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GROOMRINS, PROVISIONS SHORE LOYNES & CO

Plum, Peach, Raspberry, and Apricot

JAMS.

Two Pounds for 25c.

Our 40c Tea in Black and Japan STILL LEADS.

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and all who drink them are so well satisfied that they must have TETLEY'S and no other. TETLEY'S TEAS are certainly the finest, and should be used by all lovers of good tea. TETLEY'S TEAS are correctly called the Real English Breakfast Tea TETLEY'S TEAS are the only Teas that remind one of the teas that used to be drunk by our grandfathers and grandmothers. TETLEY'S TEAS can always be relied upon for uniform quality. fragrance, purity and TETLEY'S TEAS only require a trial to prove

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We have in stock all the best qualities of Peaches, Apricots, Guavas, Pears,

Cherries, Strawberries,

Gooseberries. Blueberries, White Currants. Red Currants,

Jas Redden & Co.



For Sale Everywhere.

ASE POR

MCLAREN'S CELEBRATE



Has No Superior in Purity, Health fulness and Hoonomy. It is distinguished from alum powder by the bread, etc.; made with it, having no ten-

TORONTO FLOUR STORE Choicest Grades of Pastry and Family Flour dways on hand; Graham Flour, Rolled Oats, Rolled Whoat, Cracked Wheat, Germ Wheat, Catment and Comment; Seeds in season. W. J. MCNEIL, BROCK STREET THE HOUSEHOLD.

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78 AND 77 PRINCESS STREET, KINGSTON IF YOU WANT

CHEAPEST AND SEAT FURNITURE

ANNOUNCEMENT. THE DATE OF BRIVER WHIS to published over evening, at 200 King Street, Eingeton, Oct., at SEX DOLLARS PER TRAE.

ADVEBTISEMENTS. First insertion, five times and over, the parties operation, for the parties of t

sale, etc., I cent per word in daily issue; minimum charge life.

Birth, marriages or deaths, one insertion, five.

Reading Notices—life per line; reduced rate when a display accompanies, or for contracts for over 1,000-lines.

237 All charges for advertisements and subscriptions are payable in advance; this must be distinctly understood.

Officers of unincorporated Associations or flocieties will be held personally responsible for orders they give.

Attached to the paper is one of the best Job offices in Canada; rapid, stylish and cheap work; nine improved printing presses.

The WEEKLY BRITISH WHIG, 8 pages, 56 columns, is published every Thursday morning, at 21 a year, positively in advance, otherwise 21.50 will be charged. Advertising rates furnished on EDW. J. B. PENSE, PROPRIETOR.

CUNARD STEAMSHIP COMPANY. SAILING from New York every Saturday, Au thorized Agent, F. A. Folger, Ferry Dock, foot of Brock St., Kingston.

THE DAILY WHIG.

" Opifer per Orbem Dicor,

PAYMENT OF PEES. That the question of abolishing the feet eyetem, and of paying all officials of the government by special salaries, is under consideration is made abundantly evident by the following correspondence, which was addressed to one of the western registrars "Department of the Attorney-General,

"TORONTO, March 26th, 1891. Srn, -It has been alleged that the incomes of certain officials are excessive, and it has also been suggested in some quarters that all incomes of such officials which now exceed \$2,000 should be reduced to that sum. As you hold an office to which this reduction would apply, the attorney general wishes to give you an opportunity of stating to him, before Tuesday next, whether you have any, and what, cause to show against the reduction in your case.

"Your obedient servant, "S. T. BASTEDO." abuse of the privileges of office by any of these who have been rewarded by fees, but the revenues of some of them are so high as to suggest to the government that they should not be the bank account of any man, that they exceed the value of any man's services, and, therefore, that they should be limited or equalized, and this cannot be done unless all the fees are turned over to the government when they exceed a cer tain sum The fees system is certainly not the fairest and most equitable way of rewarding any official for his labor, and it should be abolished. The attorney-general is desirous of seeing what he can do about it, and we trust

he will see his way out of the difficulty. And the 'fees' system in Ontario being a thing of the past public opinion should demand TEAS have found prominence in Canada, the abolition of the 'spoils' system in the dominion, that is the system which encourages customs officials to be efficient in the discharge of their duty by dividing among them the proceeds of their seizures. The in the weekly examinations held during the officials who cannot get along without this 'toning" up should not be in the civil eer-

