

Orange Meat
Ask Your Grocer

Hires Rootbeer

Purifies the blood,
Fortifies the nerves,
Benefits the stomach,
Braces you up,
Quenches your thirst.
The greatest of
all temperance drinks
for hot weather.

A package makes five gallons.
Sold everywhere, or by mail for 25c.
 Beware of imitations.

W. P. DOWNEY, Sole Agent,
26 St. Peter Street, Montreal, Can.

How to Cure A Burn

Apply Pond's Extract—the old family
doctor—it will relieve the inflammation
instantly and relieve all pain as if by magic.
For over 25 years Pond's Extract has
been the first choice of the reliable family remedy. Imitations
are well known to be inferior. Pond's
Extract is pure, powerful, potent.

Hold only in sooty bot-
tles under heat wrapped.

ACCEPT NO SUBSTITUTE.

OUR AUGUST SALE

There never was a better
use for your money.
Just think of it only
HALF PRICE.

Infants' Shoes and Slippers
for 25c.

100 pairs of Childs' and
Misses' Shoes and Slip-
pers, all good wear, for
60c.

100 pairs Women's Shoes,
mostly small sizes, \$1 to
\$1.50.

Shoes in the lot for 75c.

H. JENNINGS, KING ST.

BICYCLES

\$35, \$40, \$45.

All guaranteed.

Typewriters, Sewing Machines

Repairing and Supplies for all.

Your money's worth every time.

J. R. C. DOBBS & CO.
171 Wellington Street.

ELECTRIC FANS

Now's the Time you need
them, and Here's the
Place to get them, if you
want Good Ones at Rea-
sonable Prices :: :: ::

BRECK & HALLIDAY,
Princess Street.

ENJOY A DRIVE?

Then make it doubly enjoyable by es-
corting one of our fine turnouts, and
show horses.

HARDING'S LIVERY,
210 Wellington St. Phone 236.

MONEY AND BUSINESS.

LIVERPOOL, LONDON AND GLOBE
Insurance Company. Available
Assets \$61,187,218. In addition to
which the policy holders have for
many the unlimited liability of
all the stockholders. Farm and city
property insured at low rates.
Rates. Before renewing old or giving
new business get rates from Strange
& Strange, Agents.

MONEY TO LOAN IN LARGE OR
small amounts, at low rates of interest
on city and country property.
Guaranteed on city and country debts
and taxes. Apply to S. C. McMillan,
man-
ager of the Commercial Loan and Investment
Society. Office opposite the
Post Office.

OUR POLICIES COVER MORE
buildings and contents than any other
company offers. Examine them at
Godwin's Insurance Emporium, Market
Street Square.

ARCHITECTS.

WM. NEWLANDS, ARCHITECT, OF
the second floor over Mahoof's drug
store, Princess and Bagot
streets. Entrance on Bagot street.
Telephone 608.

ARTHUR ELLIS, ARCHITECT, OF
the site of New Bell Hall; near cor-
ner of Queen and Montreal Streets.

POWELL & SON, ARCHITECT, MER-
chant's Building, corner Brock
and Wellington streets. Phone 212.

HENRY F. SMITH, ARCHITECT,
st. Anchor Building, Market
Square. Phone 246.

VIVID REVIEW IN THE RUSSIAN 'HELL ON EARTH.'

A Glimpse Into The Penal Inferno
At Sakhalin—How Convict
Settlement Works.

Paris, Aug. 5.—The Island of Sakhalin, to which "Russia" now sends most of her hard labor convicts, has long been a sort of "terra incognita" to the civilized world. Such glimpses as it from time to time reach the west are the result either of personal sojourns on the island by men who have escaped, taking their prison experiences with them, or of adventurous travelers who, risking the danger of being found in Sakhalin, have remained there long enough to confirm the popular view of it as "a hell upon the earth."

