Aid" to the Bowels

Then he works them (through the nerves) till they get so strong from that Exercise that they don't need any more help to do their duty. But Dr. Cascaret wants to be right on

the spot, in your Pocket or Purse, where he can regulate these Bowel-Muscles all the time, in health, and out of health.

Because, even the strongest Bowel-Muscles may be overworked. Heavy dinners, late suppers, whiskey, ine, or beer drinking, nervous exciteent, sudden exposure to cold or heat

nd a dozen other every day likelihoods tire e Bowel Muscles. In such cases a little Cascaret in time worth fifty dollars worth of Treatment ter on, to say nothing of the suffering, scomfort, loss of Business Energy, and

Old Dr. Cascaret carried constantly in our Vest Pocket, or in "My Lady's" urse is the cheapest kind of Health-Inrance, and Happiness - Promotion, that ver happened.

ss of Social Sunshine it saves.

Little thin enamel Cascaret Box, half thick as your watch, round-cornered, nooth-edged, and shaped so you don't tice its presence.

Contains six Candy tablets-Price Ten ents a Box at any Druggist's. Be sure you get the genuine, made only the Sterling Remedy Company, and

ever sold in bulk. Every tablet stamped Big box of tablets (to re-fill pocketx) at 50 cents. Carry Cascarets constantly in Vest

ocket, or Purse. A sample and the famous booklet. "Curse Constipation," Free for the asking. Adess Sterling Remedy Company, Chicago New York.

tch the Scotch WARD VII. OTCH

Kings, good for illed on the estate ke of Argyle by

es Prothers Distillers, Argyleshire.



not Fade

a magazine ake. Issued 4 s beautifully for sample td., St. John's, P.Q.

a strong, accurate shooter, safe, sure and harmless, at first in design and finish, handsomely short plat of orbit, pistol crip and polished walnut stock. All orbit, pistol crip and polished walnut stock. All orbit, and it went you a red cal. We'll make the true will the craze now. Over a million said and in your town. Write to-day stare. Address TORONTO, ONTARIO

Grips You

it is not merely "something you ate" at the last meal -it is weakness in the stomach. A pain is Nature's danger signal that something is wrong. Indigestion is the stomach's way of telling you that it can't or won't work, NOW is the time to take FRUIT-A-TIVES.

These fruit tablets rest the stomach-bring out a copious flow of gastric juice at meal time-and make the stomach and intestines digest everything you eat.

You know that Fruit-a-tives are doing you good-because there is no more pain-no more sour stomach-no belching gas. Fruit-a-tives keep the stomach clean and healthy-and ready to digest any sensible meal you eat while the constipation is entirely cured by their use. Fruit-a-tives are most valuable in the home. We have used

two hoxes and are to-day getting a third, which tells our opinion of their merits. I find them especially good for the children, pleasant to take and very cleansing in their action." Mrs. F. M. NORRISH, Calgary, Alberta. Fruit-a-tive: are pure fruit juices in tablet form. They act gently on all the organs of digestion-strengthen, invigorate, and cure. If there is anything wrong with stomach or bowels, cure yourself with

or Fruit Liver Tablets.



At all druggists. 50c. a box

The Time Has Come

Rubbers!

H, JENNINGS, King St. Plumbing and Heating Hot Water Heating

a Specialty. Inspection of work invited. Estimates ill be cheerfully given.

warantee you first-class work, HALL

I have none but the best plumbers and

Brock Street. 'Phone 335. Fine hose sutter no injury if you use the C. M. C.



They cannot possibly slip or The grip is fast; adjusted instantly; simply clasps to hose and corsets. Pads unnecessary.

"It's all in the clasp." Women's, Misses', Children's. Better and no dearer. At all dealers. Ask for them. Every pair guaranteed. . H. Westwood & Co., Limited, Toronto.