THE LABOR PROBLEM. William M. Salter, in the New England Magazine, advocates a solution of the problem of the unemployed. He finds that in Great Britain and America there are several millions of men idte because their labor cannot be hired "profitably." I hat is that the labor that is employed in the ordinary channels of industry has a surplus value; that it creates more than is necessary to enstain itself; that the "more" helps to make the profits of those who employ its that it is for this "more" that the employers | D. Hartman, 232; F. Lougher, 230; J. hire labor ; that when it ceases to have this Asselstine, 203; F. Mile, 194; Geo. Lamb, surplus value they do not hire it. This 192; R. C. Fowler, 188; F. Oberndorffer, makes Mr. Salter do some powerful think-

ing, as a result of which he asks : "Why should not unemployed bakers, and tailors, and shoemakers, and masons, and usrpenters, and tillers of the soil, be taken out of the profit-making system into which they do not fit, and making themselves into a colony, the bakers bake bread for all, the tailors make clothes for all, the carpenters make houses for all, the tillers of the soil raise corn and wheat for all-each class producing, not to sell to the outside world, but for each other's use, and each class receiving in turn of the benefits of the other's labor ? Once give up the idea that the present sys-

tem is anything like a part of the order of nature, or otherwise necessary and change able (save that selfishness is necessary and unchanged), and the thought becomes easy of breaking away from the system, and founding an industrial order on other prin-"Such co-operative colonies are the only hope that I can see for the unemployed.

Scoper or later we shall understand that there are more people than can be made use of in a profit-making system, and that if the surplus population is to have any honor or manliness left in it, it has got to be removed from such a system.

"Everything would ultimately depend upon wise direction and management. The State, I think, should have as little to do with these colonies as possible. I should leak with more hope to some voluntary organization like the Salvation Army then to the State, as at present organized." The great difficulty-which Mr. Salter

does not discuss -- would be in the disposition of people to seek more than a mere "living have made arrangements with the composer daily bread, who would abandon althops of the competence that would give them case | Home," as they can now do without cost and rest in their advanced years, who would | through he ger erosity of the manufacture a not undertake to improve upon the colonial and community plan, and so disrupt it. It has been tried under certain conditions in the United States, and it has not been a success. Of course there has never been a test of cooperative labor, as between it and stanvation, and that is the test Mr. Salter

PRISON REFORM.

Pennsylvania boasts of supporting the best appointed and best managed prisons in the United States. The especial pride of the state is the reformatory at Huntingdon, built at a cout of \$1,000,000. Major R. W. Mc Claughry, for fourteen years warden of the carrying out to practical results his oft expressed theories of prison reform. Major Mo-Claughry is one of the most successful prison | Burrows, general agent, Believille, or John | Sherlock, Kingston. wardens in the country, and his theories regarding the reformation of criminals and their restoration to society are not idle

In the two years since the Huntingdon reformatury was opened it has received about five hundred prisoners between the ages of 15 and 25, and nearly one hundred of these are now on parole with good records to show that they appreciate their liberty. The Pennsylvania criminal laws have been so changed that the judge has only the right to fix the time beyond which a prisoner sent to the reformatory shall not be confined. The real Stue of the confinement is fixed by the conduct of the prisoner. With three grades in the institution every man enters third or forward to the first as he wills. In the third he is a criminal and is surround ed by all the evidences of penal servitude. a dark cell, no books, the lock step, and silence. But he alone is responsible for tak-ing this grade after he sees and knows what there six months before he can win advance

In the second grade he has privileges, DUCK SHOOTING POINTS. marches with his arms folded, but takes mesis in his sell. In the first grade he the privilege of a bright dining room where he converge with whom he pleases, wears a plale gray uniform without stripes, and marches like a volunteer seldier with his hands at his sides. He has electric lights in his cell and has free access to the library. Six months' good conduct in the first grade entitles the prisoner to parole. A situation is turnished him and he is a free man, but must report to the superintendent once a month, and if he violates his parole by returning to his old ways he has to begin his reformation over again. In two years Major McClaughry has made the Huntingdon reformatory a success and demonstrated

the practicability of his prison reform ideas. Warden Lavell, of Kington, is an advocate of a system of indeterminate sentences by which offenders may restore themselves to society on showing evidences of reformation. Mr. Moylan, inspector, favors changes in the system here and which will take shape when the new penal wing is ready for oc-

THE BRIDGE ACROSS THE BOW.

