For Dyspepsia is Ayer's Sarsaparilla. ther medicines may give temporary relief; but Ayer's Sarsaparilla makes a positive and permanent cure, as thousands can testify all over the country.

" My stomach, liver, and kidneys were in a disordered condition for years," writes R. Wild, of Hutto, Texas, "and I never found any medicine to relieve. the, until I began to take Ayer's Sarsaparilla. Less than six bottles of this remedy cared me."

Mrs. Joseph Aubin, of Holyoke, Mass., was for a long time a severe sufterer from Dyspepsia, trying, in vain, all the usual remedies. At last she began to take Ayer's Sarsaparilla, and only three bottles restored her to perfect health.

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Ayer's Sarsaparilla, Prepared by Dr. J. C. Ayer & Co., Lowell, Mass. i rice 31 ; six bottles, \$5. Worth \$5 a bottle.

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Private Brands for the Jobbing Trade a specialty.

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In Bronze on Each Plug and Package.

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It cures Dyspepsia. Among the choice Breakfast Cereals manufactured at "Our National Food" Mills, Toronto, which are having an extensive sale all over the Dominion, the Desicated Wheat is the greatest boon to dyspeptics ever invented. One out of hundreds of testimonials received: "I had dyspepsia for 20 years. I used all sorts of remedies until five years ago I got your Desicated Wheat, I gained 15 pounds in three months and have been well for nearly five years, but I use the food every day still." Send five cents to pay postage on sample to Send five cents to pay pestage on sample to

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THE CAPITAL'S EASTER.

THE CHILDREN'S EGG ROLLING ON THE WHITE HOUSE GROUNDS.

Why the Young Ones of Washington Prefer Easter Monday to Christmas-Curious Features of a Picturesque Assemblage of Children-The Capitol Grounds.

OTS by the

thousand trooping in one direction like the magic spelled children following the sweet music of the Pied Piper of Hamelin! Multitudinous tots pouring from all the houses and streets and toddling with uncertain step but immeasurable confidence towards the finest play ground in America! Tots in all the stages of wealth and poverty, and in frocks as various as the colors of birds in tropical climes! Dainty little tots,

with faces that have been scrubbed_into a shiny redness, and in immaculately white and stiff pinafores that will be sadly discolored and limp before the day is done! Tots in patched dresses and little pink toes peeping through their shoes, but happy as chipmunks on an autumn day! Pickaninny tots, with faces as black as Michigan soil, hopping and skipping with unrestrainable glee! Smutch faced tots! Garterless tots, with stockings hanging down! But all of them deliriously happy tots!

It is Easter Monday in Washington, and the children are on their way to the White House grounds to spend the day. .

The children of Washington have a more genuinely enjoyable time on Easter Monday than during all of the Christmas holidays, They look forward to it as the greatest event of the year. True, during the Christmas season they are given any amount of plum pudding, mince pie, turkey and pink and yellow candy, but the close of the festivities usually finds them in a condition of satiated disgust and they secretly wish the thing were

Easter Monday does not consist in the nunching of indigestibles. It is simply a grand romp on the undulating lawns surrounding the mansion of the nation's presi-

Washington is always beautiful in the Easter season. The rains of the early spring have ceased, and tree and flower have suddenly burst into bloom. The air is filled with the perfume of the hyacinths that are so plentiful in the parks, and the lilacs, dandelions and snowballs insert their rich colors in the most radiant spring kaleidoscope to be seen in the United States. The grounds surrounding the White House are beautiful in design and coloring, and the spectacle of thousands of children dancing over them, bathed in the warm light of the spring sun, is one of exquisite picturesqueness. The groups of toddlers extend as far over as the Washington monument, which looks like a gigantic marble finger pointing into space. Most of the children are with the parents or nurses, but it requires the most careful watching to keep the young ones from getting lost in the ever moving crowd. The children, most of whom are provided with a little fancy basket of variously colored eggs, roll them down the slopes of the many mounds on the grounds, and when they are broken they distribute them among the numerous ragged bootblacks and homeless urchins who stand around and eat an enormous number of eggs without turning a hair.

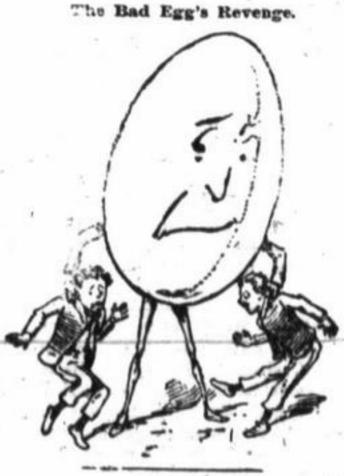
In this common playground all distinctions of race, color and previous and present condition are razed to the earth. The before mentioned affluent tots will roll and romp and crack eggs with the contingent from Toddledom in Swampdoodle (one of Washington's rough spots), and before the day is over their mothers are talking confidentially together, comparing the various points of their progeny.

