THEORIES ABOUT FOOD.

Also a Few Facts On The Same Subject.

We hear much nowadays about health foods and hygienic living, about vegetarianism and many other fads along the same line.

Restaurants may be found in the large cities where no meat, pastry or coffee is served and the food crank is in his glory, and arguments and theories galore advanced to prove that meat was never intended for human stomachs, and almost make us believe that our sturdy ancestors who lived four score years in robust health on roast beef, pork and mutton must have been grossly ignorant of the laws of health.

Our forefathers had other things to do than formulate theories about the food they ate. A warm welcome was extended to any kind from bacon to acorns.

A healthy appetite and common sense are excellent guides to follow in matters of diet, and a mixed diet of grains, fruits and meats is undoubtedly the best.

As compared with grains and vegetables, meat furnishes the most nutriment in a highly concentrated form and is digested and assimilated more quickly than vegetables and grains.

Dr. Julius Remmson on this subject says: Nervous persons, people run down in health and of low vitality should eat meat and plenty of it. If the digestion is too feeble at first it may be easily corrected by the regular use of Stuart's Dyspepsia Tablets after each meal. Two of these excellent tablets taken after dinner will digest several thousand grains of meat, eggs or other animal food in three hours, and no matter how weak the stomach may be, no trouble will be experienced if a regular practice is made of using Stuart's Dyspepsia Tablets because they supply the pepsin and diastase necessary to perfect digestion, and every form of indigestion will be overcome by their use.

That large class of people who come under the head of nervous dyspeptics should eat plenty of meat and insure its proper digestion, by the daily use of a safe, harmless digestive medicine like Stuart's Dyspepsia Tablets composed of the natural digestive principles, pepsin, diastase, fruit acids, and salts, which actually perform the work of digestion. Cheap cathartic medicines masquerading under the name of dyspepsia cures are useless for indigestion as they have absolutely no effect upon the actual digestion of food.

Dyspepsia in all its many forms is simply a failure of the stomach to digest food and the sensible way to solve the riddle and cure the dyspepsia is to make daily use at meal time of a preparation like Stuart's Dyspepsia Tablets, which is endorsed by the medical profession and known to contain active digestive principles.

All druggists sell Stuart's Dyspepsia Tablets at 50c. for full treatment.

CHIFFONIER OR GENT'S DRESSER—We have a fine range, $8, $10, $12, $16, $18, $22, $25, $30, $45. A good choice. They are very convenient—giving to the gentlemen a place for everything—and everything in its place.

DRESSERS WITH MIRROR, $5 up; large variety up to $50 each.

CARPETS—Our selection of English Brussels is unequalled this season—Blues, Fawns, Greens, Crimsons—none wear better or give same returns for investment as good Brussels. 85c., $1, $1.25. All new patterns; selected in the English mills.

We are direct importers from Scotland, England, France, Germany, Switzerland, etc. Curtains and Shades, full stock.

T. F. HARRISON CO.
Undertakers, etc.
Telephone Nos. 90-91.

COTTON DOWN COMFORTERS

Filled with the best quality snow white carded Cotton, 2 yds. wide and 2¼ yds. long,

$3 EACH.

These Comforters are in all respects equal to the best Eiderdown at a very much lower price.

R. McFaul
Kingston Carpet Warehouse.

A Cosy Bright Fire

Is an attraction for every one. The cheery glow and intense heat of our Coal will make itself felt with pleasure during the cold weather. It's just the kind to cool with, too. Let us fill your bin with

BOOTH'S COAL.
'Phone 133. Foot of West Street.

WANT ONE SOON

SEEKING TO HAVE A C. E. CONVENTION

Reasons For Holding One in Kingston Next Spring—The News From the Churches — Anniversary Event.

There is a movement on foot among the Christian Endeavorers of the city to have the annual convention held here next spring. It is pointed out by those who are the leaders in this agitation that no more centrally located place could be found; its proximity to points in the United States is also in its favor.

"'Tis Kingston's turn to demonstrate the ability of the Endeavorers to plan and carry out the details of a convention," declared a prominent Christian Endeavor worker on Sunday. "Such a gathering in Kingston would instil new life in the workers, besides giving a new spiritual uplift. There are a number of men and women in our city who would be gems on our programme, and many others, not far from Kingston, could be secured.

