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SHOE STORE

THE DAILY BRITISH WH

YEAR 72.

KINGSTON, ONTARIO, SATURDAY, SEPTEMBER 2, 1905.

Of the "Strenuous Life."

DISEASES.

Lack of exercise is the modern cause of disease. Walking and horseback have disease. Walking and horseback have given place to electric cars. No exercise means Constipation, Dyspepsia, inactive Kidneys and muddy Skin. When the bowels do not move regularly, the body suffers from poisoned blood. The natural tissue-waste is removed by the bowels, kidneys and skin. When the bowels do not move, their work has to be done by the other two because the waste products in the system must be gotten rid of. And the result? Backache, sallow or grey complexion, headaches, furred tongues and irritable tempers, all symptoms of blood poisoning. Well, can constipation be cured? Certainly it can be—by fruit, which is Nature's purgative. A well known physician in Ottawa has discovered a process whereby the juices of apples, a sharp canter across the moonlit a process whereby the juices of apples, oranges, prunes and figs are combined and made more active, as a medicine, by forcing into the united juices one more atom of bitter from the orange peels. This makes a new fruit, many times more active than ordinary fruit, which acts on the stomach, liver, bowels and skin. The laxative fruit extract is condensed into tablets and sold under the name of "Fruit-a-rolling the folds of a heavy riding cloak, which did not, however, conceal a long rapier, and his polished inck-

impurities-by acting on the bowels, liver, skin and kidneys just as fresh ripe fruits act. They will not gripe. All druggists have them, 50c. a box, 6 boxes for \$2.50 or sent on receipt of price by ruit-a-tives Limited, Ottawa. FRECKLES spoil a nice complexion. MOTH PATCHES nch a dirty, unwashed

> BLOTCHES Also Blackheads, Re a coarse appearance. All these yield quickly PRINCESS

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Superfluous Hair, Moles, etc., re-

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Good-bye to that trip to the dye house—dye at home with Maypole. Maypole Soap

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No Breakfast Table complete without

its natural qualities intact, fitted to build up and maintain robust health, and to resist winter's extreme cold. It is valuable diet for children.

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receive belpful our material is first class and on

THE MAYOR AND THE BOLD. GALLANT HIGHWAYMAN.

Sketch of 1687 in Old England -The Perils of Travel, and the Walor and Dash of Knights of the Road.

On Christmas eve of the year 1687 a solitary horseman made his way at

expanse of Wandsworth Common

throwing an occasional glance back wards in the direction of London with the air of one who fears pursuit. All around, tree and bush and lonely homestead were clothed in a tives" or "Fruit Liver Tablets." These boots were ornamented with silver tablets are only fruit with tonics added. spurs. He were a richly plumed hat, "Fruit-a-tives" are a natural cure for but his features were hidden by constipation, headaches, biliousness, kid- black mask, a device much in favor ney and liver diseases and all blood with the graceless young nobles and centlemen of the court when engaged upon some wild escapade, or in triguing love affair. Suddenly the rider pulled up dead, and man and heast stood, as if carved in sombre ahead the road wound through

> "Good, my beauty," said the man night," and the next instant he was through the red window blinds of the pretty niece of the mayor. Rapier. flying through the pine clump, emer- taverns streamed light and sounds of nothing loth, led off with many a nima lumbering old world coach batter- old "Castle" Inn the London coach figure and good looks speedile winning ed with many years' wear, and drawn had pulled up to take in passengers him the admiration of the ladies, and by two well-fed and easy-going hor- and meals before proceeding on its exciting the envy of certain sturdy would not have disgraced the shafts that period there was on the Market shop-keepers. But little cared the capof a plough. On the box sat a redplace a large many-gabled house with tain for the dark looks of these gentlefaced coachman almost buried in a a handsome entrance and a general air men, his attention being far more huge horse rug and flapping his hands of wealth and good living. On the agreeably taken up with the charming in a vain endeavor to keep warm. night of our story every one of its Ada, who, on her part, appeared to Meantime the horseman, or as the diamond-paned windows was ablaze be no less sensible to the stranger's reader has already guessed—the high—with light, and from within came the flashing eve and brown moustache. wayman trotted past the coach and pleasing strains of a toneful fiddle, which curled with such delightful ferwheeling round, brought up in the blended with the sound of dancing feet locity road in front of the horses. Covering and merry laughter. the coachman with a pistol, he commanded him to stop, which the latter did with alacrity. At the same moment the coach door was flung open and out sprang a fiery old gentle-man, portly and double-chinned with

he cried, fumbling with the trigger of "A mere trifle," replied the highewels are all I require, and if the purse be as full as thy paunch I shall be content. By the beard of Shakes peare, thou couldst play Falstaff to