On the Line of the C. & E. Kallroad to be

Finished This Week. The Calgary Tribune, of March 19th, contains an interesting sketch of the new railway bridge across the Bow river on the line of the Calgary & Edmonton railway. John Weller, of Amherst Island, is the su perintendent of construction, and the paper speaks highly of his efficient work. It says:
"The new railway bridge on the route of the
Calgary & Edmonton road, which crosses
the Bow river at Calgary, will be finished this week, and on Monday next it is expected that the first train will cross it. The bridge, which has been built in a little over one month and a half, and is a most sub stantial structure, is a Howe truss bridge with three spans. Each span is 130 feet long, making the bridge proper 390 feet in all. At both ends of the bridge there are treatle approaches, that on the south end being 60 feet, and on the north 150 feet long. The bridge is supported by two piers and two abutments. The lumber for the entire structure was brought from the Columbia River company's yards Beaver, B.C., and amounts in all 200,000 feet, apart from the treetle work. Between seventy and eighty tone of iron have also been used in putting the structure together. The work of construction of this bridge began on February 2nd, and with the exception of one week of rough weather, a force of twenty-five men, under the superintendence of Mr. Weller, who represents R. Balfour, the contractor, has been working at it continuously since. Its frame work and size is identical in all particulars with the bridge across the Red Deer, which was also put up by Mr. Weller. As soon as the rails are laid across the bridge, which, it is stated, will be at the end of this week, there will be a continuous line of track belonging to this company laid from Calgary to Red Deer, a distance of between 90 and 100 miles. The stations, four in all, and the tanks are also built on this portion of the road, and everything is in readiness for operation. As soon as Mr. Weller has finished here he will take his men to Blind man, a point ten miles north of Red Deer, where another bridge will be erected. The engineers in charge of the bridges on this road are Mesers. Neilson and Bone.

Cataraqui School. The pupils of the senior fourth class, Cat are qui school, obtained the following marks term: Marks obtainable, 550: Willie Dick-820, 449; Richard Squire, 433; John Sparks, 415; Jan. Fisher, 410; S. Tarrant, 378; J McDowall, Lewis Hoppins, 376; Richard Boyd, 367; Geo. McGill, 366; Wm. McLeod, 345; Percy Chown, 341; Fred Mahood, 340; H. T. Sergent, 339; Robt. Kane, 337; Wm, Guild, 333; L Thornton, Harold Spence, 331; H. Newman, 284; Robert Henderson, 280; John Sears, 279; Jos. Pugh, 275; Robert Spence, H. Hora, 327; B. McAuley, 316; G. Saunders, 315; George Birch, A. Sloan, 311; B. Grimshaw, 302; F. Jenkin, H. McAuley, 301; H. Hoppins, 299; H. Mackerras, 297; Neil Polson, 296; John Ryan, 294; A. H. ! pencer, 293; George Fenwick, 280; H. Reyner, 268; T. W. Dunlop, 265; N. McLeod, 260; Chas. Dunlop, 259; J. Henderson, 250; E. B. Cays, 240; Albert Daly, 247: Willie Fisher, 246; Willie Arniel, 239;

John Derry, 92. Some Interesting Items.

Painters are not of a military turn generaily, yet they stand by their colors Never believe the man who says he had forgotten all about that little long you re-

No wonder beer is increasing in popularity when water is rising along all our river What a pity that some men are not as

wise as they look, and some women as ami-"This is not at all in my line," said the hangman when be examined an electrical machine for working off a criminal. It is said that electricity is to be applied to smelting furnaces. A person who has been

in Butte City, Montana, and not smelt furnaces, electricity wouldn't help Hercules had a limp, caused by being hurled from heaven. Had Dr. Koch flourished

in his day he might have taken the lymph out of Bercules to inoculate weak men to be-Muddy Water, a Semmole, living in the nelian Territory, is said to be the oldest liv ing Indian in the United States 100 years Muddy Water has probably never

made the acquaintance of Fire Water -Texas Siftings.

