

side Inn finds it necessary to... has become so popular that it is... at the smallest Inn as well... clubs, cafes, restaurants and... from water which registered... government Analysts.

King's Ale
UNIFORMITY
Kingston.
Go and take a Ten Mile Walk, for Exercise!
"Finest thing in the world for Constipation, Indigestion, or Dyspepsia, Ten Mile Walks."
Haven't time? Too Lazy?
Well, there is another way.
Take Artificial Exercise for your Bowels. That's CASCARETS.
They rouse the Bowel Muscles, just as a Cold Bath freshens Athletic Muscles.
"When taken up, Strengthen them so they Contract and Expand the Bowels and Intestines in a healthy active manner."
That's how these muscles work the Food along, through your thirty feet of Intestines to its Finish.
That's how they squeeze Gastric Juice into the food, to Digest it.
That's how they make the millions of little Suckers in the Intestines draw the Nutrition out of Food, and transform it

Dr. Williams' Pink Pills
And The Aged.
Established Reputation.
We have already used Dr. Williams' Pink Pills in two of our homes (Haines' Castle and the Village House) and have no hesitation in saying it has improved very much. —July 27th, 1905.
C. O. FORDINGBRIDGE, ENGLAND.
Wm. S. & Co., Ltd., Toronto & Montreal.

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KITCHEN
"HAPPY THOUGHT"
Exceptionally heavy and well... and water heater, while for economy of fuel it easily...
"Thought"
and twelve styles, to suit all... every taste. Every "HAP... carries the unconditional... THE WILLIAM BUCK... LIMITED, of Brantford, and

& Birch,
St., Kingston.
We will be pleased to furnish estimates and construct your cement walk.
Satisfaction guaranteed.
Douglas & McIlquham,
15 Nelson Street.

Your Tongue is Coated!
LOOK inside your watch cover and see! That's bad business, Bill!
What you been Eating? What were you drinking? What kind of Lazy Chair did you take exercise in?
Now don't think it doesn't matter!
Because, it's your Bowels that talk now, every time you open your Mouth.
That doesn't help your Popularity, nor your Earning capacity.
Besides, a man with bad Bowels is in a bad way.
And a Coated Tongue, or a Bad Breath, are sure signs of bad Bowels and poor Digestion.
Go and take a Ten Mile Walk, for Exercise!
"Finest thing in the world for Constipation, Indigestion, or Dyspepsia, Ten Mile Walks."
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Wisdom and Power go together
John Dewar & Sons, Ltd. Distillers.
Perth.

CHOCOLATES!
Ganong's Canadian Chocolates
—AT—
A. J. REES', Princess St.

NOTICE TO CREDITORS
In the Estate of Samuel Henry Fee, Late of the City of Kingston, in the County of Frontenac, Doctor of Medicine, Deceased.
NOTICE IS HEREBY GIVEN PURSUANT to Sec. 38 of Chap. 129, R.S.O., 1897, that all persons having claims or demands against the estate of the said Samuel Henry Fee, deceased, who died August last past are required to send by deposit, prepaid, or deliver to the undersigned Solicitor for the executors of the last will and testament of the said deceased, on or before the eleventh day of October 1905, their claim and surmises and ad-vice of their claims, and with a statement of their accounts and the nature of the securities (if any) held by them, duly verified by statutory declaration.
And take notice that after the said eleventh day of October the said executors thereto, having regard only to the estate of the said deceased among the persons entitled thereto, having regard only to the claims of which they shall then have notice and that the said executors are, or any part thereof, to any person or persons of whose claims notice shall not have been received by them or by their said Solicitor at the time of such distribution.
JOHN MUDIE, 89 Clarence Street, Kingston, Ont., Solicitor for the executors.
Dated September 11th, 1905.

Port Wines
Our importations of Ports, which have just arrived, comprise some of the oldest and best of Portugal's production. Brands such as Graham's and Cruttin's are famous the world over.
Prices in these range from 83 to 88 per gallon.
Everything of the best in all our lines.
JAS. McPARLAND
339 and 341 King St.
Phone 274.