"Villain!" shouted the traveller "thy jests are ill timed. As to my purse, that thou shalt never have. And raising his weapon, he fired point blank, sending a bullet so close to the roadman's head that it cut the string of his mask and exposed view the handsome features of

Saving which he dismounted and

diest, but I would spare thee for the mayest remember that much good of thy name?" Ned Rapier, that he gavest thee thy life whom thou wouldst have shot

down like a very dog." "And art thou the notorious Capt.

The same. And now, Sirrah, thy In a few moments the bold villain guineas or so in money, and a small casket, in the dainty silk lining which reposed a lady's gold ring set with diamonds of the first water, which flashed and sparkled in the

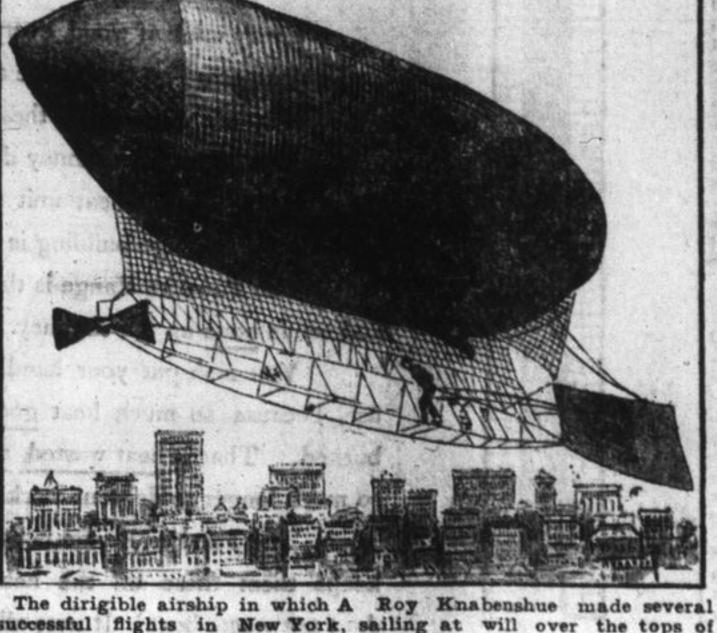
"Marry! a pretty trinket," said the obber, "otherwise, friend Falstaff, thou art but a poor crow to pick On Blackheath but yestere en. I relieved the Earl of Rochester of a hundred

"I had not thought his lordship was worth so much." answered the travel ler, as the highwayman swung himself into the saddle, and flinging a guinea at the head of the scared coachman, rode off at a gallop in the direction of what is now known as "Jerry's Hill. his way along the old Portsmouth

pier, as the landlord came to the me a stoup of thy good wine." "Right gladly will I that, my Cap-

tain." answered Boniface, rubbing his hands and winking atrociously, "Here Tom, lazy knave, stable the gentle man's beast, and Poll, thou minx, prenare thee the best chamber. Gadzookers! if any are welcome 'tis the

But Rapier was of no mind to seek his couch thus early. for 'twas but on the stroke of nine. So after refreshing himself with a goodly supper



successful flights in New York, sailing at will over the tops of ing a sip and making a jest till it the tallest skyscrapers and running with or against the wind with reached the lawyer, who had returned, equal ease.

e left the inn on foot and made his way into the Market place. In front rose the old market hall, outlined against the moonlight, and beyond the again' the fiddler seized his bow, and square tower of the ancient church the company formed up into two long a frowned on its lesser neighbors. On lines to engage in the twisting intrica clump of gaunt pines and beyond either side, the quaint gabled houses cies of that ancient and happily now could be heard the faint rumble of a protruded their bulging upper storeys almost forgotten dance, the corkscrew over the cobbled footpath, and from Nothing would please the kindly hostthe wide caves depended huge icicles ess but to place our rogue of a hero patting his mare, "we are in luck to tapering earthwards. Here and there at the top, vis-a-vis with Ada, the ging a few minutes later close behind revelery, and at the doorway of the ble skip and mirthful jest, his graceful ses, whose sturdy, thick-set limbs midnight journey to Portsmouth. At young farmers and mild-mannered

white whiskers, and an ancient jovial fellow lives here?" musket. "What the devil is this?"