As this description of Sakhalin has never been to the taste of the Russian government an effort is being made to have the island "written up" in such a way as shall represent the "facts" without admixture of sentiment or prejudice. Among the articles that have appeared giving the official view of Sakhalin, is one in a well-known conservative Russian journal which substitutes for the "sensational" account of the island as a place where nobody's life is safe, provided some body with money is willing to pay for the taking of it, a picture of Sakhalin as a thriving community pervaded by moral purpose and humanitarianism.

The sketch begins with a description of the Sakhalin climate that differs little from what has been said of it by those who have lived on the island. Sakhalin, twice the size of Greece, is far enough south to be a farm country, its latitude being that of France, yet the temperature of its parts makes them uninhabitable, while the weather in the rest of the island is forbiddingly severe. This is due partly to the proximity of the sea of Okhotsk, on which ice floats unmelted even in June, and partly to the fact that the spring ice from the River Amur blocks up the narrow strait between Northern Sakhalin and the mainland, remaining there and lowering the temperature. The result of these and other conditions is that winter storms rage, and the chief city of Sakhalin, Alexandrovsky, is colder than Archangel.

In its several aspects the island presents a desolate appearance. Its shores are rocky and inhospitable, and so depressing is the sight of them upon the arriving convicts, who look for the first time upon the wild rocks and solitary mountains, that they frequently burst into tears.

Prison discipline at Sakhalin is not severe, except when crimes are committed. There is a special provision for corporal punishment, by which the lead whip, known as the "piet," is wielded against the convicts who are idle, who drink or use filthy language, an especially severe form of this punishment being reserved for card playing—an amusement of which the convicts are fond.

The Sakhalin code inflicts capital punishment for brigandage and murder, but only after trial by a military tribunal, the sentence having to be affirmed by the Governor-General of Siberia. The long convict cloak, used in other parts of Siberia, is not seen at Sakhalin, because of its interference with the easy movement of the laborer, whose dress resembles that of a Russian peasant. For the same reason the convicts on the island are not required to wear leg fetters.

After the "hard labor convict" has served from six to ten years as such he joins the ranks of the "exiled colonists" added to establish himself, and becomes a member of the "Sakhalin Village Innkeepers' Society." He is expected to build a home for himself and cultivate a farm, receiving from the prison authorities not only the necessary tools and materials, but also a monthly supply of food, including forty pounds of flour, five pounds of meat and five pounds of barley, which is continued for two years.

The work on the farm is arduous and the authorities frequently have to extend their help beyond the two years. One reason for this is the forbidding character of the climate, which makes it difficult even for experts to raise crops successfully; another reason is that the convict farmer is incapable of work during considerable periods of cold and grows discouraged. As a result of the condition the convicts never remain in Sakhalin after they have graduated into the fourth class as "free colonists." They usually avail themselves at once of their freedom, and make of the Ussuri region, where so many of the hard labor men from Sakhalin have settled.

Among the most suggestive things about Sakhalin is the status of women there. Although women "hard labor" convicts arrive the island on every boat they never enter a prison, not only for the reason that there are no prisons for women in Sakhalin, but also because women are so scarce on the island as to be in great demand and therefore privileged.

No sooner does a batch of women convicts arrive than they are immediately drawn up in a line for inspection by male prison convicts, who by good conduct have acquired among other privileges the right to marry. Each man chooses a woman, and the two immediately begin housekeeping, the marriage ceremony being dispensed with.

The arrangement thus made frees the woman from hard labor in the settlement, while the possibility that she may choose another mate if

Value Of Cheese.

Just now when the meat consumers are obliged to pay high prices for all kinds of meat it might be well to compare their food value with that of cheese, and suggest that the latter be substituted for meats to some extent especially in families of workingmen where strict economy is essential.

The percentage of nutrients in the different foods is: Sirloin steak, 32.2; round steak, 31.3; veal, 25.4; mutton, 31.3 to 42.6; fresh pork, 42.2; chicken, 17.2; salt codfish, 17.6; butter, 86.0; cheese, 68.4.

