of Nanaimo's leading druggists. Sold by all druggists, or by the G. & M. Co., Limited, 121 Church street, Toronto.

Nurses' Alumnae.

The nurses' alumnae of the Kingston general hospital met last night. It was announced that Miss Smith, the returned missionary from Japan, would address the association in September. A paper on "Hygiene of the Sick Room" was read by Miss Pratt, the president.

Want to Feel Good

In Hot Weather Eat

Grape-Nuts.

There's a Reason.

CHANGE IN FOOD

Works Wonders In Health.

It is worth knowing that a change in food can cure dyspepsia. "I deem it my duty to let you know how Grape-Nuts food has cured me of indigestion.

"I had been troubled with it for years, until last year my doctor recommended Grape-Nuts food to be used every morning. I followed instructions and now I am entirely well.

"The whole family like Grape-Nuts. We use four packages a week. You are welcome to see the testimonial as you see fit. I am willing to give any information to anyone who desires to see or write me regarding Grape-Nuts." Respectfully, Mrs. C. H. Lowe, 881 Parker street, Roxbury, Mass.

The reason Mrs. Lowe was helped by the use of Grape-Nuts food, is that the food is predigested by natural processes and therefore does not tax the stomach as the food she had been using; it also contains the elements required for building up the nervous system. If that part of the human body is in perfect working order, there can be no dyspepsia, for nervous energy represents the steam that drives the engine.

When the nervous system is run down, the machinery of the body works badly. Grape-Nuts food can be used by small children as well as adults. It is perfectly cooked and ready for instant use.

CITY AND VICINITY.

Men's Lace Boots.

See our men's $3 lace boots that we are selling for $2. A. Abernethy.

A Great Bargain.

In light summer clothing. Prevost at the New York clothing Store will sell the above goods at cost price. Great variety to choose from, all sizes from 34 to 46.

Through Famous Rideau Lakes By Daylight.

Take the palace steamers "Rideau Queen" and "James Swift" for Ottawa, every Monday and Thursday at 7 a.m., every Tuesday and Friday at 1 p.m. James Swift & Co., agents.

Police Court—Wednesday.

At the police court this morning a young man for being drunk was further remanded for another week to give his friends a chance to do something for him. An old pensioner heartily thanked the magistrate for allowing him his freedom after being on a little spree.

Has Not Been Sick.

Pte. Burton Gowdy, with "C" field battery, writes from near Mafeking to his parents, Mr. and Mrs. James Gowdy, Sydenham street. "Burt" says he has not been sick since he left Kingston. He is with Sir Frederick Carrington's division, and is having an adventurous time.

How To Enjoy Life.

Solid comfort can only be enjoyed when the body is free of pains and aches. General debility is accountable for nearly all the ills the flesh suffers. Wade's Iron Tonic Pills build up the system, restore vitality and make life worth living. As a blood maker and nerve strengthener they have no equal. Fifty pills in a box for 25c. at Wade's drug store.

Gave An Exhibition.

The Armour cadets, headed by the 14th regimental band, marched to the fair grounds last evening, and gave an exhibition of fancy drill before an audience of five hundred people. The quick movements of the cadets in formation and rifle exercise were loudly applauded. This morning the cadets left by steamer Empire State for Ogdensburg, where they gave an exhibition this afternoon. Chaplain Henderson expressed himself as highly pleased with the manner in which the cadets were treated in Kingston.

Excursions To Ogdensburg.

This morning a large crowd from Kingston left for Ogdensburg to attend the 4th of July celebration. The steamer Empire State left the ferry wharf at seven o'clock, with over three hundred people aboard. The steamer Unique cleared from Swift's wharf at half past seven o'clock with one hundred and fifty passengers. There was much rivalry between the steamers, but the White Squadron floating palace seemed to have the preference, this morning. The Empire State started first and doubtless picked up all the passengers along the river points. She had the Armour cadets on board.

Married On Tuesday.

The marriage of Miss Katie, youngest daughter of the late Peter Baxter, of Pittsburg township, and W. J. Anderson, of Montreal, occurred at the home of the bride's mother, Barrie street, on Tuesday. Herbert Balkwell, Montreal, and Miss Florence Baxter accompanied the couple to the altar.

The bride wore a travelling suit of blue cloth with white silk and lace trimmings. Miss Florence wore a pretty gown of grey.

Mr. and Mrs. Anderson left for the west, where they will visit Toronto, Niagara and Buffalo, after which they will take up their residence in Montreal.

King Liver

Rules the world, so-to-say, given a people amongst who liver complaint, dyspepsia, or indigestion is the rule, rather than the exception, and you will find a people without ambition, progress, or prosperity. When your friends fall into the habit of taking a gloomy view of things, are hard to please, short tempered, is not positively cross, don't scold them, for it is only King Liver that is ruled a little and requires appeasing. propitiatory sacrifice may successfully be made through a box of Hamilton's Pills of Mandrake and Butternut. They go at once to the root of the trouble, liver soon acts cheerfully, digestion improves, and happiness brightens up the face of the bilious one. If bilious, or liable to be, buy Hamilton's Pills of Mandrake and Butternut at all druggists.

THE SON LOCATED.

Mother Inherits a Fortune and Sought Her Son.

A young man who came to Canada from England, is being eagerly sought for by his mother, who has lately inherited a large fortune. Charles Cusack, seven years ago arrived in Kingston, being then only seventeen or eighteen years of age. He was adopted by Mr. and Mrs. Felix Keenan, well-known residents of Glenburnie. He soon became tired of country life and wanted to live in the city. A friend secured him a position as night clerk in the City hotel, which position he filled for one year. Two years ago he left for the Thousand Islands, where he worked on an island during the summer. This year he is engaged on an island near Rockport.