Be Guided by Those Who Know About "Bartle," and, Knowing, Have Bought Land

Realty Company property at Eastern Cuba, is furnished by he fact that every intending purchaser,

Price of Lands, \$25 Acre tening steers, are apt to eat much and witnessed that tremendous com-

or write for Maps, Plans and an important factor in preparing cat- which is visible from the tunnel's tle for market, and the same care mouth. What with occasional dropping The Cuban Realty Co. should be given to its use as to feed of bits of stone, the dimness of the tunnel, which cannot be wholly lighted LIMITED

Telephone No. 70. pply to J. O. HUTTON, Agent

311 University Ave., Kingston. A spruce young man isn't necessar by woodeny and a blockhead. insurants in force in Canada

Canadians relished as an entertainment the wit and vivacity of Lord Dufferin, valued the steadiness of Lord Lorne, admired the grand seigneur in Lord Lansdowne, thoroughly liked and respected Lord Aberdeen, and were delighted both by Lord Minto's soldiery and sportsmanlike qualities and his re-

Than War! More terrible than war, famine or pes-tilence is that awful destroyer, that hydraheaded monster, Consumption, that annually sweeps away more of earth's in-habitants than any other single disease

More Terrible

Manufactured by Fruit-a-tives Limited, Ottawa

"It is only a cold, a trifling cough," say the careless, as the irritation upon the delicate mucous membrane causes them to hack away with an irritable tickling of the throat. When the irritation settles on the mucous surface of the throat, a cough is the cough however slight as the irritation spreading throughout the delicate lining of the sensitive air passages soon leads to fatal results. If on the first appearance of a cough or cold you would take a few

Dr. Wood's Norway Pine Syrup

properties of the pine trees of Norway, and for Asthma, Croup, Whooping Cough and all Throat and Lung affections it is a specific. Be sure when you ask for Dr. Wood's Norway Pine Syrup to get it. Don't be humbugged into taking something else.

Miss Lena Johnston, Toledo, . Unt writes: "I have used Dr. Wood's No. way Pine Syrup for throat troubles after must say that nothing can take the place iof it. I would not be without a bottle of

MISTAKES OF THE WIRE.

the Telegraph Cause Queer Mistakes.

"In my business a man has strange xperiences, It was only vesterday hat I sent this message to a White Mountain hotel: "Hold room for self and wife. Ten days.' The answer came back at once : 'We don't take dogs, and the couple that wanted to go to the hotel were horrified. Later the explanation came. My message. it seems, had been incorrectly trans-

mitted as 'Hold room for self and wife. Ten dogs. "Two sportsmen, one in Chicago and one in New York, played a game of billiards . by telegraph three years ago. The two tables were divided into small numbered squares, and the end of each shot the location the three balls would be telegraphed to the other town, where they would be set up and tackled anew. The game lasted four days, and would have cost a mint of money only the players happened to be telegraph oper-

"Telegrams are never punctuated. You know that Well, this fact lost Washington man 8500 last May His wife was very low and he wire to a Philadelphia specialist to con on. An hour later the woman dies and the husband sent another wire, saving : Don't come. Too late.' "But, since the message arrived

punctuated, the Philadelphia, spe cialist abandoned everything train. Of course, he had to be paid, special train and all. It was a case where a lost period, a lost flyspeck of was the same as a lost purse con-

Salt For Cattle. Common sense and many experiments teach that the proper way salt cattle is to provide it in su cient quantity and make it accessible placed at at least two different points where cattle run and they should be Proof conclusive that they have allowed to get it whenever they want the favorable location of their lands, is absolutely necessary in this way. while if saft is given at frequent in- daughters and suite had all gone down tervals, cattle, and particularly fat far under the furious river in oilskins,

> some little affment caused by inaction Pills. The result will be a pleasant TRACHER OF CHINA PAINTING arprise. They give positive relief. The trust magnate believes in taking the world as he finds it, but the trouble is he doesn't want to leave solicited. Miss M. M. Brophy, 59 Wellington street. any of it for the rest of us.

is not surprising that the workmen are not fond of seeing visitors, especially ladies, in the great drift. Indeed, they have evolved a superstition on this point, perhaps because of an accident. SENATOR KIRCHHOFFER TELLS A At any rate, visitors are supposed to bring or threaten bad luck. "It would

be different if they had any business

here," said a sour foreman. Earl Grey Spoken of In the Verna-How the Countess Won Him. cular at Ottawa as "The Real Perhaps the countess had heard of all this. So she proceeded to have busi-Thing"-Entirely Free From ness there. She wished to lay a brick, Vice of "Incuriousness" - His Exone of the millions in the lining. The workmen watched her take a trowel, cellency's "Wants to Know" work up deftly her allotment of mortar Value to the Dominion of Canada. and place her brick in good shape. A lady capable of that feat could scarce-Hon. J. N. Kirchhoffer has written ly be dogged by demons of bad luck for The London Outlook a personal injurious to respectable workmen. Lady sketch of Lord Grey as he is known

FEW INTERESTING STORIES.

by Ottawa officialdom, which differs

materially from other biographical

notes on Canada's Governor-General.