From this it would seem that five pounds of cheese will furnish as much nutriment as ten pounds of the best steak, or fourteen pounds of veal. Cheese is more digestible than meat and hence more healthful. In England it is used much more extensively than in America, especially by the working men.

COUNTRY PRODUCE.

Toronto Mail and Empire. Beans—Trade is quiet, with prices steady. Prime beans are quoted at \$1.25 to \$1.30, and hand-picked at \$1.35 to \$1.40.

Hops—The market is unchanged at 28c. to 30c., according to quality. Honey—The market is quiet, at 7c. to 7c. per lb.

Hay—The market is quiet, with offerings liberal. Car lots sell at \$7.50 to \$8.50 on track, Toronto, the latter price for No. 1 timothy.

Straw—The market is quiet, with prices unchanged at \$3.50 to \$6 per bushel. Potatoes—The market is quiet, with sales of new at 75c. to 98c. per bushel.

Poultry—The demand is fair, with limited offerings. Spring chickens, 15c. per lb.; yearlings, 9c. to 10c. per lb.; ducks 10 to 11c. per lb.

Sleeplessness

If you cannot close your eyes at night, try a

MATHIEU'S NERVINE POWDER

Sure and safe and no danger of cre-
ating a habit. Contains no opiates.

25 Cents—18 powders—Sold Everywhere, or
sent post-paid by

THE J. L. MATHIEU CO., SHERBROOKE

NEWBURGH TIPS

THE SPIRIT OF CONTENTMENT A FINE DAY FOR THE R.C. PICNIC.

Good Programme Of Sports—
Whistled And A Lemon Pie.

Too Much Wrangling Over
Baseball—Gone To Gosport
School—Help Home Talent.

Newburgh, Aug. 9.—The heavy shower of rain on Sunday evening was very much needed. The Roman Catholic picnic at Evans' Grove, the Centreville, on Wednesday, was one of the greatest successes of the year. The day was an ideal picnic day, warm and pleasant. The people, from far and near began to gather about 2 p.m., and by 3.30 it is estimated there were 500 people on the grounds. A very interesting programme of sports was carried out, during the afternoon, liberal cash prizes being given to the winners. No accidents of any kind occurred, unless you would class an incident that happened in the pie-eating contest. The piece of lemon pie was covered with frosting icing to the depth of three inches, and the contestants eating the pie and whistling first, was to get the prize. Charlie Whelan of this place won the winner, but in his attempt to whistle blew a large piece of the icing in the face of one of the committee. No one was hurt unless it were Charlie suffering from indigestion. The ball match was advertised, Yarker vs. Newburgh, but it was impossible to secure a nine from Newburgh, so a team was made up on the grounds, and Yarker won by 19 to 5. The game was marred by much wrangling, which was very disgusting from a spectator's view. Dancing was kept up afternoon and evening. In the evening an excellent programme was rendered, consisting of a duet by the Misses Price of Hinchliffe, a solo by Miss Clancy of Wesley, rendered by W. D. M. Shorley, and vocal solo by Mrs. W. D. Shorley, C. H. Finch, Mrs. W. D. Dunn, Miss Hope, Mrs. Sharp, P. D. Shorley, and W. E. Moore, all of Newburgh. Lunch was served on the grounds, and dancing was kept up until the "wee small hours." The net proceeds were \$230.

It is with feelings of regret that the people of this parish part with Rev.

Father Hartigan, who has been appointed successor to Rev. Father Hogan of Napavine. During Father Hartigan's years of pastorate in this parish, he has endeared himself to his people, and the public in general, and he will be followed to his new charge by the best wishes of all who know him, among whom he has always enjoyed the full, the friends, their confidence and loyalty.

Again, the apostle warns against the opposite extreme—a discontent that expresses itself in constant complaining and fault finding; that spends its energies in murmuring against the difficulties and hardships of a situation without embracing the opportunity to do something to relieve or remove them;

that is ever clamoring to be advanced

to positions of greater trust and responsibility, when evidence has not been given of either the disposition or the ability to cope with them of less import; that seeks to occupy new fields

for cultivation when those already possessed are fallow and unimproved.