"Our city is the most central and suitable place for such a gathering. In 1895 a choice programme was arranged and carried out, and great help resulted. The Endeavorers to-day can duplicate the work of that year, and are anxious and willing to do even better. We have a local union executive that can do its share for a successful convention.

"Many counties in the state across the line are holding grand rallies among the young people, and increasing the usefulness of the workers. By all means, let those who have anything to do in this part of the world of the Master arouse themselves at once and plan for a great gathering next spring in our city. Let the slogan from now on, and during the convention, be 'Saved to serve.' This is one of the most enthusiastic fields of Christian work; let us keep up the enthusiasm by getting in touch with outsiders by bringing them into our homes and exchanging ideas. Endeavorers, do not rest till you have helped further the Master's kingdom by a gathering of young people worthy of being called Christian Endeavorers."

Church Paragraphs.

Rev. Dr. Jordan conducted anniversary services in Arnprior on Sunday.

Rev. Douglas Laing preached in Chalmers Presbyterian church, Montreal, on Sunday.

Rev. R. J. Craig in the morning and Rev. James Wallace, B.D., in the evening were the preachers yesterday at Chalmers church.

The anniversary services of Queen street Methodist church will be held on November 16th, with Rev. Dr. Crothers, Belleville, as preacher.

Chalmers' church pulpit was occupied on Sunday morning by Rev. R. J. Craig, M.A., and in the evening by Rev. James Wallace, B.A., of Queen's.

The service in St. Andrew's church last evening was of a musical nature. At the conclusion the choir sang "God Be With You Till We Meet Again," as a good-bye to Mr. Arthurs, who presided at the organ for the last time.

The following have been elected society representatives on the official board of Queen Street Methodist church: Mrs. R. E. Sparks, Mrs. (Prof.) W. Pike, Messrs. Bateman, Asselstine, Clark, Dobell and Wormwith.

Harvest Thanksgiving services were held in Holy Trinity church, Wolfe Island, Sunday. The attendance at morning service was unusually large. The pretty little edifice was tastefully decorated with tokens of an abundant harvest. Rev. Mr. Forester preached sermons appropriate to the season. In the morning the musical portion of the service was rendered by a choir from the city, under direction of W. V. Kedley. Fred. Tighe presided at the organ. The music was greatly appreciated.

"A Trip To Coontown."

The finest singing combination of the season appeared at the Grand opera house on Saturday. There was a large and appreciative audience at night, and the spectators enjoyed themselves greatly. Representatives of McGill football club were in the gallery and gave the college yell and joined in the choruses. The programme was rich in solo numbers, ducts, trios, quartettes and concerted pieces. There was dancing galore and a very Niagara of irresistible laughter. The girls are all pretty and the men talented. The company is headed by Miss Laura Walker, called the Melba of her race. De Wolf Hopper, at his best, was never more entertaining than the principal fun maker of the organization, the original "Jim" Brown. Altogether, the company is a good one and will be popular during their tour in Ontario.

What May Take Place.

The civic committee on water works will meet this week to consider the question of appointing a successor to F. G. Smith, book-keeper for the department. There are about a dozen applicants for the position, among them being William A. Newlands, clerk in the office of the city engineer. From present indications, Mr. Newlands will receive the appointment, in which case the city engineer will have to provide himself with a clerk, as, according to a by-law adopted last year, regulating and defining the duties of the city engineer, that official has power to appoint all the officials, laborers, etc., employed in his department, so that the council will not have anything to say in the appointment of a successor to Mr. Newlands, in the event of his transfer to the water works department.

Fall Importation Of 1902.

Prevost, of the New York clothing store, Brock street, has received all his fall importations for order work in his tailoring department. His ready-made department is well assorted and a large assortment to choose from. For low price and durability he defies competition.

Bibby's. "Overcoats." Bibby's.

Our swagger overcoats in short, medium and long, $8, $10, $12.50, $14, $15. Price to try on, nothing. The H. D. Bibby Co.

PERSONAL MENTION.

Movements Of The People—What They Are Saying And Doing.

E. Hammond, clerk in the Albion Hotel, is seriously ill.

Stephen Roughton and family have been visiting in Belleville.

Dr. G. A. Woodruff, Middleville, spent Saturday in the city.

Mrs. Henry Beadle, Syracuse, N.Y., is the guest of her mother, Mrs. James Reid, Princess street.