It may be said that all Governors

General of Canada have been popular.

The office itself is popular, partly be-

cause it symbolizes the Crown to a

loyal people and partly because it has

been occupied by a line of hospitable

markable development in statesman-

Earl Grey "The Real Thing."

Perhaps it was because each of these

Governors seemed peculiarly identified

with some distinct school of thought,

or some set, or some party, or some

method, of taking pleasure, that none

was, as Earl Grey is, generally spoken

Canadian eulogy can say no more. He

has insisted perhaps less than any of

his predecessors on the divinity which

doth hedge a Governor-General with-

out any air or playing to the gallery, if

country so little cumbered by either

nobbery or snobbery. As one Radical

of the mild-Canadian variety, trying

to define the Earl's charm, said, his

art consists in his seeming uncommon-

ly approachableness in consequence of

himself approaching all sorts of peo-

Free From Damning Trait.

Kipling selects as the damning trait

of many Britons. Lord Grey always

"wants to know." Now almost every-

body who does things and knows

things likes to give information about

them to sincere seekers for it. A rea-

sonable inquisitiveness is as much a

Canadian as a Yankee characteristic.

He who possesses and evinces it, who

takes and gives information readily,

may be said to "belong" all over North

America. Lord Grey's shrewd curiosity

is of great value to him, and not a lit-

tle to the country. It helps him as a

host, it often leads him afield for in-

prompts an inclusive hospitality. Not

only the official staff, but the unofficial

friends, scout for interesting guests.

To give one instance of many, Lord

Grey greatly pleased the whole tribe

of growers and dealers and suppers

dian staple, by imparting, in a public

speech, some of the valuable informa-

tion gained in table-talk with Mr.

At the same time he remarked, on

the same excellent authority, that

British Columbia salmon-curers might

profit by remembering that the heads.

tails and fins, now treated as refuse of

the canneries, are highly valued as food

by the Japanese and Chinese. Why not

save for, and export to that demand?

dian, rubbing his eyes to behold a Gov-

Value of Curiosity.

losity, not long ago there met at the

Governor-General's table two men of

diametrically opposite creeds. Mr.

Ralph Smith, M. P., of British Colum-

bia, represents, cherishes and is cher-

ished by the extremely Radical and ag-

gressive Labor interest of his prov-

ince, three thousand miles from Ot-

tawa, on the Pacific coast; Col. Pel-

latt, of Toronto, interested in street

railways, lighting companies, Niagara

Falls electrical development, steam-

boats, railways, a South American

power company and his regiment, the

Queen's Own Rifles. Who could have

suspected him of being also one of the

largest shareholders in those coal

mines of Mr. Smith's bailiwick, con-

cerning whose labor condition the Gov-

ernor-General asked a question. Mr.

gentleman on the other side of His Ex-

cellency could discourse instructively

on the subject, as he paid out three or

four million dollars a year to British

Columbia labor. "At the rate of three

to four dollars a day to each of the

downtrodden miners," said the colonel.

How fortunate for the Governor. Both

sides of the great labor controversy

present, and ready to talk. It may be

safely assumed that Lord Grey went

to bed that night knowing more of the

matter than he could have gathered in

A Sour Foreman.

Incidental to this discussion, there

was some talk of the Niagara Fails

electrical development. Lord Grey had

heard something of the enterprise. It

involves a prodigious tunnel under the

huge cataracts above the Great Fall.

dle of the Horseshoe Fall, 150 feet un-

der its brink, and curtained by a tor-

rent 20 feet thick, the whole of which

pours down 1,400,000 gallons a second,

or the volume of about 320 rivers each

discharging as much water as the

Thames at Teddington. The tunnel will

carry down to the lower river a cur-

in volume to sixteen Thames. A fort-

by electricity because explosions of

dynamite wrecks electric lamps, and a

WATER-COLORS AND OUS, CHINA

a month by any other plan.