X-RAY Stove Polish
The Polish that won't wear off.
Sold Only at Strachan's Hardware
Dr. Brock's Celebrated English Female Periodical Pills
The first time in Canada "The Best" Drug to be secured sole agency for this great remedy. \$1. mailed on receipt of price, 124 Princess St., Kingston, Ont.

BRIGHTEN THE FARM COUNTRY HOME SHOULD BE A PLEASANT SPOT.
In the Very Midst of Nature's Beauties—Do Everything to Hold Young People in the Country.
Edgar L. Vincent, in Agricultural Epitomist.
The farm home ought to be the brightest spot in the world. It may be if we will only take a little pains to make it so. We are in the very midst of nature's beauties. Trees, grasses, flowers, birds and plenty of fresh air and sunshine everywhere, and over all the quiet and the restful influence which can be had nowhere else in the world. We have access to all that we need to make the farm home pleasant, wholesome and attractive. And yet, many homes are not as bright as they might be. Passing through the country, it is often a wonder to us how men can be content to live in such dismal, unwholesome and cheerless houses to permit the surroundings of their homes to be so devoid of all that would tend to make and keep the young people happy and contented closer to the country and so different in every way from what one would expect a real whole-hearted farmer's home to be. It seems as if his must in many cases be the result of a lack of knowledge as to how to make the farm home pleasant, and not to a deliberate intention to have it cheerless. Perhaps in some instances there may be a tendency to devote all the time and all the energy and all the study to the cold proposition of making money, to the getting of all we possibly can out of the farm, leaving the greater part of taking comfort to be the very last consideration, only to be consulted when life gets along toward its sunset. Most of us think that sometime we will fix up the old place a little; we will have things made neat and tidy; and so, we will give more time to the things that make farm life attractive. Far too often, however, we never quite see the time and the money we can spare for these repairs, and so we go on until the whole length of the road, living just for the dollars we can make. Now, here are a few simple things we may do to make home more cheery. They will cost little in the way of money, compared to the relief they will add to the home farm. If the house was not originally provided with porches along the front, put some on now. Let them run along the entire front. Make them deep and shady. Train some vines over the ends of these porches. At one end a white clematis; at the other a purple one; while between some climbing roses or a clematis paniculata may be put. This latter vine will keep its beauty in the fall of the year till all others are gone. It will endure hard frosts and still be green and fresh. Then, too, the perfume it sheds is delightful. Out in the yard, set out some trees. Perhaps these may come from one's own woods. No matter. When they have been transplanted to the house-yard they take on a beauty and give an interest which they never had before. But when you have them on his farm or not, it will not cost much to get them. A few maples along the front, with a cut-leaf birch and a Norway maple nearer to the house, will do much to relieve the monotony of the scene. And then, let the yard by all means have a little spot for the old-fashioned flowers. Here mother and the girls may grow flowers for the table and for bouquets of a Sunday when all go to church. It is a good sign when the girls and boys, too, like to wear a little bouquet to church, to parties and when they go to town on business. The young man who has a green landscape for flowers may make something out of it by cutting a few when he takes fruit or vegetables to town. Not infrequently he will find those who will buy of him if he has the flowers when they might not otherwise do so. Flowers carry the mind back to the country and keep the heart pure. Still again, hang some blinds at the window of the old home. If the house is painted white, give the blinds a green color. Once in five years the house should have a fresh coat of paint. This will preserve the woodwork and make the place look a hundred percent better. Painted blinds, also, keep the home more bright. Never put on a dark paint inside. Brighten things up. This will make everybody happier and healthier. For myself I think a nice hedge of Norway spruce about the house makes the place look as nice as any kind of ornamental shrubbery that can be used. I used that myself. I keep it trimmed down; but if one lets it grow up, it will afford great protection in winter. The plants cost me ten cents each when from a foot and a half to two feet high. I set them out three feet apart and used seventy-five of them. Farther away from the house and still along the highway, a row of sugar maples or some other hardy trees may be set. They may grow slowly, but we all take pleasure in watching such things grow and the time will come when they will add much to the attractiveness of the home. Finally, every farmer should own a lawn mower and use it often. The boys will do this work and be glad to do it. The yard looks so much nicer kept trimmed. If, added to these simple things, we have nice walks from the house to the road and about the yard and do other little things that will suggest themselves to the man who really has heart to do them, in a little while the old home will fairly shine with new beauty. The chains binding every member of the household to the farm will be gleaming and the way seem brighter to those who pass by.