Edward Clark and wife, Cleveland, Ohio, are visiting at J. E. Clark's, upper Clergy street.

Mrs. F. J. Belch left this morning for Syracuse, N.Y., to visit her mother, Mrs. F. W. Grover.

Joseph Reyner and daughter, Elsie, visiting relatives here, returned to their home in Montreal to-day.

Rev. T. C. Brown, Sydenham, has been in Lindsay for some time, the guest of his nephew, Samuel Brown.

Mr. Roome, London, Ont., and Dr. Smith, Carleton Place, are visitors at William Meek's, Sydenham street.

Garnet Lockett, Wellington street, returned on Saturday from Napanee, where he spent Thanksgiving Day.

Miss Tillie Rowan, Ottawa, is in the city, visiting her parents, Mr. and Mrs. Robert F. Rowan, University avenue.

E. R. Doward has been appointed organist and choirmaster of the Central Methodist church, Bloor street, Toronto.

Rev. Dr. Antliff left to-day for Montreal to attend the meeting of the mission board of the Montreal Methodist conference.

R. G. Murphy, Elgin, a well-known officer of the Eastern Ontario Dairymen's Association, was in Kingston on Saturday.

The condition of Rural Dean Wright, ill at Brockville, has improved. All the members of his family were summoned to his bedside.

Thomas Jackson, general foreman for Joseph Carrington, left this morning on an extended trip to purchase supplies for the Kingston tannery.

Mrs. Brown, of "The Trip to Coontown" company was presented with McGill colors by one of the football players and wore it during the performance.

Dr. and Mrs. John Graham, Auburn, Ind., are guests of Mrs. J. Graham, Union street west. Dr. Graham is en route to the woods of Maine on a hunting tour.

B. C. Higgins, a graduate of the Royal Military College, of the class of '02, is now in charge of the Winnipeg agency of J. H. Ashdown & Co., a large mercantile firm.

Mrs. J. B. Blanchard, Napanee, returned from New York on Saturday, and, with Mr. Blanchard, who came down from Napanee, spent Sunday with her daughter, Mrs. E. W. Coates, Princess street.

Rev. James Lawson, Addison, was in the city on Saturday. On Sunday he conducted service in the Methodist church at Elginburg. Mr. Lawson is giving a series of temperance lectures in this district.

John M. Scott, B.A., a graduate of Queen's, and late of Brockville, has accepted a position as travelling auditor of the United States Improvement company, with headquarters at Philadelphia. Mr. Scott will make a trip to San Francisco, for the head of the trust.

DEATH OF W. HARKNESS.

Passed Away After Short Illness—Was Highly Respected.

Announcement of the death of William Harkness Sunday morning came as a surprise to his many friends, few being aware of his illness. The deceased was ill only a few days of heart affection, and though the best medical skill was consulted, nothing more than temporary relief could be secured. The late William Harkness was born in Kingston, fifty years ago, being the second son of a family of boys who have been prominent citizens for a number of years. Early in life the deceased engaged in butchering and followed that business up to the time he was taken ill. He is survived by his wife and three sons, one of the latter being an employee of the post office. Alderman S. Harkness, this city, and Alderman H. Harkness, Fort William, are brothers.

The late Mr. Harkness was a person who made many warm friends. He had always a cheerful word to offer, and was never heard to utter a syllable derogatory to anyone. Though firm in his convictions, he was not wont to intrude his opinions upon others. His advice was freely sought and was generously given. In late years he made his home in the township of Kingston, just east of the Grand Trunk depot. In his boyhood days he was an employee of the Whig, when it was published on Bagot street. The deceased was consistent supporter of reform principles in politics.

Bed-Ridden Fifteen Years.

"If anybody wants a written guarantee from me personally as to my wonderful cure from rheumatism by South American Rheumatic Cure I will be the gladdest woman in the world to give it," says Mrs. John Beaumont, of Elora. I had despaired of recovery up to the time of taking this wonderful remedy. It cured completely." Sold by H. B. Taylor and Henry Wade.—58.

Alma Mater Society Meets.

The Alma Mater society of Queen's College met on Saturday evening, and made several important changes to the athletic constitution of the university in order to allow for the entrance of track teams. The annual meeting of the hockey club was postponed for one week, and the vacancies in the Journal staff filled.

Wants Wages.