methought all knew that."

cointed his weapon full in the face of wayman, carelessly throwing back his glances, however, were all for the cap forced from me fifteen guineas, and, would-be destroyer. Now, as soon cloak and displaying a rich costume of tain. Down the table were ranged a still worse, the diamond ring I had the worthy old gentleman found plum coloured velvet, slashed with silk dozen or more laughing girls sand bought for my niece yonder. But for amself glancing along the gleaming and adorned with costly lace and jew- wiched between the stordy young far a cursed accident to my coach wheel, pistol barrel, his courage wavered elled buckles. "I am a stranger in the mers, the mild-mannered shopmen and I had been here before to set the and he became as pale as the frozen town, stranded, on this Christmas eve, two or three extremely solemn counwatch upon his track. By heaven! I snow at his feet. "Prithee, good sir, without a friend. Thy merry fiddler cillors. do not shoot," said he, "take all I proved too strong a lure, an' if ye will The good cheer provided chased away followed a scene of the wildest have, but do not add bloodshed to pardon my boldness I would crave the farmers frowns and rendered the fusion. The farmers, not sorry thine hospitality for the night." "Zounds," cried the highwayman. "Sir Cavalier," replied the lady of the councillors and plished rival, armed themselves wi little care I whether thou livest or the house, "at this season all are well made the old alderman jolly. The la rusty swords and quarterstaves from sake of thy fat carcase, and thou within but, stay, I would ask thee the features of the lawyer flitted a pared to attack the captain. The

> ed the ready rogue, "is Sir Rapier and fast, and the alderman was like whispered to the highwayman Rippingill, and I thank thee for thy to have choked himself with laughing. make for the small door and take

"Then, good Sir Rapier, enter ar

Upon which the door was closed fast

ovial fellow lives here?"

fain for very exhaustion to call for a Suddenly, when the uproar was at mug of ale to "oil his strings," as he its height, the alderman's jaw dropped district visitor green with envy. The of mistletoe, and in the great open the situation. dancing stopped and the heavy oaken fireplace blazed and crackled a giant door was flung wide open. "The may- log, before which sprawled a couple of mayor, who was none other than our or! the mayor!" shouted a dozen dogs. Around this festive board the portly friend of the coach, "a pretty sldermen said "Friend thief, thou art pass this, to be fleeced on the high-

ghostly smile. As for our captain, he ladies, pale and frightened, left

He related many funny anecdotes ab- passage to the left. The mild shop

lordship the Earl of Dartmouth, the lord high steward of Kingston, the company were convulsed, and the hatchet-faced lawyer had to leave the table to avoid the disgrace of publicity indulging in a broad grin.

After all honor had been paid to that glorious institution, the Christmas plum pudding, and mince pies and sweets of all sorts had been demolished the table was cleared and molished, the table was cleared and there was placed before the alderman a gigantic wassail bowl, filled with the time-honored beverage, and send-ing up clouds of fragrant steam. First, the old alderman filled to the First, the old alderman filled to the brim a three-handled loving cup, and taking a goodly sip himself passed it on to his fair neighbor, the mayor's niece. She, coyly sipping, handed the cup to Capt. Rapier. That accomplished rascal gallantly took the vessel and carefully sipping from the place touched by the pretty lips of the witching Ada, sent it on its triendly journey. So the cup went each one of the company takopportunely, in time to finish the contents. The quaint ceremony over, glasses were filled, the fiddler was called in, and many a good song was trolled till someone asked for a ditty from Sir Rapier, a request clamorously applauded. So our captain sang a rousing ballad of the road, telling of wild adventures on the king's highway, and having a swinging chorus were deep and rich, and, when he had finished, the old alderman, who was tapping the table and wagging his listen to, but it hath a pretty lilt, and thy voice, good Sir Rapier, was brought to his feet again, to than before. By now the tune had got into the heads of his hearers, ended with the lines :