A Generous Gift. The complete band score of Our National long, "My Own Canadian Home," as played by Gilmore's famous band, will be given free of charge to any band sending their address to The St. Croix Soap M'f'g Co . St. Stephen, N. B., manufacturers of Surprise Soap, who The arrangements is particularly fine and every band should have "My Own Canadian of Surprise Soap.

Used in the Hospitals. And endorsed by medical faculty throughout the state. Clark's Catarrh Cure has come to be regarded as the only real specific for that disease. In every case it works a certain, safe, and speedy cure. No other remedy gives such satisfaction, because the results from use are not the same. Sold by all druggists, or sent to any address on receipt of 50 cents by Clark's Chemical Co.,

Toronto, New York. A District Manager Wanted. For the Ontario Mutual Life Company in Kingson and vicinity. This is a good open-ing for a man who will devote his whole time to it, and will secure new business, as the company is well and favorably known and has already a good business force in the above district. Salary, commission, or both offered to a pushing man. Apply S.

CalCa-Head Pic. Built a culf's head for thirty-five mirutes; then cut into pieces, put a layer in a pie dish, then a layer of samuage meat, then more calfa head, then three hard boiled eggs diced. Pour one-half cup strong beef broth into the pie-dish and bake. When done, pour into a mold in which is ourshalf cup of beef broth, and let stand till cold.-Ladies'

Berfsteak and Kidney Pudding. Line a basin with mosterately thick paste, fill with the steak and kidney cut into pieces, seison well with pepper and sait, pour aver it a capful of beef gravy, cover with pasts. tie in a cloth and but for two-aud-n-bulf hours. If liked, amore come may be added.

One View. Real estate is about the only ment nowadays." "You are off your base. There are many unscrupulous mon after the make it a side timp to invest in." Sir Down and Think.

it is. Once dropped into it he must remain to correct and regulate the stomach; 3rd, there six months before he can win advance than a cent a dose. Can you afford to be ment to the second grade where he started. I dyspeptic ?

HINTS OF VALUE FOR THE SPHING

The Fresh Water Birds Are Better Than Those Taken Along the Ducks Always Sock the Win

vasback ducks are more delicute and better flavored than those of the Chesapeake, and many Long Island prefessionals who have



birds are thin and poor when they first appear in the inland lakes, but they find the | them. same food as in the eastern marshes, and soon attain excellent condition and are free from the sedgy flavor of birds killed on the salt water. Canvasbacks are the last to appear in the west. They are preceded i order as they are named, by the blue winged teal, the mallards and widgeons. The old controversy over the classing of the canvasnok is still going on. Naturalists class | pill him among sea ducks, but the western sportamen are touchy on the point and claim him as a fresh water bird. They have some strong support in the statistics, which show that thousands are shot in the

A good thing for the sportsman of either east or west to remember is that the ducks seek the windward side of the marshes. If kept on by using Prof. La Forest's Parisian the wind is blowing from the north it is hair reviver. Sold at Wilson's Phamacy for stand, and if from the west to look through the western reed grass, and so on. Remember, too, that the frequent and seemingly erratic movements of the birds are for the purpose of procuring food. By watching the wind and bearing these simple facts in mind the sportsman can precede his birds to a certain spot. In shallow marshes a change of wind means a change in the depth of the water-that is, less water to windward-and knowing this the shoal feeding ducks fly against the wind. To a true sportsman the result of the log is not always the measure of a day's sport. Often when he is in the wrong place, without time to move, with rain failing and other disadvantages, he has what he calls magnificent sport. It is the constant possibility of a shot, the practice



of the whistle to inveigle the birds within range; in a word, it is the victory over difficulties that makes a satisfactory afterpoon. To call to a flock spread out against the sky in a mass, like a long, narrow kite; to crouch down and watch them with increasing anxiety and impatience; to whistle more softly as they confidingly answer; at last to shoot with rapid and confident deliberation, and then to see the birds come down splash!--ab, that is splendid, because it is duck shooting! Sport like this is never wearisome. There is endless variety every shot that is fired, and the birds, the sun and the wind each offers a new condition and a new surprise. A good day's duck shooting will be a memory never to be forgotten, even after the arms can no longer carry the faithful rifle and the cars no longer attend to the sharp "whirr" of the approaching birds. WILLIS STEELL