Hunters' Rates SINGLE FARE
To points in Tennessee on T. & N. O. Ry. to points Mattawa to Port Arthur and Sault Ste. Marie, via North Bay, Mattawa on Northern Ry. Oct. 10th to Nov. 7th.
To Muskoka, Midland, Lake of Bays, Penetang, Magnetawan River, Lakeside, All Stations Argye to Cobowick, Lindsay to Sault Ste. Marie, North Bay via N. N. Co. Good going only (Georgian Bay and Mackinac Division). Good Going Oct. 26th to Nov. 7th.
All tickets valid returning until December 9th.
For full particulars, tickets and all other information apply to J. P. HANLEY, City Passenger Agent, other information apply to

Bay of Quinte Railway
New short line for Wood, Napanee, Deseronto, and all local points. Trains leave City Hall Depot at 8:25 p.m. F. CONWAY, Agent B. Q. Ry., Kingston.
Lake Ontario and Bay of Quinte Steamboat Co., Limited.
STR. "ALETHA"
Leaves Kingston daily except Sunday at 3 p.m., for Picton and Intermediate Bay of Quinte Ports.
Full information from J. P. Hanley, J. P. Gilderslove, Jas. Swift & Co. Agents.
E. E. HORSNELL, Traffic Manager.

ALLAN LINE
LIVERPOOL and LONDON ROYAL MAIL STEAMERS.
From Montreal. From Quebec.
Parisian, Fri., Sept. 29, 5 a.m. 29, 4 p.m.
Bretan, Fri., Oct. 6, 5 a.m. 6, 7 p.m.
Virginian, Fri., Oct. 13, 5 a.m. 13, 12 p.m.
MONTREAL TO GLASGOW, DIRECT, Monday, Oct. 23, (daylight).
NEW YORK TO GLASGOW.
Numidian, Thurs., Oct. 12, 1 p.m.
MONTREAL TO LONDON & HAVRE, Pomeranian Sept. 30, Sardinian Oct. 14.
\$40 single, \$76 return. Only one class passenger car, called second cabin.
J. P. HANLEY, Agent, G.T.R. City Passenger Dept., J. P. GILDERSLOVE, Clarence Street.

Three Mile Bay News.
Three Mile Bay, N.Y., Oct. 6.—Potatoes are a good crop around here, but some complain of rot. N. Flander has seventeen acres of potatoes. Threshing is about over around this section. N. Perry is doing good work with his new threshing machine. F. Lakens, of Potworth, is in Waterford, N.Y. Thomas, Boulder, of Verona, is at Cape Vincent, N.Y.E. Lakens is at N. Flander's, John Prindel, of Marlbank, is visiting C. Bates, Three Mile Bay.

COLD CURE
Price 25c
Relieves the head, throat, and lungs almost immediately.
I WILL REFUND YOUR MONEY IF IT FAILS
MUNYON, Philadelphia
THE PEOPLE ALL
In Chorus Cried, Give Us Newbro's Herpicide.
This word of late has been in everyone's mouth, and many are wondering what the word signifies, though no one has yet been found, who will deny that Newbro's Herpicide does the work. Well, for the information of thousands who would like to know all about a good thing, we would say that Herpicide means a destroyer of the Killer of "Hopes, Now Herpes" is the family name of a disease caused by the various vegetable parasites. A similar microbe causes dandruff, itching scalp, and falling hair; this is the microbe that Newbro's Herpicide promptly destroys, after which the hair grows. Sold by leading druggists. Send 10c, in stamps for sample to The Herpicide Co., Detroit, Mich. G. W. Mahood, special agent.

