

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 facts along the same line.

Restaurants may be found in the large cities where no meat, pastry or coffee is served and the food cranked in his glory, an argument 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 accords.

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 Remmon 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 Sturt'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 Sturt'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 dyspepsia should eat plenty of meat and insure its proper digestion, by the daily use of a safe, harmless digestive medicine like Sturt's Dyspepsia Tablets composed of the natural digestive principles, pepsin, diastase, fruit acids, and salts, which actually perform the work of digestion. Clean 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 Sturt's Dyspepsia Tablets, which is endorsed by the medical profession and known to contain active digestive principles.

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

ABSOLUTE SECURITY.

Genuine Carter's Little Liver Pills

Must Bear Signature of Aunt Wood

See Pac-Simile Wrapper Below.

FOR HEADACHE, FOR DIZZINESS, FOR BILIOUSNESS, FOR TORPID LIVER, FOR CONSTIPATION, FOR SALLOW-SKIN, FOR THE COMPLEXION

CURE SICK HEADACHE.

ATTENTION!

HIGHEST CASH PRICE PAID FOR NEW and Second-Hand goods, Clothing, Furniture, Stoves, etc.

I. ZACKS, 271 and 273 Princess St. Second door below Corbett's.

TRY DR. HOWARD'S Tar and Wild Cherry for that cough.

Compound Syrup of Hypophosphites, 85c. Beef, Iron and Wine, 65c. Harry Webb's Chocolates.

F. I. EBBELS, CHEMIST and DRUGGIST. Market Square Drug Store, Cor. King and Market Sts., Kingston.

DON'T WASTE MONEY

On poor, ill-navigated, but-ter, when you can get a pound of the best Clarified Butter, sweet and finely-flavored, for 25c. Try a pound and see how pleased you will be.

Clarified Milk Co. Phone 267, Brock & Bagot Sts.

STRIKE BOARD

WAS TO MEET IN WASHINGTON, TO-DAY

To Examine Into the Questions Involved in the Coal Strike—Roosevelt Hard at Work.

Washington, Oct. 24.—The commission appointed by President Roosevelt to examine into and to pass upon the questions involved in the anthracite coal strike will meet in Washington to-day. The president worked until after midnight with Secretary Root and Attorney-General Knox, formulating his instructions to the commission. Earlier in the evening he had been in consultation with Robert Bacon, partner of J. P. Morgan, and is supposed to have received from him certain suggestions which the operators desired to be embodied in the instructions. Having effected an organization the commission will adjourn to hold its future sessions in Williamsburg, New York and Philadelphia.

The President's Message.

Washington, Oct. 24.—The members of the strike arbitration commission appointed by President Roosevelt met at the White House shortly after ten o'clock this morning and went into conference with the president. After receiving the president's instructions, which were to endeavor to establish the relations between the employers and the wage workers in the anthracite coal field on a just, permanent and fair basis, as possible, to do away with any causes for the recurrence of such difficulties as those which the commission had been called to settle. An adjournment was made to Col. Wright's office, Judge Gray was chosen chairman.

How To Get Back.

Hazleton, Pa., Oct. 24.—The employees of the G. B. Markle & Co's collieries and the men working at the drift on the mine of Cox Bros. & Co., voted, last night, to continue on strike until the conditions under which they are to be taken back by the firm are changed. One of the officials of Cox Bros. & Co., said, to-day: "We insist that all the men formerly employed at our mines who went on strike shall apply to the respective foremen as individuals if they wish to return. If we have room for them, and they committed no acts of violence during the strike, they will be taken back, with the understanding that the non-union men must not be molested. Every man who struck is considered by us as having left our employ, and that is why we will not resume operations by permitting the men to return to work in a body."

Sydenham Sayings.

Sydenham, Oct. 24.—Regret is expressed over the death of Mrs. Girdler, milliner of this place. Her courteous ways gained for her many friends. Miss Dinwoody, Toronto, is at present conducting the business. The display of goods would, in credit to larger places. Rev. Mr. McDonald, agent of the Bible Society, was on hand according to promise, but in consequence of the meeting not having been properly announced, there was no attendance. Mr. McDonald, during his stay here, sought to organize the temperance workers, for the coming referendum campaign. The entertainment given by Frank Conklin, at Wesley Hall on Wednesday night, under the auspices of A.O.U.W., was fairly well patronized, considering the unfavorable night. The Epworth League has engaged the Canadian Jubilee Singers to give a concert here on the evening of the 13th November.

Forgotten Thomas.

A gushing young woman stood before the portrait of Thomas Jefferson in one of the lobbies of the national capitol, Washington, the other day, the plate on which bears simply the name, "Jefferson." "Oh," she called to her companions, "come here quick, girls, and see 'Joe' Jefferson's picture. It's in the costume of Bob Acres, and it's just grand, but I do wish they had painted him as Rip Van Winkle."