As an instance of the value of cur-

ernor of parts so practical.

Nosse, the Consul-General of Japan.

concerned with wheat, the great Cana-

But his most remarked quality, and

ple with genuine interest.

The article is, in part, as follows:

Evelyn enhanced this favorable view by skilfully imitating her mother. Her brick being well and truly laid, the Governor-General desired to put one in, but it occurred to him, fortunately, that however permissable bricklaying by the ladies might be, no man might lay one in that tunnel without and agreeable notables, of whom not a few have been men of brilliant parts. him to the union then and there, on fering and to loaf withold your arts, payment of the usual entrance fee? withold my mine, withold my sold, and They could and did. He laid his brick with my sernth to wirehp and give to general satisfaction, and congratu- | thanks, to put my old trash in Him:"

> THE CLAY BELT. Varied Resources Shown In Report of

Explorer H. L. Kerr. A detailed account of the resources and nature of the territory in the valley of the Mattagami, in the neighborhood of Abbitibi Lake and river has been submitted to the bureau of mines by Mr. H. L. Kerr, Mr. Kerr went north in charge of an exploration party sent out by the Department last spring. The expedition consisted of a geologist and an agricultural expert, together with a number of surveyors and voyageurs. Its chief purpose was country in the clay belt for settlement. The following is an extract from his

Mattagami River. Topographically that country may be described as made up of a vast plain with very occasional abrupt elevations of considerable altitude, from the tops of which the view extends for miles on all sides over land ly with black spruce. Towards the south this passes into the Rocky-

Huronian belt. "The Mattagami itself is a splendi stream ranging from four chains in width in the upper part of its course to seven or eight chains in its lower stretches. It has in general, an even gentle current, broken in several places by rapids and waterfalls. Several among the latter-Sturgeon Falls in Mahaffy Township, Yellow Falls two or three miles below Speight's first base line sland Falls, a mile below this, and Jump Over Falls, about three and a half miles below the mouth of the Musteg River,-offer splendid facilities for the development of water power.

"Most of the rock exposures were encountered six or eight miles north of Niven's First Base line, and consisof various Huronian schists, with in rusive masses of diabase. In places the rocks have been disturbed, and th only economic mineral seen was lo cated. The small vein consisted galena, and the general make-up of the region, where the rock exposures occurred, would suggest that it might this section of the country is sandy, and is forested chiefly with fair-sized jack pine and black spruce. Hurricanes of recent years have wrought havoc with the timber, and for miles we encountered continuous windfalls.

"North of this area the country be-Third Base and Speight's Second Base. fair-sized rivers, tributaries of the Mat-

"Muskegs, which were met with only occasionally in the southern part of the country, became more frequent toof these contain several feet of ex-Ralph Smith replied shrewdly that the bogs are more abundant in that region.

> and other vegetables." The expedition saw traces of beaver, moose, red deer, bears, martens, etc. Wild currents, gooseberries, red raspberries, and both high and low bush cranberries, all comparable to those in Southern Ontario, were abundant. Although slight frosts occurred in the early part of the season the first of any consequence was on Sept. 26 when 9 degrees were registered.

The Feeling of Autumn.

On the 18th October John Burroughs The beginning of a change in the weather from very warm to cold and ground piping and darting among the | Clifton of England. The Earl of Darnapple trees, sparrows flitting and chipa sparrow came and tapped on me. Snowbirds are here, too, with their quick and almost spiteful ways. Social robins in the vines

Ruby kinglet in the spines, Clucking chipmunk in the wood Alder berries red as blood WGleam above the darkling flood; Drifting threads by spider spun

Shout and call in festive mood;

Glance and tremble in the sun. 3 bottles flavering extract, 25c.; tins choice baking powder, 25c.; 1 lb. best coronnut, 25c., at Mullin's. Lilly White potatoes, finest roll or print buffer. Crawford.

the Dominion elections of 1904,

FINE HUMOR AT SCHOOL

MUCH OF IT IS UNCONSCIOUS, BUT OF FIRST ORDER.