A young girl formally employed in a local restaurant was in the police court this morning complaining of non-payment of wages, claiming that $2.75 was due her. The police will help her collect the money.

Bibby's. "Overcoats." Bibby's.

Style, beauty and fit are combined in our Westminster overcoats, $8, $10, $12.50, $14, $15. The H. D. Bibby Co.

For Every Day Use.

Delicious, appetizing, satisfying and always ready. Clark's pork and beans.

GREAT FINISH.

M'GILL TIED SCORE SEVEN SECONDS BEFORE TIME.

Poor Judgment Lost Queen's the Game — Score Was 6 to 6 — Queen's II Defeated R. M. C. I Deseronto Again Beaten.

In rain or murky weather,
The rugby match is played.
Queen's will chase the leather,
Though through the mud they wade.

A bit of poor judgment lost Queen's the intercollegiate match with McGill on Saturday afternoon. For the last ten minutes McGill played with a dash, and forced the play to within ten yards of Queen's goal, where McDowall fell upon the ball. Had Dalton or Britton then kicked behind their own goal, and allowed a rouge, the match would have been saved. Two years ago when Rough Riders were pressing close to Granites goal line and when a touch seemed inevitable, McDowall passed over his line to Hamilton who rouged, and thus prevented a defeat. Queen's might have done the same thing but they didn't.

At fifteen seconds before time, the score stood six to one in Queen's favor. The scrimmage formed, with McGill in possession of the ball, Queen's having lost it. The Montreal quarter got it, but was tackled. Full-back Patch snatched it from his hands, and dashing around the line, untackled, easily scored a touch, tieing the score. The try for goal was missed, but the McGill rooters were uproariously happy. Only seven seconds then remained to play, and of course no further score resulted. How Queen's allowed Patch to get around the end of the line is a mystery. He seemed to be unnoticed and could have walked over for the touch, as no red, blue, yellow jersey was in sight.

The college athletic grounds were in good condition, the ground being a little wet, but by no means soggy. McGill had a gale of wind in their favor during the first half, but it was of little benefit, for Queen's played so aggressively and held the ball so well that only a few times did the McGill halves get any chance to kick. The play was principally in McGill territory, but a dribble finally sent the ball to Queen's twenty-five yard line. Then Richards kicked over the goal line, and Simpson tried to relieve by kicking out, but a gust of wind took the ball into touch-in-goal. Five minutes later half time was called, the score standing: McGill, 1; Queen's, 0.

The only feature of the half was the spectacular fistic performance between McDowall and Nagle. The latter had been bothering both Young and the ex-Granite quarter-back, and finally the latter's fist collided with the Montreal player's open mouth. The sound was heard all over the field, and both players were sent off to rest. "Jack" apologized by explaining that he had forgotten but what he was playing under O.R.F.U. rules. At half time "Bees" Williams comforted him by declaring it was a "righteous stroke," and instructing him in the intercollegiate rugby catechism of clean play, of which "Bees" is Queen's best theoretical exponent.

Unfortunately for Queen's, the wind dropped in the second half, and after fifteen minutes play, each team was on equal kicking terms. After a long kick and a fine run by Dalton, Britton finally got the ball near McGill's line and went over for a touch. An easy try was missed. Queen's, 5; McGill, 1. In a very few minutes later, Britton kicked over McGill's line, and Patch rouged. Queen's, 6; McGill, 1.

During the last ten minutes, McGill played an aggressive game, holding the ball till they worked it down near to Queen's goal. Then came the play which resulted in their touch.

There were no very conspicuous plays: On Queen's side, Ross, Dalton, McDowall and McDonald showed up particularly well, while Nagle and Richards were chiefly noticeable in McGill's play.

Dr. Mackenzie, Montreal, was originally appointed time-keeper, and played the teams two minutes over time in the first half. His excuse was that he thought the old forty-five minute halves were still in existence. And yet the doctor lives in a big place like Montreal, and claims to be a rugby enthusiast! Cadet Hoyles, of the R. M. C., was substituted in the second half.

The attendance numbered only 500, the rain spoiling Queen's athletic committee's fond hopes of a big gate.

The touch line in front of the grand stand had far too many spectators. The college authorities didn't seem to make any effort to keep it clear.