Church Parade.

The 14th P.W.O. Rifles will have a parade on Sunday at 10:15 to attend service in St. George's Cathedral.

CAPE VINCENT VIEWS.

Big Hay Shipment—Notes About People.

Cape Vincent, Oct. 24.—The Episcopal church is being painted and other improvements. An interesting lawsuit was held Monday, the principals being from Three Mile Bay. It seems that a cheese and butter factory in that vicinity was missing when a man was put on watch to capture the thief. The detective watched twenty-five nights, without capturing any one, and claimed \$50 for his services. The factory company claimed he was only hired for three nights, and refused to pay the bill. Hence, the suit at law. The jury brought in a verdict of \$30 for the detective. A young man living near this village, was taken to the hospital at Watertown, the other day, suffering from appendicitis. An operation was performed, but the case had advanced to such a degree that he died Tuesday. He was much respected in this vicinity. The funeral was held at the Catholic church, Rosiere, on Thursday morning.

Mr. and Mrs. R. Dick, Watertown, are visiting the family of J. W. Dick, Superintendent Stone, of the United States fish hatchery, who returned from a visit to Vermont and Massachusetts. Mrs. J. Dollar, Napanee, is visiting the family of R. Laird. Five hundred and thirty voters have been registered in the first election district. J. H. Field is visiting friends at New York. So much pressure has been brought to bear by water that the railroad company is unable to take care of it. The voting machines recently purchased for the town cannot be used on account of the number of tickets to be voted for at the coming election. It seems that there will be seven tickets to be voted for, and the machine is not made for so many. As a large number of voters would probably find difficulty in working the machine, it is probably better for the different parties that the old style of voting is used. Nothing more is heard about an electric light plant. The engineer hired by the village has not reported, and no one seems to know or care much whether the plant can be put in or not.

Dr. Masson is improving his property on Point Street. Mrs. George Clark will move to Watertown, where her husband is employed. Football has taken the place of baseball. Pictures of Hon. Watson M. Rogers, candidate for judgeship in this district, are being displayed. Saturday morning Mrs. F. A. Grapette, while working around a hot stove, was taken with a fainting spell, and falling upon the stove, was severely burned about the face and hands. There will be no disfigurement. Andreas Chrometz, native of Hungary, who is making a tour of the world on foot, was here Friday and Saturday. He left his home, September 1st, 1901, and expects to complete his trip in four years. Mrs. E. Fort and daughter, Fannie, spending the summer here, returned to New York, Tuesday. Mr. and Mrs. John Miller, Wapaca, Wis., are visiting Mrs. J. Hoyer, Mr. Miller's sister.

The school teachers will attend the annual meeting of the Jefferson County Teachers' Association, at Philadelphia, on Friday and Saturday. The railroad time table will receive its winter change on November 16th. It is reported that the Rathbun House lot has been sold. It is hoped that a hotel will be built on the old ruins. Mrs. B. R. Davis, Depauville, has returned to her home after visiting the family of R. A. Davis. Mrs. J. Brown has returned from Kingston, where her little son was receiving medical treatment. The child is recovering.

The Advertiser Gets The Trade.

A wholesale grocer who advertises extensively says that by newspaper advertising one grocer may sell as much of one kind of soap as the other 500 grocers of the same town.

The others may keep the soap in stock, but the people know that the advertising grocer does and that he makes a point of selling it.

Artichokes And Cauliflowers.

Brussels sprouts, lettuce, parsley, sweet potatoes, egg plant, Spanish onions, oyster plant, horse radish, etc., at Carnovsky's.

We have a few boxes of Rowntree's and Cadbury's fine chocolates, which we will sell at half price, to make room for our new goods arriving next month. Jas. Reid & Co.

F. Hoxley Clarke, after a prolonged illness, culminating in tuberculosis, died at his residence, 515 Princess street, Friday.

A WEIRD STORY

MISTAKEN IDENTITY OF A DEAD MAN.

Joseph Valliant, Dead and Buried. Returns to His "Widow"— Wife Thought She Identified the Dead Man.

Ottawa, Oct. 24.—A weird story of mistaken identity of a dead man comes from Bryson, Pontiac county. Some weeks ago a man died at Trout Creek, Ont. He was supposed to be Joseph Valliant, of Campbell's Bay, Que., and on the instruction of the widow the body was sent, via Haley's Station, to be buried. There was some doubt to his being the supposed man, but the widow was positive in her identification, as were several former fellow employees.