The lady of the White House usually mingles with the children for an hour or so on Easter Monday. Nellie Arthur, the daughter of the late ex-President Arthur, used to take part in the egg rolling games berself. Mrs. Cleveland always made it a point to be among the children on the White Lot on Easter Monday, and would amuse them and coddle and coax them with a skill that was the admiration of all the newspaper correspondents in Washington.

The spectacle of this most beautiful of White House mistresses carrying a little ragged girl on her shoulders, or taking a bunch of violets from her dress to give to a little boy who asked for them, would make striking enough pictures to hang on the walls of the executive mansion. When Gen. Grant was president he used to stroll out to a bench in the White Lot, where he would sit, puffing at a cigar and watching the antics of the children. The fun is kept up without cessation from early morning until darkness begins to fall, when the children, thoroughly played out, but with a healthy glow in their cheeks, are marched off to home and to bed. It takes some days for the gardeners of the White House to clear the grounds of egg

It is not in the White Lot alone that these Easter egg rollings take place, but in all of the larger parks of the city. The spacious grounds surrounding the Capitol used to be a great place for the children, but the great marble terrace which is now being completed has spoiled the hill for egg rolling.

CLARENCE L. CULLEN.



Like a meteor, large and bright. Fell a golden seed of light On the field of Christmas night, When the Babe was born

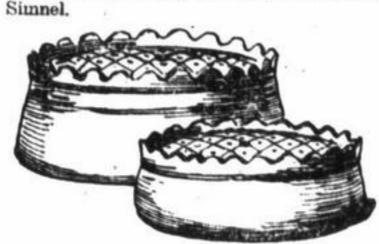
Then 'twas sepulchred in the gloom, Till above his holy tomb Flashed its everlasting bloom, Flower of Easter morn! -John B. Tabb. THE SIMNEL CAKE.

A Curious Concoction of Pastry and Good Things-Origin of the Name.

A very curious old Easter custom in Shropshire and Herefordshire, England, is to make a rich and expensive cake called a simnel cake. The cakes are raised and the crustis made of fine flour and water with enough saffron to give it a deep yellow color. The interior is filled with materials of a very rich plum cake, with plenty of candied lemon peel and other good things. They are made up very stiff, tied up in a cloth and boiled for several hours, after which they are brushed over with egg and then baked. When ready for sale the crust is as hard as if made of wood, a circumstance which has given rise to various stories of the manner in which they have at times been treated by persons to whom they were sent as presents, and who had never seen one before, one ordering his simnel to be boiled to soften it, and a lady taking hers for a footstool. They are made of different sizes, as may be supposed from the ingredients. Their form, which, as well as the ornamentation, is nearly uniform, will be best understood by the accompanying engraving, representing the large and small cakes. One of the most curious things about these cakes are the tales which have arisen to explain how they first got their name. Some pretend that the father of Lambert Simnel, the well known pretender of the reign of Henry VII, was a baker and the first maker of simnels, and that in consequence of the celebrity he gained by the acts of his son his cakes have retained his name. But a much more curious story is one that

is current in Shropshire. It seems that long ago there lived an honest old couple, boasting the names of Simeon and Nelly, but their surnames are not known. It was their custom at Easter to gather their children about them and thus meet together once a year under the old homestead. The fasting season of Lent was just ending, but they had still left some of the unleavened dough which had been from time to time converted into bread during the forty days. Nelly was a careful woman, and it grieved her to waste anything, so she suggested they use the remains of the Lenten dough for the basis of a cake to regale the assembled family. Simeon readily agreed to the proposal, and further reminded his partner that there were still some remains of their Christmas plum padding hoarded up in the cupboard, and that this might form the interior and be an agreeable surprise to the young people when they had made their way through the less tasty crust. So far, all things went on harmoniously, but when the cake was made a subject of violent discord arose, Sim insisting that it should be boiled, while Nell no less obstinately contended that it should be baked.