Worse Than a Cinb It was on a suburban train coming into Jersey City. A bald headed, fussy-looking man, with a pair of spectacles on his nose and his hat on the seat beside him, kept rubbing his pate in a nervous way and hitching about on the seat as if he was afraid of tacks. Opposite him sat a man who was closely watching his movements and chuckling and grinning until the attention of a dozen people was attracted. He was finally asked to

explain, and he said: "The old chap over there sat down on my hat, stepped on my toes and elbowed my ribs. and didn't apologise. I determined to get even with him. He always sits in that seat it isn't occupied, and he always hunts around to flud a paper instead of buying one. I'm getting even with him this morn-

But how! That paper is just three years old to-day t cost me 50 cents to procure it, but I've had \$50 worth of revenge. I left it on the sent, and he's been reading it for the last twenty

The old fellow struck the headlines of a railroad accident, looked puzzled, bobbed up and down, and slowly shook his head. He jumped from that to a murder-on to news from Washington-and for a minute was interested in the stock market. Then he folded the paper up, removed his glasses, and looked out of the window with a troubled expression

"He's wondering if his mind isn't giving way, and is half scared to death!" chuckled the joker. "Been flattering himself that he is good for twenty years yet, and the first thing he does when he gets to the city will be to buy some brain food and a liver pad. I'm not a bad, bad man, but the chap who sits down on my hat must at least apolog-

Minfudged. He was a very swell young man and she was an old woman. It happened in a street car. He arose to get out, and as he got opposite her she dropped her purse. He gallantly stooped to pick it up, but she mistook his motives and said in an easily board "No, yez don't. Gimme that pocketbook

or yez don't git away," and she grabbed his The poor man blushed, and after handing her the purse almost fell off the car in his emliarrassment. No Typewriter for Him.

Visitor to old buly. Your was writen for the post-spanors. I modelstand Old Lady routh participable pride You my how is mighty somet, if I'd a say it my Old Lady Oh, soche of places of the rate the peaky machines. The bix, to d. (18) to (1)

About of Koch's Lymph' Read what Mrs. Frank Maston, Bloomfield, Ont., says. When I came to Kingston last fall I was not only a physical wreck, but had a frightful cough, my brother recommunded me to try Miller's Emulsion of Cod Liver Oil, which I did. I commenced to gain both in flesh and strength at once, the cough leaving me gradually. I'v day I am as well as ever. Thanks to Miller's Emulsion. For usle at Wade's Drug Store. Ladies' and gents' umbrelies, from 25c to

THE TEA TABLE,

Entertained and Posted. In Boston seats for Barnhardt from \$12 to \$32.
Philadelphia speaks of a decline in shoes as gum drops.

and we are 'way shead of the fashion. lows when he has a cold in the head. Wade's mandrake liver pills, sure cure for diliousness and coastipation, at Wade's drug store, Kingston. Dress like a tramp and your friends will overlook you, but a policeman will look you

There is a girl out in Montana who has not speace for two months. She's just sixty days old. Hanson's Magle Corn Salve cures corns and bunions with three applications. 15c. per hox at Wade's drug store, Kingston. The only office that seeks the man now-a-days is on the top floor of a seven-story building with no elevator. A humorist is one of the few people that have no objection to being told they are the laughing stock of the community.