It was Henry Ward Beecher who said:

"A man proves himself fit to go up higher who shows that he is faithful where he is. A man that will not do well in his present place because he longs to be higher is fit to be neither here nor there. He is not yet above; he is already too high and should be put lower."

That class is a large one that needs to learn this lesson. The world is full of grumblers who complain because they have not secured recognition

which, in fact, they have done nothing to merit, and they are filled with envy of their deservedly more successful fellows.

It may be that the display of energy and fidelity is sometimes slow of appreciation, but in the end it is always of recognition; and even when it is openly acknowledged there is the inner consciousness of having done our best, which is, after all, the highest personal reward and itself gives happiness.

Finally, we live nobly when we work best, and we work best when we are content with such things as we have."

Happiness and contentment are correlative terms. Men who have risen from a low estate to places of

trust and responsibility are the men

who have been content to do their utmost

and upward to fill. And this is just the lesson intended to be taught. Such a spirit of contentment is not only a Christian virtue, as illustrated by the life of the great apostle, but is worthy of emulation and full of encouragement to all. It presents life in an optimistic view and gives hope where otherwise there would be despair.

Men Workers In The Kitchen.

Philadelphia Record.

There are more men employed for general housework, including cooking and all kitchen work than most persons realize. It is affirmed by those who have placed their kitchens in such hands that affairs are conducted in a more business-like way and that the service is much more satisfactory than it has ever been under the rule of the girl, that the efficient young men save more than the difference between the wages of girls and the higher wages of themselves. Should ordinary domestic servants be serious enough there will doubtless be an army of men ready to undergo thorough instruction in housekeeping for the purpose of taking the places of the emancipated kitchen girls.

George Welbanks, has secured a school at Gosport and Miss Eddy Welbanks has been engaged to teach a school near Central Ontario junction at the Epworth League last evening. Rev. J. F. Moore gave a very interesting talk on his first mission station in Muskoka. Mrs. T. B. Wilson, Mrs. Finkle, Miss Lovell, and Miss Sunbeam leave this week for Kingston to enter the hospital as a nurse-in-training. Frank Burdette, a widow, has secured a situation as organist here in October, 1901, and during that time has made a large circle of friends who deeply regret her departure. As an organist she presided with a grace and skill that was decidedly pleasing and her leaves, followed by the warm wishes of many friends in Newburgh and vicinity, who will ever be pleased to hear of greater successes. No doubt the board will follow their former custom in appointing a successor, viz., giving each applicant a trial Sunday. It is a very easy thing for any board to select a person for such an office. It goes without saying that we want the best for the school, yet there are three applications for the position and the board should remember that in deciding the matter all other things being equal or nearly so, they should accept home talent in preference to foreign talent. This is not being impartial, but it is being patriotic, alive to the question of the hour and true to home institutions, true to home students, true to the things that makes a village, that builds a village and that makes for the advancement of any home cause. Earl Shorey is expected home this week, the railroad work not having agreed with him.

James Bensley, Belleville, aged sixty-two, and probably the oldest acrobat in the circus and vaudeville business in America, died Sunday after a long illness from organic trouble. He was a native of Hastings county.

Allan Ross, a Thurlow yeoman, died from a paralytic stroke on Thursday last, aged eighty-one. He was a Presbyterian and a liberal.

James Phillips, died at Belleville, Ont., aged sixty-four years. He was a division court bailiff and a prominent

liberal. In religion he was a Methodist.

A widow and one son survive him.

Jones Phillips, died at Belleville, Ont., aged sixty-four years. He was a division court bailiff and a prominent

liberal. In religion he was a Methodist.

A widow and one son survive him.

Rideau boat for Ottawa every Monday, Wednesday, Thursday and Saturday at 6 a.m. J. Swift & Co.

THE SPIRIT OF CONTENTMENT

By Rev. Hutchens C. Bishop, New York.