Queen's—Full back, Simpson; half backs, Kearns, Britton, McDonald; quarter, Dalton; scrimmage, G. Reid, Donovan, Sherrill; inside wings, Faulkner, Ross; second outside wings, Murphy, J. Faulkner; flying wing, McDowall; outside wings, Young and Williams.

McGill—Full back, Patch; half backs, Hamilton, Richards, H. Molson; quarter, Mindl; wings, McPhee, O'Brien, Graham; inside wings, Waterous, Wright; second outside wings, W. Molson, Shellington; flying wing, Boulter; outside wings, Martin, Nagle.

Referee, S. R. Biggs, Toronto; umpire, Dr. McCollum, Toronto; timekeepers, Dr. Mackenzie, Montreal and Cadet Hoyles, R.M.C.; touch line judges, E. S. Elliott, Kingston, and R. Kenny, Montreal; goal judges, Connell, Queen's, and Gray, McGill.

Queen's II Won.

Queen's II won the intercollegiate intermediate match with R.M.C. I on the military college grounds, Saturday afternoon, the score resulting 8 to 1. The Cadets had the wind in the first half, but scored only a touch-in-goal. In the second half, Queen's got a touch, a rouge, and two touches-in-goal. Pannell made the touch. The return match will be played next Saturday at Queen's Athletic grounds. Hoyles, captain of R. M. C., injured his shoulder and had to retire.

Queen's II—Full back, Fee; half backs, Crothers, Strachan, Ferguson; quarter, Pannell; scrimmage, Gillis, Thompson, Malloch; wings, Reid, Harpell, Patterson, Bailey, Malone, Gleeson, Mahood.

R.M.C. I—Full back, Lucas; half backs, Trimmer, Harrington, Hackett; quarter, Constantine; scrimmage, Mathieson, Leonard, Bixel; wings, Carr-Harris, Wright, Leonard, Ross, Dunlop, Dawson, Hoyles.

Referee—J. Robinson, Queen's; umpire, Cadet Waldron, R.M.C.

Sport In General.

It took a former Kingston boy, Frank Patch, to save McGill from defeat.

In the Intercollegiate intermediate series, 'Varsity II defeated Trinity, 24 to 2.

"King" Clancy, of Ottawa, accompanied the McGill team as coach and trainer.

Rayside played with the Rough Riders on Saturday, instead of with Montreal Britannias.

The Canadian rugby championship certainly lies between Ottawa College and Ottawa Rough Riders.

"Dinny" McDermott declares that his team of Granite outlaws could trim McGill without a practice.

Brockville rugby team has had hard luck. Again on Saturday at Montreal they were defeated by Britannias, 10 to 5. Brockville has lost three straights.

Napanee Collegiate Institute and Picton high school association football teams play off a tie match at Deseronto next Saturday. A Kingston referee is being sought.

"Herb" Horsey, who played with Queen's from 1889 to 1895, was an interested spectator at the Queen's-McGill match. His enthusiasm is as great as ever. He left to-day for China.

Ottawa Rough Riders succeeded in defeating the Toronto Argonauts at Rosedale on Saturday by 9 to 4. At half time the score was 1 to 0 in Argonauts favor. The match was devoid of rough play.

Though Mellor, of Yonkers, N. Y., won the twenty-mile road running race at Hamilton, he did not equal the record of Caffery, the former winner. The latter did the distance last year in 1.51.52, or 2.39 minutes less time.

Deseronto juniors played their return match with R.M.C. II on the campus of the latter on Saturday afternoon, and were defeated, 9 to 6. The Cadets win the round by eighteen points, and play off with Limestones two weeks hence.

INCIDENTS OF THE DAY.

Newsy Paragraphs Picked up by Reporters On Their Rounds.

No. 3 company, Army Service Corps, will parade at the armouries Wednesday night.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder is better than other soap powders, as it also acts as a disinfectant. 24

"Kleptomania is about the only disease that the patient makes money at," says the Portsmouth Philosopher.

The embankment surrounding the Kirkpatrick memorial fountain fronting the court house, has been nicely sodded.

Queen's University council meets this afternoon to arrange for the laying of the corner stone of Grant Convocation Hall next month.

At McLeod's drug store you can purchase for 50c. an atomizer to spray oil or water, hard rubber fittings. Your money back if not satisfactory.

The foundation has been laid on Garden Island for a new supply warehouse, wherein all supplies for the Calvin company's fleet of boats will be kept.