We offer a superfine pilot cloth pea jacket or overcoat for less than their par value during this week. Call and examine,

O'Brien & Howland. "Does your wife sit up for you when you come home late from the club?" "No, but she often sita down on me after I get in." Sanso-There is one thing that every What's that? Sanso-An engagement ring All cases of weak or lame back, headache rheumatism, will find relief by wearing enof Carter's Smart Weed and Bellado Backache Plasters. Price 25 cents. Try

the baby cry so ! Young Father-I guess he heard me say I managed to get a little aleep last night. Always avoid harsh purgative pills. They first make you sick and then leave you constipated. Carter's Litte Liver Pills regulate the bowels and make you well. Dose, one

Two thousand Italian laborers are organ zing and drilling with guns near Bellafret, W. Ve., save the liar. There are not fifty Italians within twenty miles of Bellaire. nor three who have guns, says the fact re-

I have known hair to come out in combfulls and I have known the balance to be An eastern agency advertises "150 articles

of everyday convenience about the household" for thirty cents. If you bite, and if the articles turn out to be 150 pins, don't let your neighbor know it. The more gudgeons the better for trade. That tired, languid feeling and dull headache is very disagreeable. Take two of

Carter's Little Liver Pills before retiring, and you will find relief. They never fail to The widow of Gen. Grant invested her money in stocks and the result is not satisfactory. Mrs. Grant is in a bad way about it, but the great American nation of gamblers look upon the transaction as a purely "business" affair, and Mrs. Grant may con-

HER TYRANT MASTER

tinue to suffer.

With checks aglow from kisses of the frost, Blue laughing eyes, and shining lour, wind She comes in breathless, bright, a little late. Fair as a dream, but pitiless as Fate She struggles with her rubbers on the mat. Lavs by her jacket and hangs up her hat,

Pulls off her gloves, and sweetly thoughtful Beside the register, to warm her hands. I look up, at her soft "good morning," then I mumble "morning," and lay down my pen-And then her task begins, and, like a Turk. 1 keep her how remoreelessly -at work

She's my typewriter yet, and I'm her "less, I hear her tell the bookkeeper I'm "cross, And "hard to please." Great Scott ! that a If she could only know how hard I'm hit?

Oh, yes, I scold you, dear; I mag and yell. Only because you please me, far to well; Also, because I'd like to knock in two The tall young fellow who walks home with



Chorlie-I tell you me boy, she's a high-Dick-Must be from Toronto then. Always heard it was muddy there .- Toronto Satur-

Just a Plain Sailer. A sea captain, who was going up to Albany to see his friends, came out with us on the train, and a Chicago broker, who first discerned his presence, gave the boys the wink, and followed it up by saving If we work it right we can get some awful lies out of him Let some one ask him about sharks and sea serpents." Four of us crowded him into a smoking

compartment, and when we had become slightly acquainted the inquiry was made: "Captain, you have doubtless seen some very large whales? How long would you say the largest was?" "Gentlemen, I never saw a whale in my tife," he replied. "I have been at sea for

twenty-six years, but I never happened to see a whale " "Well, you have seen serpents in the warm "Never saw one there."

"But you must have seen some extra large "Gentlemen, I hope you will believe me when I tell you that I never saw a shark ex-

cept in an aquarism." "But you have been wrecked?" Ever have a couting?" "Fire at seaf"

"Most with a pirate?"

Tidal wave

What sort of a sailor are you. "I'm sorry for you, gentlemen, very sorry, but the fact is I am only a plain, every-day sailor, and my mother made me take a vow when I first went to sen that I would always speak the truth. Here are some good nickel cigars for you, but as for

lying, I can't do it not even about sea ser-

Helloway's Ointment and Pills. These remedies are unequalled throughout the world for bad lega, wounds, foul sores, bad breasts, and ulcers. Used according to directions gives with them there is no wound, bad legs or ulcerous sore, however obstinate or long standing, but will yield to their healing and curative properties. Many poor sufferers who have been patients in the large hospitals under the care of emisent surgentse, and have derived little or no bene-fit from their treatment, have been thoroughly cured by Holloway's Ointment and Pills. For glandular swellings, tomours, ng that can be used with as much benefit. In fact, in the worst forms of disease, dependent upon the condition of the blood these medicines, used conjugatly, are irresis

The Next Total Eslipse of the Sun. Visible in Canada will occur Oct. 1st. 1889 Put this in your scrap book. Imperial Cream Tarter Baking Powder celipses all others made. Absolutely Pure.

