

Exercise the  
Habit.

They become flabby, for want of exercise, just as your Arm would. They lose Tons, tension,—and the nerves that control them grow torpid and less sensitive to the stimulating friction of food on them. The Bowel Muscles then need to be wakened up, just as Exercise, or Cold Bath, wakes up and stimulates torpid drowsy man or woman. This is just what Cascarets will do—10 cents a Box. They act like Exercise, or a Cold Bath, on the Muscles that surround and work the Bowels and Intestines. Cascarets are a Tonic to the Bowel Muscles, and strengthen Peristalsis—the other name for which is Bowel-Work."

They do not waste any precious fluid of the Bowels, as Cathartics do. They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine. They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously. And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.

MY WATCH POCKET

This is why the dose of Cascarets can be lessened from time to time as you take them, instead of increased, as with all Cathartics. Cascarets are as safe to use constantly as they are pleasant to take. They are purposely put up like Candy, so you must eat them slowly and let them go down gradually with the saliva which is, in itself, a fine natural Digestive. They are put up purposely in this neat, round-cornered, Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

A Cascaret can never hurt, and an always do good, in strengthening the Bowel Muscles against the usual strain they are some day sure to have, from over-eating, or lack of exercise. Whenever your tongue is even slightly coated. Whenever your breath is under suspicion. Whenever your head feels dull or dopy. Whenever Digestion seems a trifle slow. When Heartburn, Belching, Colic, Restlessness begin to show themselves, take a Cascaret from your vest pocket or purse.

Sold by all Druggists—10 Cents a Box. You can try Cascarets FREE before you buy. Write for Free Sample and booklet, "The Cause of Constipation," best ever printed on the subject. Address Sterling Remedial Company, 374 St. Paul Street, Montreal.

20th CENTURY TREATMENT, of all Power, discovered in the Laboratories of Dr. Jules Kohn. 50 years of scientific research. Lost light back after years of weakness and nature's Secret restored by combining three chemical reagents in the world. This is proved by its use in the Hospitals. Tens of thousands of weak and hopeless 30 days treatment. This is a fact! sent absolutely free! All packages are tied in plain wrapper with no mark. A treatment (10 doses) with guaranteed and of money, for \$3.00. in the last twelve months.

1905 SERIES "LIGHT" RANGE and a few days ago why she Happy Thought which Well, said she, everyone Cook Stove made, and as the sale who wanted it, I never I am quite satisfied. best-of-all Cook Stoves 69-71 Brock St.

aper-making," honorable mention Canada's pulp. In the foregoing classification, Canada won forty points in each, or the highest score. The board of jurors proffered the present exhibit practically perfect, and not eclipsed by any other country. Commissioner Hutson and his staff are receiving my congratulations.

Lifebuoy Soap — disinfectant — is strongly recommended by the medical profession as a safeguard against infectious diseases.

## Teach the rising generation to discriminate between Sunlight Soap

and others that just look like it but lack its purity and cleansing power. It will save them the worry of experiment and the expense of injured clothes. Sunlight Soap washes equally well with hard or soft water. Your money back for any cause of complaint.

Lever Brothers Limited, Toronto



## Fit-Reform

The Only One

Fit-Reform has no interest in — or connection with — any other business.

There is only ONE Fit-Reform Wardrobe in each city throughout Canada.

Be sure you are in the right place — and look for the Fit-Reform label on every garment you buy.

Suits and Overcoats.....\$12. to \$30.  
Trousers.....\$3.50 to \$7.50

This trademark identifies every genuine Fit-Reform garment.



Look for label with trademark and price as fixed by makers.

The only Fit-Reform Wardrobe here is at E. P. Jenkins, Kingston.

### Peninsular RANGES

Make Baking Easy and Save Fuel.

Fire box is OVAL — no dead corners — no dead ashes to heat.

Sheet fire construction insures quick, even heating of all parts of the oven.

Oven is almost square, with STEEL bottom and ends.

Perfect VENTILATION of oven prevents soggy baking. Direct draft slide dampers give absolute control of fire.

The "Peninsular" Ranges are made in all sizes from plain 4 hole ranges, to richly nickled 6 hole ranges with closet and reservoir.

Your stove man probably has a full line of Peninsular Ranges. If not, let us know and we will send you our handsomely illustrated catalogue and the name of the nearest dealer handling Peninsular Stoves and Ranges.

CLARE BROS. & CO., LIMITED,  
Wholesale of the Famous "Reddy" Ranges  
WINDSOR, Ont. PRESTON, Ont. TORONTO, Ont.