His mother has been advertising for her son for a long time. Mr. Meredith, wine clerk for Mrs. Clint, foot of Johnston street, came over in same boat as did young Cusack, and knew the latter well. He heard of the enquiries being made and at once located him. The young man was telephoned on Monday but he was out on an excursion. It is thought by this time he knows of his good luck. His presence is required in England about the middle of this month. He is an industrious, hard-working young man, who has conducted himself in an exemplary manner ever since he reached this country.

Down The River.

"America" 2 p.m. Saturday. Canadian and American channels. 35c.

Miller's Kidney and Bladder Pills cure headache, indigestion, rheumatism, and all ailments caused by affected kidneys and bladder. Sold by E. C. Mitchell.

Prices talk and tell volumes at this store. Grand Union.

THE SESSION IS NOW OVER

AN EXHIBITION AT THE DOMESTIC SCIENCE SCHOOL.

Great Success Has Attended the Work of the Instructor and Good Results Will Follow—Longevity Would be Increased by Good Cooking.

At the Y.W.C.A. building on Tuesday afternoon, a large number of ladies assembled to attend the closing class of the domestic science school, under the able management of Miss Winifred C. Smith. The class, consisting of twenty-five girls brought with them for display, the product of their cooking skill, which they had utilized at home in making many dainty things which were sold to the visitors in attendance. Miss Smith conducted a class of instruction to show what was being done in this important branch of domestic science. Refreshments were served in the dining hall upstairs, and the class members in their regalia waited upon the guests.

Great success has attended this department of the work, and good results will surely follow. The classes have been largely attended throughout the year. Under the direction of Miss Smith and her predecessors, the girls have been taught to make and cook foods which can be eaten without giving one the nightmare and eventually indigestion. The young cooks have been taught the composition of all the materials which they use in cooking, and the effect of these materials upon the place into which they go. That this training is invaluable cannot be doubted, and if every girl had the advantage of it, the longevity of the people in this country would be increased.

CANADA'S NATAL DAY -

Militia Should Assist and Everybody Celebrate.

Canadians do not celebrate dominion day as they should. It is our natal day, the day when, thirty-eight years ago, these scattered provinces were united into one grand whole, and confederation was realized. The benefits derived from this have been incalculable, and are ever increasing. Many, very many, of us are younger than confederation, and if we grow impatient at the slowness with which the country is developed, we must bear in mind that she is yet young; "as yet the wax in mould is soft, the opening page is fair." But within the last two or three years Canada has sprung into a new life. She has "realized her destiny" and "achieved her fame." Her swift keels furrow the seas of nearly all the waters of the world; her educational system, especially in some of the older provinces, is the best in the world; her mineral resources are being largely and rapidly developed; she possesses a wonderful system of canals; her soldiers fight side by side with the English, the Scotch, the Irish, the Australian, etc., for the cause of freedom in South Africa, and they have shown, time and time again, that the men of the northern zone are not to be despised on the field of battle; but that they are imbued with all the Anglo Saxon pluck and courage and devotion to duty.

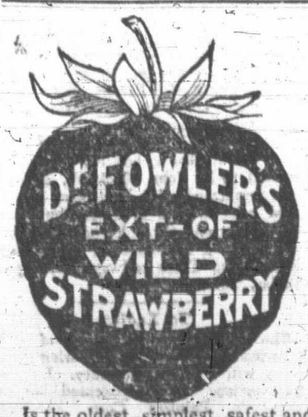
"She wakes—a band of scattered homes and colonies no more,
But a young nation with her life full beating in her breast,
A noble future in her eyes—the Britain of the West."

We have a heritage to be proud of, and when dominion day comes round it should be right royally celebrated from Cape Breton to Vancouver. The government could greatly assist in the observance of this day. The militia in camp this year disbanded on June 30th. If the militia department would fix the time for the annual camp so as to embrace July 1st, then the militia could take part in the celebration. They are only too willing to, every man of them, if they were given a chance. No great celebration is now complete without military organizations being present. If last Friday's route march had been advertised to take place on dominion day here, large crowds of people would have come into the city to see the military manoeuvres executed by these 3,000 "soldiers of the queen." It would have been a great attraction, and the men would have been glad to assist in celebrating Canada's birthday. Well, it's all very well to celebrate on the 24th of May, the 1st of July should be the great day. There should not be a village or town or city in this broad dominion where the day is not observed. Our loyalty is not of the jingo type, neither do we want it to be. But on occasions like this it is well to show to the world that we are a loyal people—loyal to the mother land and, most of all, loyal to our fair dominion itself. Let us, then, celebrate next dominion day in right royal style.

Men's Lace Boots.

See our men's $3 lace boots that we are selling for $2. A. Abernethy.

There is a well on a quarry on Stephen street, off Montreal street, which is very dangerous. The well is seventy five feet deep and is not properly enclosed. Children play around it, and a few days ago one child had a narrow escape from getting into it.



Is the oldest, simplest, safest and best remedy for the relief and cure of Diarrhœa, Dysentery, Cramps, Colic, Cholera, Cholera Morbus, Cholera Infantum, Summer Complaint, Canker of the Mouth or Stomach, and all fluxes of the bowels of infants or adults.

Refuse imitations, many of which are highly dangerous.

Something for MOTHERS.

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