The dispute ran from words to blows, for Nell, not choosing to let her province in the household be thus interfered with, jumped up and threw the stool she was sitting on at Sim, who on his part seized a besom and applied it with right good will to the head and shoulders of his spouse. She now seized the broom, and the battle became so warm that it might have had a very serious result had not Nell proposed as a compromise that the cake should be boiled first and afterwards baked. This Sim agreed to, for he had no wish for further acquaintance with the heavy end of the broom. Accordingly the big pot was set on the fire and the stool broken up and thrown on to boil it, whilst the besom and broom furnished fuel for the oven. Some eggs which had been broken in the scuffle were used to coat the outside of the pudding when boiled, which gave it the shining gloss it possesses as a cake. This new and remarkable production in the art of confectionery became known as the cake of Simeon and Nelly, but soon only the first half of each name was preserved and joined together, and it has ever since been known as the cake of



SIMNEL CAKES.

These are by no means the only sources from which the name is said to be derived. It is found in early English and also in French, and it appears in mediæval Latin under the form of simanellus or siminellus. It is considered to be derived from the Latin simila, fine flour, and is usually interpreted as meaning the finest kind of white bread made in the middle ages. It is evidently used, however, by the mediæval writers to mean a cake, which they called in the Latin of that time artocopus, which is constantly explained by simnel in the Latin-English vocabularies.

At any rate this cake is certainly of very ancient origin, and it is a very curious custom which has been handed down for so many generations.

> Easter Emblems, Now the egg is glorifled, And escapes From a scrambled fate or fried.

It appears in other shapes; It is colored every hue, Made of every substance too And the gaudy butterfly

(Poor dear thing:), As the Easter time draws nigh It unfurly its colored wing, And with weak, unsteady leg. See, it tries to draw an egg! And the little yellow chick,

In his shell, With a head that will not stick In the place it ought to dwell. He has joined the "motley crew." He's an Easter emblem too!

Eggs and butterflies and chicks, Even hens, Lambs, and owls on little sticks, Things 'twould take a dozen pens To describe—on every side, See, they swell the Easter-tide!

And the cards-new every year-Who can tell. The devices, strange and queer. That as Easter emblems sell?-Satin, scented, faintly tinged, Padded, puffed, and silken fringed-

Till one fears, with all these things, We lose sight Of the thought that Easter brings, Of its realness, sweet and bright, For no emblem made by art Can compare with a glad heart.

-Bessie Chandler in Harper's Bazar.

Despondency and Depression Too often result from causes at the beginning easily remedied; but neglected most difficult to remove. The liver, allowed to become torpid and inactive, paves the way for a host of diseases, constipation giving away to indigestion, until at last the unfortunate victim has to undergo all the horrors of acute dyspepsia. No remedy so speedily and with such certainty corrects all diseases of the liver and stomach and bowels as Hamilton's Pills of Mandrake and Butternut. Vegetable in composition and always safe. Sold by Polson & Co., Kingston, and by dealers everywhere.

Adam Inglis, Renfrew, died last week, after a short illness from inflammation.

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No. 5 Mixed leaves Kingston at 4.15 p.m. arrives at Sharbot Lake at 7:10 p.m., Thurs

No. 7 Express leaves Kingston at 11:45 p.m. connecting with C.P.R. Night Express Train at Sharbot Lake for all points ast and west.

Arrives Ottawa, 5:25 a.m.; Montreal, 8:00 a.m.; Quebec, 2:30 p.m.; Toronto, 7:28 a.m.
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EASTER HOLIDAY SEASON, 1889.

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On presentation of certificates from their Pri cipals, oupi s and teachers may be ticketed at single fi. st-class fare and one third, good to g from april 6th to 19th, inclusive, good for

return until April 30th, inclusive. Passenger trains leave the new City Passenger Depot, foot of Johnson Street, as follows: GOING EAST. GOING WEST. No. 1 at 1:50 p.m. No. 2 at 3:50 p.m. No. 3.... a: 2:00 a.m. No. 4..... at 2:00 a.m. Mixed......at 6:10 a.m. No. 6......at 5:05 a.m. Mixed at 7:20 a.m. Mixed at 7:50 μ.m. Express trains Nos. 3, 4 and 6 run Sundays

included. No. 6 does not run on Monday. All tickets good to return for thirty days. For rates and general information apply to

Agent Grand Trunk Railway, cerner Johnson

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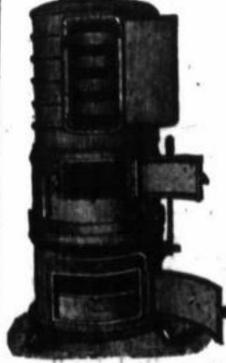
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The last train to make connection with the steamer leaving Fortland leaves Ki gston every Wednesday at 1:40 p.m., and to Halifax every Thursday at 1:40 p.m. All information regarding the selection of berths can be ob'ained from

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