The Belleville girl soliloquizes: "Here is some food for solid thought. I proved it at a recent ball: 'tis better to be kissed and caught, than never to be kissed at all."

O. F. Telgmann has returned to his home in the city after presenting "Leo, the Royal Cadet," at Deseronto and Picton. The attraction drew good houses in both places.

A horse owned by John McCard, a Brockville liveryman, was stolen from a Gananoque hotel stable. The animal was in charge of a traveller who was on his way home from a week's trip. The animal is described as a chestnut mare.

Patent sand boxes and apparatus were placed in the street cars to-day. These will be found a great convenience on a day when the rails are slippery. By pressing a button in the front of the car, the sand drops on the rails above the wheels.

Between half past seven and eight o'clock this morning letter carriers were seen trying to get into Princess street places of business, but not one place in three was open. If merchants do not receive their mail as early as they would like, they have themselves to blame for not having their places of business open in time to catch the carriers on their first round.

Won The Hewat Trophy.

Capt. Symons won the golf handicap match Saturday, and will hold the Hewat trophy for the ensuing year. There were fifteen competitors. Capt. Symons' score was ninety-one, less four of a handicap, yielding a net score of eighty-seven.

Prof. Watson Goes Abroad.

Owing to ill health, Prof. Watson, vice-principal of Queen's, has been forced to relinquish his duties for the session. This week, in company with his eldest daughter, he will leave for Scotland where complete restoration will no doubt result.

With Good Success.

The Grant memorial tablet committee meets this evening to discuss ways and means of furthering the work. The canvass for funds is being vigorously prosecuted, and with good evidences of success.

No One Appointed.

So far the 47th Regimental Band has not appointed a new manager. A meeting was to have been held on Saturday evening, but it did not materialize.

Health

Pure and rich blood carries new life to every part of the body. You are invigorated, refreshed. You become strong, steady, courageous. That's what Ayer's Sarsaparilla will do for you.

$1. All druggists. J. C. AYER CO., Lowell, Mass.

LEFT IN CARS.

GOODS PICKED UP BY CONDUCTORS.

Miscellaneous Collection of Things Passengers Leave in the Street Cars — Honest Conductors Turn Them Into Office.

Ever get off a street car and leave your umbrella behind? You have? Well, you can console yourself with the reflection that there are others! It is a common trick to take your leave of a street car and your umbrella at the same time, but invariably the umbrella turns up at the office of the street railway company, unless it happens that a dishonest fellow-passenger picks up the forgotten article and carries it off before the conductor has seen it, in which case, good bye to your "bumber shoot."

It is astonishing the quantity and variety of miscellaneous stuff picked up on the street cars in the course of a year, but umbrellas and parasols head the list. It is a common thing for conductors to pick up ladies' jackets and shawls. These are immediately turned in at the company's office on Ontario street, and, upon identification, are handed over to their rejoicing owners. Among "pick ups" frequently turned in are parcels of new boots, old boots, new rubbers, and more frequently, old rubbers that the owners are desirous of getting rid of; walking canes, purses, empty, semi-empty and otherwise, but never yet has one been found full enough to tempt a conductor from the paths of honesty, and in due time the owner regains his property, though the conductor is never rewarded for his conscientiousness.

Frequently parcels of dry goods are left in the cars, and sometimes ready-made garments. A parcel of this kind was once picked up and turned in to the office, but the lady who owned the articles never called for them, and she was the only one who could have identified them.

It is not an unusual occurrence for a woman to get off a car and leave a basket filled with market truck behind her. Often the conductor is told by a passenger, "Oh, I know that lady and will return her the parcel she has left behind," but if the conductor knows his business he will accept no such assurance; rather he will make the owner call at the office and identify property. A strange find once made by a conductor was a lady's bathing suit, which he says "wasn't much!" The owner overtook the car on which she had left the parcel and thus recovered her property without being put to the trouble of making explanations at the office. But the young woman was unaware that the conductor knew the contents of the small parcel.

The honesty of the conductors on the local street cars is above reproach, as has been fully exemplified time and again. If the forgetful public who leave valuables on the cars appreciate honesty, they should not forget to reward it.

MARINE INTELLIGENCE.

Notes Regarding the Movements of Vessels.

Craig's wharf: Steamer Persia up. Swift's wharf: Steamer Spartan down.