A week ago Joseph Valliant returned home, much to the surprise of his wife and friends, who thought he was peacefully reposing under the sod. He was in Ottawa on the day of his funeral at Campbell's Bay. The dead man's name is said to have been Valliant, and he somewhat resembled his living namesake.

INCIDENTS OF THE DAY.

Newspaper Paragraphs Picked up by Reporters on Their Rounds.

Pure cream puffs. Cream eclairs. Tokay grapes. California pears. California plums. W. J. Crothers.

See Taylor's hair brush window. Boys' suits of all kinds and prices. English make, \$2.25. Jenkins. Mixed nuts, all good, for Hallowe'en 15c. a pound, at Carnovsky's.

There was no quorum at last night's meeting of the Royal Arcanum. Sheriff Dawson has been appointed returning officer for the county for the referendum election.

The G.N.W. Telegraph company to-day connected its local office with Queen's athletic grounds.

H. Cunningham, piano tuner from Chickering's, New York. Orders received at McAuley's bookstore.

Fancy vests, heavy cardigan and cloth effect, made in Germany, \$2.50 to \$3. Jenkins.

To make room for our new English chocolates, we will sell what we have in stock at exactly half price. Jas. Reid & Co.

Edward Clarence, advance agent for the "Angled Relations" company, which appears at the Grand Opera house on Monday night, is in the city.

Mrs. Margaret Todd, an old lady of eighty-seven years, died at the residence of her son-in-law, W. J. Patterson, Starrington, on Thursday, of paralysis.

Queen's Alma Mater Society will receive contributions of twenty-five cents only, from the students and graduates for the Grant memorial tablet to be placed in old Convocation Hall.

Don't Be A Hermit.

When a man becomes a hermit, shutting himself off from his fellows, the sun of his influence has set. This truth is applicable with greater force to the man who has something to sell. Life is a battle for place. Competition is on every hand, and those who do not use strenuous efforts survive but a short time. Time was when dealers confined their efforts to the employment of cries, or "barkers," before their doors, but the newspapers and other periodicals have made possible the widest publicity. The man who has something to sell and fails to appreciate this fact is a back number.

Mrs. Fiske's New Play.

Milwaukee, Wis., Oct. 23.—Before noon every seat in the Pabst theatre had been disposed of for to-night, when Mrs. Fiske will give the first presentation of her new play "Mary of Magdala." The piece is to be one of the most elaborate stage productions of the season, requiring several carloads of special scenery and costumes and an acting company of 100 people. From Milwaukee the piece will be taken to Chicago, and after several weeks engagement in that city, Mrs. Fiske will begin her annual season at the Manhattan theatre, New York.

Wells' Farm Sausage.

First of the season to arrive Saturday morning, at Carnovsky's.

A GREAT SCHEME.

The Proposal to Manufacture Leather Ties.

Springfield, Mass., Oct. 24.—The local capitalists who are behind the F. W. Dunnell composite leather company which has just been incorporated for the manufacture of leather railroad ties and paving blocks, are receiving many requests for information from railroad officials whose interest has been awakened by the announcement of the company's plans. If the invention is what is claimed for it by the company it promises to solve the question of the future supply of ties, which for years has been worrying the railroads.

It is claimed that the leather tie will hold a spike better than any other material, that it is impervious to the weather, is free from knots, checks and decayed spots, that all ties are uniform in size and quality, that neither the rail nor fishplate will cut into it, and it is as nearly noiseless as a tie can be, and that it will outwear six or eight wood ties. Its elasticity, it is further claimed, make it far superior to any metal tie that could be made. It is said that the railroads will save from \$5,000 to \$7,000 a mile after the ties are once laid in a well-made roadbed. It is also claimed that the tie can be adjusted as easily as wood, and that it will make a firmer roadbed around a curve.

The tie is made of waste leather combined with chemicals, and both can be obtained in almost unlimited quantities. The process of manufacture is a simple one, and six ties will be made at each drop of the press, which will be under hydraulic pressure.

Never Been Kicked.

On Puget Sound is a small ranch owned by a Mr. and Mrs. Carworth. They had invited—as a special treat—some company to a nice dinner. Being farmers, they had taken things fresh from the garden and poultry yard, and everything was in a highly agreeable state of perfection. The good housewife was all smiles, with some natural nervousness, over "having the minister" to partake of their poor repast.

The meal was about to progress to the beginning point when the husband of the hostess was horrified to observe by his wife's expression, that he had some blunder, the true nature of which was a mystery to him.

All at once it seemed to dawn on him, and he laid down the knife and fork with which he had just been carving and remarked blandly: "Ah, ha, Brother Dilton, will you say grace for us?"

"With pleasure," answered the divine, who, being something of a wag and appreciative of a good joke at all times, said, "but I am not in the habit of being 'kicked' into it."