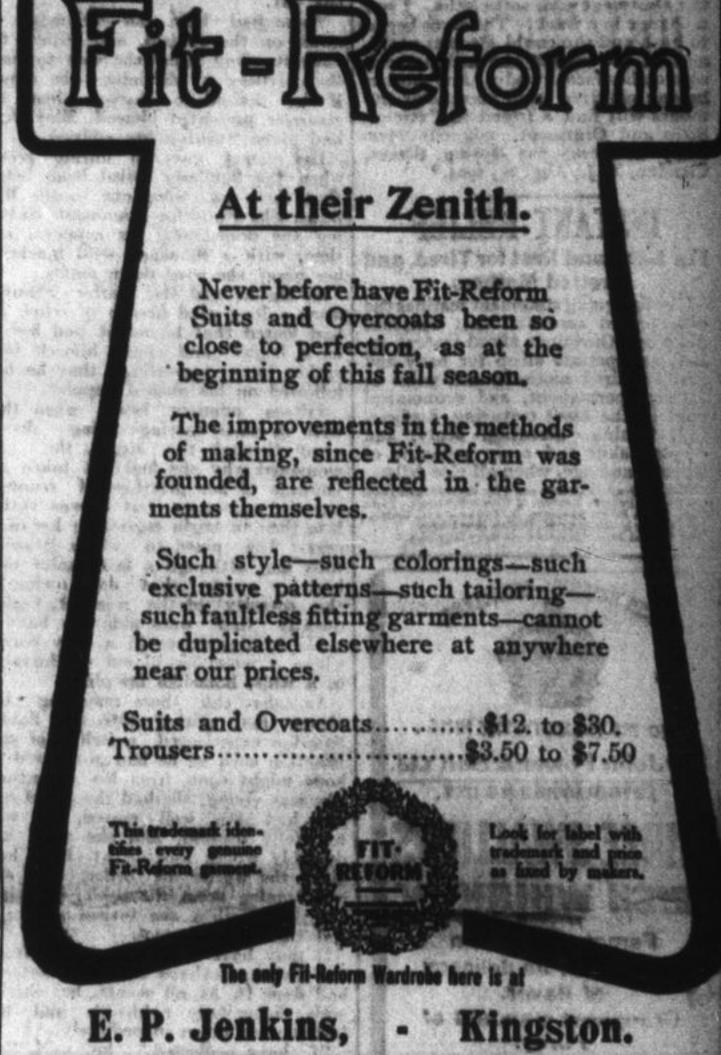
"When the purse is full and the wine is good, To the devil with care and the

Was being voiced by the jolly old The highwayman's heart was quite alderman, the solemn councillors, the "Oddfish!" muttered Rapier, as:he capitivated by his winsome partner, sturdy fathers, the mild-mannered surveyed the elaborate latticework on and the more she laughed at his wit, shopmen, the elderly matrons and the the front of the house, "'tis a merry the more he tried to win her good pretty girls. Even the hatchet-faced crew inside," and as a young appren- graces. After the corkscrew was finish- lawyer was seized with the madness tice passed him, he added aloud, ed, minuet and country dance followed of the tune and sang as lustily as "Prithee, good youth, tell me, what in quick succession, till the fiddler was the best.

pained surprise, "is the house of my himself puts it. Then the hostess led on his breast, the councillors turned good master the mayor of Kingston; the way to the supper room, where purple, the hostess started up, and was spread a repast worthy his may the captain's hand flew to his sword "Certes, then the mayor's guest will oral lordship of London. A baron of hilt. In the connecting doorway I be to-night," said Captain Rapier, beef occupied the place of honor, and stood a stout old gentleman, grinding and entering the wide portal, he seiz- at the bottom of the table a haunch his teeth in rage and astonishment. ed the iron boar's head which did ser- of venison was flanked by goose and "The mayor!" gasped the lawyer. vice as a knocker, and delivered a turkey, while the centre was loaded "The devil! Falstaff!" cried the dozen such sounding raps as would with dishes too numerous to mention highwayman, drawing his sword and have turned the soul of a present-day here. Overhead swung a noble branch calmly awaiting the development of

revellers took their seats, a sleek old pass this, to be fleeced on the high-in a tight corner, as he went to the way and to find the fellow who rob-side of the exasperated mayor. As for lawyer, who gravely listened to the man before you is the rascally Capt. ly! softly! good mayor, and worthy "Fair mistress," replied the high- prattle of a golden-haired miss, whose Rapier, and that a few hours since he clods," he cried; "methinks thy courwill arrest him myself." Then there shopmen light-hearted. It toned down see the discomfiture of their accomcome in this house, so, prithee step dies laughed the merrier, and across the walls of the apartment and pre-"My name, generous lady," answer- was in his element. His jokes flew wild room, not, however, before Ada