A fine large steambarge is nearing completion on the stocks at Garden Island. It will be the largest boat ever built on the island.

Richardsons' elevator: Steambarges King Ben and Chub, and schooners Monitor, Maggie L., Laura D., Highland Beauty and Granger, from bay ports.

M. T. company elevator: S.S. Bannockburn and consorts cleared for Fort William; steamer Myles from Fort William with 48,000 bushels of wheat; tug Bronson cleared for Montreal with four grain-laden barges.

The steambarge Van Allen, with coal from Cleveland, grounded on the lake side of the Toronto Island on Sunday in a fog. She was pulled off by two tugs and docked to discharge her cargo. She suffered no damage.

On the way from Fort William, the steamer Erin and Danforth met with stormy weather, and the result is a large quantity of damaged grain in the the Danforth, which is awaiting insurance inspection at Richardsons' elevator.

Last This Year.

M. Mecklenberg, the able eye specialist, will visit Napanee and Kingston once more before returning to his city office, and will give his services free. As his stock of eye glasses is very low in price for such good quality this is a very liberal offer. He visits Napanee, Saturday, 18th; Kingston, Thursday, 23rd, remaining three days only.

Bibby's. "Oak Hall." Bibby's.

The Gloster, the best $10 overcoat in Canada. The H. D. Bibby Co.

The new drill hall at the Royal Military College is being roofed in.

WE are not public benefactors.

WE are not snatching people from the grave.

WE cannot say that we are restoring to health those who have been given up by anywhere from three to thirty eminent Doctors.

WE make only the very modest claim that

IRON-OX TABLETS

are an invaluable nerve tonic, a cure for indigestion and constipation, a blood maker and purifier, a corrective of sluggish liver and derangements of the kidneys.

ONLY THAT!

but perhaps that is enough for 25c

To Recognize Purity.

Adulteration has grown to such a fine art, that it is almost impossible for a woman now-a-days to detect the false from the true; but a chemical analysis will always detect adulteration. Prof. W. Hodgson Ellis, Official Analyst to the Dominion Government, after a number of analyses, reports that "Sunlight Soap is a pure and well-made soap." Try Sunlight Soap—Octagon Bar—next wash day, and you will see that Prof. Ellis is right. No one should know better than he. 210

Give Mitchell's Magic

Cough Cure

A Fair Trial.

He Will Guarantee It.

H. B. TAYLOR,
Pharmaceutical Chemist
124 Princess St. 'Phone 59.
Successor to E. C. Mitchell.

DR. HOWARD'S CONDITION POWDERS

The Best on Earth for Horses and Cattle to make and keep them sleek and fat.

2 lbs. for 25c.

Prepared by Dr. Howard, London, Sold by

E. L. EBBELS, CHEMIST and DRUGGIST,
King and Market Sts., Kingston.

Cook's Cotton Root Compound.

Ladies' Favorite.

Is the only safe, reliable regulator on which woman can depend "in the hour and time of need."

Prepared in two degrees of strength. No. 1 and No. 2. No. 1.—For ordinary cases is by far the best dollar medicine known.

No. 2—For special cases—10 degrees stronger—three dollars per box.

Ladies—ask your druggist for Cook's Cotton Root Compound. Take no other as all pills, mixtures and imitations are dangerous. No. 1 and No. 2 are sold and recommended by all druggists in the Dominion of Canada. Mailed to any address on receipt of price and four 2-cent postage stamps. The Cook Company, Windsor, Ont.

No. 1 and No. 2 are sold in Kingston by all responsible druggists.

Soft Coal

The Very Best

Call and get our printed instructions on the use of Soft Coal for furnace, range and heater.

JAMES SWIFT & CO.
'Phone 135.

Our Coal is as Clean as Though It Were Washed and Brushed.

EACH LUMP STANDS BY ITSELF. GOOD solid coal—so much solid fire. After coal reaches the surface of the earth from the mines, impurities are picked out by hand. Thereafter it is screened several times before it reaches you, and dirt, slate, etc., really have no chance, if the dealers are careful. We are very careful.

Crawford COAL THAT SUITS

Foot of Queen St.—'Phone 9.

NOTICE

Is hereby given the public that I purpose making it warm for all persons using my coal next winter. Your order is solicited.

P. WALSH
55-57 Barrack St.