### Good Casters

## Ives' Brass Beds

The caster on a metal or brass bed is important. An imperfect caster is liable to injure carpets or rugs while on polished floors it always leaves marks. Ives' Brass Beds have a double wheel ball bearing caster. The double wheel divides the weight and its wide face does not mark the floor, while it turns so easily to the motion of the bed that it never injures carpets. It is attention to important small things that makes Ives' beds the finest in America. Ask to see an Ives Brass Bed and examine it closely.

THE H. R. IVES CO., LIMITED, MONTREAL.

We Carry in Stock INGOT COPPER, ANTIMONY & TIN  
THE CANADA METAL CO., TORONTO.

## THE INVERARY FAIR

### THE PRIZES AWARDED AT RECENT SHOW.

There was a Fine Exhibit of All Kinds of Goods—The Awards Made by the Judges After Careful Examination.

Horses—Stallion, draught, W. Hartley, Stallion, roadster, chas. Anglin, W. Sherman, Brood mare, roadster, foal at side, W. G. Bruce, F. S. Ferguson, J. E. Anglin, Brood mare, draught, foal at side, Wilton Duff, F. S. Ferguson, M. B. Traves, Two-year-old colt, draught, R. Shannon, John Thompson, W. McNeely, Two-year-old colt, roadster, J. E. Anglin, Dr. Freeman, A. Garrett, One-year-old colt, draught, F. S. Ferguson, C. Barr, W. H. Morning, One-year-old colt, roadster, J. Anglin, W. Moreland, G. Aykroyd, General purpose team, W. H. Arthur, George Sheppard, M. B. Traves, Team of draught horses, R. Shannon, F. S. Ferguson, Carriage team, 15 1/2 hands and over, T. Thompson, W. Ormsbee, A. Garrett, Carriage team, under 15 1/2 hands, D. R. Lake, H. Lake, W. H. Jamison, Buggy horse, 15 1/2 hands and over, W. McNeely, C. Perry, C. Smith, Buggy horse, under 15 1/2 hands, G. Leatherland, T. Thompson, Best Balls, Colt of 1905, roadster, Dr. Freeman, J. E. Anglin, Geo. Aykroyd, Colt, of 1906, draught, Chas. Anglin, Wm. Duff, W. H. Morning, Saddle horse, C. W. Sleeth, A. Garrett.

Cattle, Thoroughbred — Bull, two years and over, C. Sleeth, J. Knight, A. Lyon, Yearling bull, S. A. Lyon, Bull calf, 1905, John Taylor, F. S. Ferguson, Milch cow, J. Knight, F. S. Ferguson, R. Shannon, Two-year-old heifer, J. Knight, R. Shannon, Yearling heifer, J. Knight, Heifer calf of 1905, J. Knight, W. H. Morning, F. S. Ferguson.

Grade Cattle—Milch cow, S. A. Lyon, P. Edwards, Geo. Leatherland, Two-year-old heifer, S. A. Lyon, B. Shannon, Geo. Leather and Yearling heifer, P. Edwards, R. Shannon, Geo. Leatherland.

Sheep, long wool—Ram lamb, M. B. Traves, George Leatherland, One breeding ewe, having lambs in 1905, G. Leatherland, M. B. Traves, One shearing ewe, M. B. Traves, Geo. Leatherland, One ewe lamb, 1905, Geo. Leatherland.

Sheep, Short Wool—Shearing ram, P. Edwards, S. A. Lyon, Ram lamb, P. Edwards, S. A. Lyon, One breeding ewe, having lamb in 1905, P. Edwards, S. A. Lyon, One shearing ewe, S. A. Lyon, One ewe lamb, 1905, P. Edwards, S. A. Lyon.

Hogs—Boar, one year and over, M. B. Traves, P. Edwards, Boar of 1905, M. B. Traves, S. A. Lyon, Brood sow, one year and over, M. B. Traves, S. A. Lyon, Sow of 1905, Geo. Aykroyd, M. B. Traves, S. A. Lyon, Best export bacon hog, P. Edwards, John Reid, M. B. Traves.

See horse shoes, manufacture of exhibitor, W. D. Bartlett, Ira Darling, Pair devices, manufacture of exhibitor, W. D. Bartlett.