Out his merry majesty, the late King Charles, and mimicked the oddities of the court favourites of James II. The ellow was a born actor, and when rose and strutted about the room, itating the voice and manner of BISCUIT Eaten three times nutriment found in the whole wheat Kerne Send for the "Vital Question Cook Book," post ANADIAN SHREDDED WHEAT CO., Limited, Ning



Removed by the New Principle De Miracle young man.

"Why, 'tis a stranger." "Good sir," she continued, "we are expecting the "flow hast a pretty eye for fancy shooting, friend Falstaff, but me
"Why, 'tis a stranger." "Good sir," the mavoress carving the venison. On the mayor and the mayor and the find the fellow who robe the mayor are specified to find the fellow who robe the mayor. As for Captain Rapier, he was considerably the return of my husband, the mayor, and highwayman, next to the bright-eyed highwayman, next to the bright-eyed gaping plough loons and timid country the lamplisht. "Soft- ter jumpers? Know ye not that the lamplisht. "Soft- ter jumpers? Know ye not that the lamplisht. "Soft- ter jumpers? Know ye not that the lamplisht. "Soft- terminal mayor. As for Captain Rapier, he was considerably the right of the exasperated mayor. As for Captain Rapier, he was considerably the right of the exasperated mayor. As for Captain Rapier, he was considerably the right of the exasperated mayor. As for Captain Rapier, he was considerably the right of the mayor, and highwayman, next to the bright-eyed Ada, and opposite to a hatchet-faced the horseman, and the mayor are standard to find the fellow who robe the mayor. As for Captain Rapier, he was considerably the right of the mayor and to find the fellow who robe the mayor. As for Captain Rapier, he was considerably the right of the exasperated mayor. As for Captain Rapier, he was considerably the right of the mayor and the age o'ersteps thy prudence," and raisthe door, referred to by Ada, through a storm of hard blows and sword thrusts. His rapier twisted and curled, lunged and parried like a thing ows sprawling on their backs and good number of the others disarmed sending the point of his weap THE ROBERT SIMPSON COMPANDE Rapier passed through the porte and, closing it sharply after him, smiled grimly as he locked it with the key lark, but remembering his whispered instructions, he tupled to the left and groped his way along till he came to another door, which he open-

> shadow of yonder church "How can I thank thee, sweet mis tress, for thy timely aid?" "By hasting," replied the girl, "De lay not, or thou art lost "Thou speakest truth," laughed captain, "those clumsy farmers show me little mercy, an' they take give thee this ring which the splenetic uncle was bringing thee for a present, Sorry would I be to rob so fair a lady. As for thy uncle's guineas, in more than repay him for the trouble I have caused him. And now, charming girl, since I needs must go, just one too brief friendship." Saying which the bold rascal placed his arm round the girl's waist and planted a kiss minx, kissed him in return. Then, springing through the window, Capt. Rapier waved his sword, and, batless as he was, and keeping well in the

looking the churchyard. By the

stood the mayor's niece. "Quick,"

said hurriedly, "thy safety lies in the

as may be," said Rapier, and enter- is Dr. Hamilton's Pills of Man ing the inn he sought out the sleeping landlord, who, directly he became alive to the situation, bustled about quickly enough. Very soon he found a cloak and hat, saw that the roadman's pistols were primed, provided him with a mask and prepared him a such vim and resisting power in the storage of spiced wine. By this time the him with a mask and prepared him a such wim and resisting power in mug of spiced wine. By this time the system that sickness is important was ready and the captain, try Dr. Hamilton's Pills.

knock brought out the ostler.

Once on the main road, how put his beast to the was pursued. But what horse did not much clacken till the Christmas morn were falling the heavy gables of the old T

eat; tongue is coated, mouth back to the "Three Compasses." Go- bad, stomach is bloated. ing round to the back, a peculiar soon you'll be overcome by "Saddle the mare, Tom, as quick Best prescription for your c



Al. Leech and some of the members of the merry chorus, in "Girl s Will Be . Girls," at the Grand, Thursday September 7th.