The terrible emphasis on the word gave the housewife leisure to note that in her efforts to attract her husband's attention with her foot she had been violently stepping upon the minister's sacred feet.

Apple Crop 43,000,000 Barrels.

Boston, Oct. 24.—The apple crop throughout the country this year, according to the estimate of "The New England Homestead," will be 43,000,000 barrels, against 27,000,000 barrels in 1901. The crop presents some marked contrasts when placed beside that of a year ago. In the older established orchard sections in the Middle and Eastern States the increase over last year's failure is pronounced. In the Central West there are also sharp gains, while in the south-west, a territory last year favored by exceptionally good yields, the crop this year is unusually deficient.

As for quality, this is far from satisfactory in the Central and Western states, but in New England it is much better than last year. New York, the most important apple state, has a big crop, but less than the crop of 1896.

Among The Advertisers.

Timeline is being exploited. Cann's Kidney Cure is taking space in the big cities.

The Pulvula Chemical company, New York, is spurling.

Dr. Winstone's Lax Fos advertisements are spreading.

The Cur-can Liniment, Boston, is the latest name folly.

Duby's Ozark Herbs are being advertised in Saturday and Sunday papers.

The American Grass Twine company, St. Paul, is coming to the relief of the farmers.

The proprietor of Cripple Creek, Colorado, Star has waged the news per plant against John Wright's drug store, vale \$10,000 each, on the coming election. Very few communities have two such rampant fight heads.

Woman Highly Honored.

Miss Jane Scherzer of Franklin, O., has just passed the doctors' examination at the University of Berlin in English philology with a dissertation on a mediaeval poem. Miss Scherzer is the third American woman to pass the Berlin examination. She has been principal of the high school at Franklin, also of Oxford College, Oxford, O.

At Mullin's This Week:

30 lbs. yellow sugar \$1. 25 lbs. best granulated sugar \$1. 7 lbs. rice 25c. 6 lbs. tapioca 25c. 4 packages fresh jelly powder 25c. 2 lbs. black Ceylon tea 25c. Corner Johnston and Division streets.

King To Make State Entry.

London, Oct. 24.—King Edward is to make his state entry into London to-morrow, a part of the coronation ceremony postponed because of his majesty's illness. The route is being elaborately decorated and the pageant promises to be one of great brilliance.

An Acquired Taste.

"Do you think?" he asked, "that you could learn to love me?" "I don't know," she answered; "I might, and if I were a man I'd hate to think that I was an acquired taste."

Bibby's, Oak Hall, Bibby's. The Gloster, the Westminster, the Grosvenor, new overcoats, \$8, \$10, \$12.50, \$14, \$15. The H. D. Bibby Co.

Shooting coats, fur lined, \$5 to \$7.50. Jenkins

JUDGE LYNCH CAUGHT AT WORK.



Here is a photograph of a lynching in a western cattle camp, and a party in picture taking. The hanging took place on the ranch of Duvosquez & Brother, near Zacatecas, Mexico, and was pictured by Signer A. de Cordova, a clerk in the employ of Duvosquez & Brother, who assisted in running down the outlaw. The central figure in the picture—the single man on the other end of the rope—was by the name of Buck. He was a Mexican, and no one ever knew what his other name was, although he was formerly employed by the company he stole from. One of the most serious things the people on the border line between Mexico and the United States have to contend with is the horse and cattle thief. That's the kind of a man the doomed Buck was. Every cow puncher within a radius of 100 miles was up in arms looking for Buck, but the thief was too wily, and twenty-four head of cattle were im-

Advertisement for Slater Shoe featuring the slogan "SIX FROM FOUR—YOU CAN'T." and an illustration of a horse and rider. Text describes the quality and benefits of the Slater Shoe system.

F. G. LOCKETT, Sole Local Agent. ESTABLISHED 1890. W. F. DEVER & CO. STOCK AND BOND BROKERS, 19 Wellington Street East, Toronto.

Advertisement for Clark's Lunch Tongue featuring an illustration of a cow's head and the text "CLARK'S LUNCH TONGUE".

MEN'S WARM UNDERGARMENTS AT ONE-HALF REGULAR PRICE. Some time ago we purchased at a big bargain over 1,800 pieces of MEN'S HEAVY WOOL FLEECE LINED SHIRTS AND DRAWERS.

Men, Woman or Children. FOR MEN, we have Heavy Ribbed Goods in Union, Wool and Super Wool, Scotch Wool, Natural Wool, Unshrinkable Wool.

Advertisement for Crumley Bros. featuring the slogan "THIS WEEK" and illustrations of iron beds and mattresses. Text lists various items and prices.

JAMES REID, Princess Street, Kingston.