Fowls—Turkeys, pair, male and female of 1905, J. Sherman, S. A. Lyon, Turkeys, pair, male and female, aged, S. A. Lyon, P. Edwards, J. Mas, Sherman, Geese, pair, John Reid, S. A. Lyon, Ducks, pair, Geo. Leatherland, G. Taylor, Fowls, pair, H. Lake, Geo. Leatherland, John Reid.

Ten pounds butter, S. A. Lyon, W. G. Bruce, Loaf, home-made bread, Mrs. A. Ritchie, W. C. Bruce, Geo. Leatherland, Six buns, C. Smith, C. Lyon, P. Edwards, Ten pounds cheese, T. Thompson, Bushel wheat, Geo. Leatherland, Bushel spring wheat, G. Aykroyd, J. Taylor, Bushel rye, J. Taylor, N. Darling, Bushel barley, six-rowed, N. Darling, Bushel oats, N. Darling, Bushel corn, in ear, N. Darling, Bushel timothy seed, M. B. Traves, J. Taylor.

Half bushel potatoes, colored, S. A. Lyon, F. J. Denny, J. Taylor, Half bushel potatoes, white, J. Taylor, Half dozen carrots, P. Edwards, J. E. Asselstine, J. Taylor, Half dozen turnips, C. Smith, P. Edwards, J. Taylor, Half dozen blood beets, N. Darling, P. Edwards, Geo. Aykroyd, S. A. Lyon, Half dozen Mangold Wurzel, P. Edwards, S. A. Lyon, C. Smith, Two heads cauliflower, J. Taylor, P. Edwards, One pumpkin, J. E. Asselstine, Three heads celery, J. E. Asselstine, Three varieties winter apples, four of each, S. A. Lyon, A. Garrett, T. Thompson, Three varieties of fall apples, four of each, R. Shannon, Geo. Aykroyd, S. A. Lyon, Half dozen pears, Geo. Aykroyd, S. A. Lyon, P. Edwards, Dozen tomatoes, P. Edwards, S. A. Lyon, C. Smith, Best three stocks ensilage corn, P. Edwards, Best three clusters of grapes, P. Edwards, Geo. Aykroyd, S. A. Lyon, Honey in comb, five pounds, Ira Darling, N. Darling, One quart raspberry vinegar, W. G. Bruce, J. Taylor, C. Smith, One quart maple syrup, J. Taylor, W. G. Bruce, S. A. Lyon, One quart jelly, M. B. Traves, S. A. Lyon, J. Taylor, One quart jam, P. Edwards, Geo. Leatherland, S. A. Lyon.

Ladies' Work. Crayon painting, P. Edwards, Painting on silk or wool, Geo. Aykroyd, Painting in oil, F. S. Ferguson, J. Sherman, G. Aykroyd, Painting in water colors, F. S. Ferguson, Painting on china, F. S. Ferguson, Tatting, M. B. Traves, C. Smith, G. Leatherland, Specimen of needle work, C. Smith, Susie Robb, F. S. Ferguson, Berlin wool work, raised, C. W. Sleeth, G. Leatherland, Sofa cushion, M. B. Traves, C. W. Sleeth, W. G. Bruce, Pair edgers, crocheted or knitted, G. Leatherland, S. A. Lyon, J. Taylor, Specimen worsted work, F. S. Ferguson, S. A. Lyon, Tidy in cotton, C. Smith, T. C. Loney, G. Leatherland, Tidy, any kind but cotton, M. B. Traves, Susie Robb, W. G. Bruce, Braiding on cotton, S. A. Lyon, P. Edwards, Collection, crocheted edging, four yards, C. Loney, S. A. Lyon, J. Taylor, Collection knitted edging, four yards, M. B. Traves, G. Leatherland, A. G. Bruce, Plain crocheted work, G. Aykroyd, S. A. Lyon, C. Loney, Family machine sewing, G. Leatherland, S. A. Lyon, Specimen gent's shirt, J. Taylor, S. A. Lyon, Flannel shirt, hand-made, J. Taylor,