TRAVELLING.
GRAND TRUNK RAILWAY SYSTEM
WESTERN EXCURSIONS
\$46.30
Vancouver, Victoria, Seattle, Tacoma, Portland, Ore, second class from Kingston, Oct. 31st, 1905.
Hunters' Rates SINGLE FARE
To points in Tennessee on T. & N. O. Ry. to points Mattawa to Port Arthur and Sault Ste. Marie, via North Bay, Mattawa on Northern Ry. Oct. 10th to Nov. 7th.
To Muskoka, Midland, Lake of Bays, Penetang, Magnetawan River, Lakeside, All Stations Argye to Cobowick, Lindsay to Sault Ste. Marie, North Bay via N. N. Co. Good going only (Georgian Bay and Mackinac Division). Good Going Oct. 26th to Nov. 7th.
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Full information from J. P. Hanley, J. P. Gilderslove, Jas. Swift & Co. Agents.
E. E. HORSNELL, Traffic Manager.

BORN.
STEVENS—At Bay Bay, 30th Sept., to Mr. and Mrs. Chas Stevens, a daughter.
OLIVER—In Richmond, Mount Pleasant, Sept. 29th, to Mr. and Mrs. M. Oliver, a daughter.
PAVLETT—14th Oct., to Mr. and Mrs. Horace R. Paul, a daughter.

MARRIED.
FRENCH—ANNETTE—On Oct. 4th, Bertha Kate Asseline, Camden, to Schuyler French, Richmond.

DIED.
ANDERSON—At Selby, 4th Oct., Margaret Anderson, wife of the late Jonas Anderson, aged 63 years.

Good Complexion
When Pimples and Blisters Disfigure the Skin
It means bad blood, bad digestion or constipation. First two are the result of the last. FRUIT-A-TIVES cure all three. When the bowels don't move regularly, poisonous matter remains in the intestines. Instead of the blood taking up wholesome nourishment to build up the system, it absorbs part of this poisonous matter which causes pimples and blotches on the skin. Cases are formed by this matter, which get into the stomach, upset digestion, cost the tongue, and taint the breath. Fruit-a-tives purify the blood—correct digestion—and clear the complexion—because they cure constipation.
"I am on my second box of Fruit-a-tives now, and can honestly say they are the best medicine for Constipation and Stomach Trouble I ever used."
MRS. F. CODY, OTTAWA, ONT.
These wonderful little tablets are pure fruit juices—prepared according to the secret formula of an Ottawa physician who discovered the method of using fruit to cure disease. Fruit-a-tives act directly on the liver, increase the flow of bile, and thus cause the bowels to move regularly and naturally every day.

Fit-Reform
Overcoat Satisfaction.
We want you to be just as particular about your Overcoat, as you are about your Dress Suit.
Then we know you will appreciate Fit-Reform Overcoats.
Cloths and patterns—style creations—and faultless tailoring are just as noticeable in Fit-Reform Overcoats as in Fit-Reform Suits.
We are ready to show you everything that is new and good in Overcoats.
\$12. to \$30.
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.

ORANGE MEAT
BRAIN AND BODY WORKERS FIND THAT
MAKES THE DAILY TASK LIGHTER
MAKES THE BRAIN QUICK, ALERT, AND CLEAR, AND NOURISHES THE BODY WITH GOOD RED BLOOD
50 ESSENTIAL TO HEAVY WORK OF ANY KIND.
ORANGE MEAT
IS MADE FROM THE BEST CANADIAN WHEAT BY A SPECIAL PROCESS WHICH UTILIZES ALL THE LIFE GIVING ELEMENTS OF THE GRAIN.
EASILY DIGESTED
INVALIDS ASK FOR IT - HEALTHY PEOPLE INSIST ON HAVING IT.
EVERY 10c PACKAGE CONTAINS A COUPON REDEEMABLE WITH A NEW SERIES OF PREMIUMS.
THE FRONTENAC CEREAL CO. LIMITED KINGSTON ONT.

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DON'T KEEP BACHELOR'S HALL
While your wife is at the sea-side She would rather have you enjoy ALL THE COMFORTS OF HOME By taking your meals at the
IROQUOIS HOTEL
R J. FREE, CONTRACTOR
Estimates given for all kinds of Mason Work, Plastering and Cement Work of all descriptions.
94 Division St. Phone 402