For white sweet bread use our flour in cot ton sacks. James Crawtord,

Society Weman Giving Pointers to a Timid Young Man Who's 'Paws'' Wore Cropping up Bigger Than a Saw Log-An Interesting Tale. "My dear fellow," said a society svenan of

cent candor to an awkward, timid sound far and graduate whom she was to provide you have any amount of talent, you have osition, you have money, but you will never e at your case, mover show at your lest, until you know what to do with your hand. and feet. You must lose them, forget them, be unconscious of them." This is easier said than done; and yet it i

possible by the presistent use of a few simple

exercises which bring relaxation and free done from stiffness, and others which encourage flexibility and strength of nuscle, Cultivate the halds of letting the arms fall and place themselves as they, will when standing or sitting without occupation. Learn to swing them, one at a time, back and forth, like a pendulum banging from the shoulder, the elbow-joint straight and easy, but not test. Lift the length of the arm as a weight from the shoulder very quietly and slowly as high as it will go, and bring it down in the same manner. The muscles across the back are wakened to a wonderful degree. Try this movement stagly, and again with both arms, fifty or a hundred times a day. With the arms hanging at full length, elevate the shoulders slowly and turn them in a rotary motion toward the back.

A daily practice of such simple revements calls one's attention to the varied actions and use of 1 int and muscles; the idea Young Mother - What in the world makes stood, and the Laisets of muscles int. y alternation and i nature. This is succession become the numbering of one a rorces, and training them to do each its own part. It is a ku.d. of personal message the virtue of which lies in the minute search for weakness, flabbiness and lack of development in the smallest muscle, and the daily gentle manipulation which strengthen it by action. No woman wants that close-knit sinca and knotty, woody fiber that many neu seek to obtain from athletics. It is entirely opposed to the offices of life to which nature calls her; she does want firmness with flexibility, staying power and endurance .- Emma Moffett Tyng, in Harper's Bazar.

A Man With an income. Any one could see at a glance he was from the country. His hair was long, his face was brown and the back of his neck was semped and crisscrossed with deep furrows. His clothes looked as if they had reposed at one time on the shelf in the dry goods department of the corner store He walked into a saloen on the avenue

called for a glass of "lager beer" and looked. around as if he was anxious to have somebody come up and talk to him. There were a degree men sitting at half as many little round tables in the rour, but not one made a After he had drunk half of his beer he picked up the glass and went to one of the

tables and made himself at home "Purty cold out," he began "Yes, the said one, while the old man took another guip of his beer. As seen as the swallow had trickled defen, he spoke again, waying his hand in a general way

over the table. "Drink her up, 'n have one, with me They did. "I just come from near Catlettsburg, Kentucky," he ventured

" "N that so?" encouragingly. "Yes: 'n expect to do party well here "That's good "Yes, me 'nd my wife come up last night We expect to do porty well "What are you going at "

"Aia't going at nothing. Our old brindle now on the farm bad a heifer calf with two heads four weeks as of it as the darned thing cuts with one mouth in drinks with t'other. take a look at the town while we're drawing | DELIBERATE BREACH OF FAITH ON THE PART OF THE CHEMIST, TO PRESCRIBER AND PATIENT ALIES. ber salary. That's party good, ain't it ! Have

A REVOLUTION IN DYEING.

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The earlier artificial dyestuffs produced shades so much more beautiful than those produced with the natural dyestuffs that at first the accompanying lack of permanency was not so much considered. As time went on, however, there was a reaction and a demand for fast and bright colors arose, and has of late years been maintained. One great advantage in the use of artificial dyes stuffs is that in each group of those dyed in the same way are those which will produce the three primary colors, so that by proper combination all shades can be produced in one dveing operation

As the natural dvestuffs do not possess this advantage, and many of the shades produced by them require two or more dveing operations, the result has been that they have been largely displaced by the artificial products, and only those which present some special recommendation meet with any exensive use. Principal among those are logwood, fustic indige an I cutch, all of which are used in enormous quantities; but even now the first and last have strong competitors in the artificial dyestuffs, and it is not impossible that in time all the natural colors ing matters may be entirely superseded -Pittsburg Dimntch

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