George Leatherland, S. A. Lyon, Quilt, patchwork, hand-made, S. J. Lake, C. Loney, F. S. Ferguson, Quilt, log cabin, woolen, C. Smith, C. Loney, F. S. Ferguson, Quilt, knitted, M. B. Traves, G. Leatherland, Quilt, crazy, W. G. Bruce, J. Taylor, Quilt, crocheted, C. Loney, W. G. Bruce, Quilt, quilted, hand-made, G. Aykroyd, S. A. Lyon, J. Taylor, Coverlet, G. Aykroyd, W. G. Bruce, S. A. Lyon, Pair knitted stockings, coarse, W. G. Bruce, Pair knitted stockings, fine, J. Taylor, W. G. Bruce, Pair woolen socks, coarse, J. Taylor, G. Leatherland, S. A. Lyon, Pair woolen socks, fine, S. A. Lyon, G. Leatherland, W. G. Bruce, Ten yards carpet, all wool, home-made, W. G. Bruce, Ten yards carpet, rag, home-made, J. Taylor, W. G. Bruce, M. B. Traves, Ten yards of carpet, flannel, home-made, S. A. Lyon, W. G. Bruce, C. Smith, Rag mat, C. Loney, M. B. Traves, S. Leatherland, Mat, yarn, C. Loney, C. W. Sleeth, John Reid, Table doilies, F. S. Ferguson, J. Sherman, W. G. Bruce, Embroidery, F. S. Ferguson, M. B. Traves, C. Smith, Battenberg lace, M. B. Traves, C. Smith, G. Leatherland, Pair table doilies, F. Ferguson, M. B. Traves, C. Smith, Set of table doilies, comprising centre-piece, M. B. Traves, F. S. Ferguson, John Taylor.

Special Prizes. Prettiest baby under one year, prize given by Dr. Nichol, V.S., Mrs. P. Edwards's baby.

Prizes given by Hayes & Wilson, implement dealer, Kingston, best carriage team, 15 1/2 hands and over, T. Thompson, \$1; carriage team under 15 1/2 hands, D. R. Lake \$1, Brood mare and foal roadster, W. G. Bruce, \$1; brood mare and foal draught, Wilton Duff, \$1; six foals, C. Smith, \$1, W. P. Peters & Bro., flour merchant, best loaf of home-made bread, Mrs. A. Ritchie, one sack of Five Rivers flour.

George Thompson, best ten pounds of butter, S. A. Lyon, \$2. James Reid & Sons, best crazy quilt W. G. Bruce, a rocker valued at \$25.00, R. J. Reid, best patch work quilt, S. J. Lake, an arm chair, valued at \$25.00.

F. Harrison, Kingston, best quilted quilt, George Aykroyd, centre table valued at \$2.

Reed & Co., best single turnout, William Moreland, \$3 worth of goods, McCue Bros., Windsor Hotel, best rag carpet, John Taylor, \$1, Best wool carpet, W. G. Bruce, \$1.

T. J. Lockhart, Kingston, best loaf of home-made bread, Mrs. A. Ritchie, \$1, Best collection of fruit, J. Taylor, \$1, Thomas Mills & Co., best milk cow S. A. Lyon, a \$25.00 hat.

Crumley Bros., best pair fine stockings, John Taylor, white waist, valued at \$2.

PRINCE HATES ARMS. Dislikes Exercises—Luxurious in His Tastes.

Berlin, Sept. 20.—Prince Von Buelow who has just retired the distinction of major general of cavalry, is the least military minded of men. He is well dressed and carefully groomed, but sloppy in bearing. He dislikes exercise of all kinds. He will not walk when he can ride; he hates the discomfort of a long ride, and in domestic tastes is luxurious almost to the verge of epicureanism. Including two recently received decorations from the shah, the imperial chancellor is, next to the kaiser's chief chamberlain, Count Eulenburg, the best decorated man in Europe. He possesses 115 stars, orders, and ribbons, besides medals galore. A German mathematician the other day reckoned that if the chancellor were to them they would cover not only every inch of his breast, but his back as well and overflow down his trousers to the knees.

Until quite recently Von Buelow was a comparatively poor man, being in receipt of an income, including his official salary, of less than \$45,000, but the legacy left him lately by the rich Hamburg merchant, Herr Godefroy, will bring the income up to \$110,000.

TURN'S HIGHWAYMAN. Hungarian Wounds Six Soldiers and Ends Life.

Vienna, Sept. 20.—Great excitement has been caused in the neighborhood of Grosswarden by the doings of a man named Ujaki, who the other day decided to turn highwayman. He stole a rifle and cartridges from a soldier during the manoeuvres, and then shot a land owner and his cow on a country road, and robbed the bodies. The police tracked Ujaki to a deserted house near Fegyhazi, and found the building barricaded, and shot several times from the windows as often as the police showed themselves. Fifty gendarmes then laid siege to the place, by Ujaki kept them at bay by a heavy fire and wounded six. After forty-eight hours, however, the firing stopped, and the gendarmes then broke in the door. Within they found Ujaki dead. His ammunition had run out and he had shot himself with his last cartridge.

Bad Habits of The Country. Salem Journal. The crocheter chews tobacco. The quilt gets out his pipe. The rooster has his cocktail. The orchard gets plum fall. The onion squanders every cent. And the radish has a rant.

Rideau King for Ottawa every Monday and Thursday, at 6 a.m.

The Source of Neuralgia. It runs hand in hand with poor blood and weak nerves. Health runs down, nerves get irritable, neuralgia tortures follows. For the moment applications may relieve—but to thoroughly cure, the system must be strengthened with nutritious blood.

What can equal Ferrozone? It increases the appetite, forms abundance of life-giving blood, supplies nutriment and building material for worn-out nerves. Ferrozone completely cures neuralgia. Every root and branch of the disease it kills. Absolute success in every case. Stop suffering—Fifty cents buys Ferrozone. Fifty chocolate coated tablets in a box at any drug store.

## Change of LIFE

This perfectly natural change in a woman's life is too often accompanied by painful, distressing symptoms due to female troubles and slight irregularities in her delicate organism. The woman who passes this change without the development of tumors, cancers, or chronic invalidism enters a new field of happiness and usefulness in the domestic circle and in social activity. Her physical system should receive the necessary assistance at this critical period.

### Lydia E. Pinkham's Vegetable Compound

is exactly suited to woman's needs at this time. It strengthens and cures all derangements of the female organism, it overcomes the hot flashes and dizzy fainting spells, and all other distressing symptoms.

Woman's Friend During Change of Life

Dear Mrs. Pinkham:—I owe my splendid health to Lydia E. Pinkham's Vegetable Compound. I am the mother of three children, have safely passed the change of life, and feel as young and strong as I did twenty years ago, and this is all due to your friend of women, Lydia E. Pinkham's Vegetable Compound. I took it before my children were born, and it greatly assisted nature and saved me much pain, and during change of life I took it off and on for four years, and had but little trouble and sickness such as most women have to endure.

Mrs. JAMES K. MANS, 806 Bathurst Street, Toronto, Canada.

The whole secret of safety at this time of life is thorough preparation before the change begins. Fortify the system with a course of Lydia E. Pinkham's Vegetable Compound. This wonderful medicine has carried thousands of women through this danger period. No such helpful advice to women who are sick can be had anywhere as will be received free by addressing Mrs. Pinkham, Lynn, Mass.

Lydia E. Pinkham's Vegetable Compound Cures Where Others Fail

## PERRIN'S "GOLF" GLOVES

Made of finest Doekin—washable and soft. Perforated backs—and latched on back. Reinforced on Palms; more comfortable and last better than any other make. For sale by Glove and Sporting Goods dealers. When you want a good Glove ask for a "PERRIN".

## Attend Our NIGHT SCHOOL

We can double your earning power. Your investment with us is only a few cents per night, and you get your money back with interest.

### Autumn Session Begins Monday, September 25th (7.30 p.m.)

#### Classes Meet on Monday, Wednesday and Friday Evenings Hours: 7.30 to 9.30

Choice of one or ALL subjects, including Shorthand, Typewriting, Letter Writing, Arithmetic, Penmanship, Bookkeeping and all Commercial branches. Special classes in Higher Mathematics—Euclid, Algebra and Trigonometry; also in Mechanical Drawing, Engraving and Show-card Lettering. Remember, we give individual instruction, so that your present standing does not hinder you from attending. All competent and experienced teachers. Rates very moderate. Visit us, telephone or write for further particulars. We prefer your visit. We solicit investigation. We guarantee good results. Office open evenings.

## FRONTENAC BUSINESS COLLEGE,

BARRIE AND CLERGY STREETS.  
The Best Equipped School in Eastern Ontario.

PHONE 680. T. N. STOCKDALE, Principal  
Register the first night and prepare for a better position.

## SALE OF HOUSEHOLD GOODS, ETC

For the next month, on account of improvements on premises, we have decided to offer our entire stock AT NEARLY COST PRICE, consisting of Heaters, Ranges and Pug Stoves, Furniture and House Furnishings of endless variety and in first-class condition, including a large number of very fine Mahogany Pieces, etc.

We mean business. It will pay to come and see

L. LESSES, Corner of Princess and Chatham Streets, Kingston

## CHOCOLATES!

Ganong's Canadian Chocolates

—AT—  
A. J. REES', Princess St.

Charles J. H. Saylor at Bloomfield, and T. C. Lockwood, Brighton, have been appointed division court clerks.