What Occurs When a Child Is Taught Orally and Without Explanations-Dr. Macnamara, M. P., Gives Some ber pleases your Remarkable Examples In His Work, "Schoolroom Humor" - Some Absurd and Amusing Stories. Dr. Macnamara, M. P., in his book,

"Schoolroom Humor," has made a col

lection of children's mistakes and absurdities which is very amusing. Some of the stories are examples of unconscious satire; such, for instance, is that of the case of the boy who said that "the marriage customs of the ancient Greeks were that a man had only one wife, and this was called monotony." Other stories show us the working of, a child's mind in the way in which nfringing the iron rule of the brick- it has been taught. For example, s layers' union against work by non- boy who had learned his "Duty Tomembers. It would never do for him wards God" orally, being asked to write to cause a strike! Could not the mem- it down, produced the following: "My bers present waive a point and admit duty toads God is to bleed in Him, to

lated himself on being thereafter free This example is fifty years old, but to take up the trade in any part of, the book contains more modern results of bad teaching. Thus, a child wrote down this version of the tenth commandment; "Thou shalt not cumt thy neighbor's house thous shalt not cumt thy neighbor's wife, mornin' circus, mornin' 'oss, mornin' ass, nor anything that is his." Many of the answers in the book show that the children had been taught mere isolated items of information, which they supposed to have no object ex-

> such cases what is learned is only A child, being asked to name the chief mountains in Scotland, answered: "Ben Nevis, Ben Lomond and Ben Jonson," Dr. Macnamara thinks the girls are more conscientious than boys, and see sooner what is expected of

cept to provide questions in school. In

A boy, being asked "Who was Guy Fawkes?" replied: Guy Forks is a man made by another man," whereas a girl said: "Guy Fawkes was a man who tried to destroy Parliament." A child was asked to think of a crea-

ture that wriggles about in the earth and sometimes comes to the top through a hole. "A worm," replied the child. as level as a prairie and timbered large- He was asked to think of another creature with the same habits, and cried in triumph, "Another worm." Lessons to that boy were a kind of game of question and answer.

> Some other questions and answers follow: "What is a celestial pole?" "A heavenly perch." "What is poetry?" "Poetry is when every line begins with a capital letter." A child wrote of an imaginary expedition to the north pole. "At last we reached the north pole, We sailed into the harbor and went to see the town."

a child wrote of the women: "They have names on their bats like sailors. They make a deal of noise; the worsed two is called captain and leftennant." Another child defined a nib, as "the thing there isn't when you buy a pen," while still another youngster described a fishing-net as "a lot of little holes joined together by a bit of string." A teacher after explaining the use

of the hyphen asked a boy why there was a hyphen in "bird-cage." The boy answered: "It is for the bird to perch on, sir." That boy, Dr. Macnamara says was among the dunces, but it was probably because he was more interested in birds than in hyphens. His answer showed he had a trick of learning things for himself.

A Kindly Scot.

The late Dr. George Macdonald was comes level, with good soil of clay and | noted for his kindness. He once went clay loam. Black spruce rather under | into a chapel at Malvern, records a biothe average size makes up the greater' grapher, and was distressed beyond enpart of the forest, although some fine | durance at the worn aspect of the diswhite spruce and frequent stretches of | pirited preacher. When the service was magnificent poplar and balm of Gilead over he told the preacher that it was and white birch were observed. By high time he took a holiday, and that far the best country from an agricul- it was his duty to do so. He was met dural point of view seen during the by the statement that it was impossummer is that section lying west of sible. He asked that the officers of the the Mattagami, and between Niven's | church should be summoned. When they came in he revealed his identity Here the timber is larger and the land | and described himself as a preacher dryer, being drained by three rather out of harness, but prepared to take there and then the conduct of the service for the next month. But now a fresh difficulty arose; the gratified minister had nowhere to go, so George Macdonald told him that this was eastward the north, and in the extreme ily settled. He could go to his own north cover considerable areas. Some | house at the seaside; and so the com-

cellent peat, which may eventually | On another occasion (says the same prove valuable when the country is correspondent), he went into a shop in opened up. From the little work done | the town in which he then resided, and on the Frederick House and Abbitibi | seeing at a glance that the girl who River I would infer that these peat | served him looked fragile and ill, he enquired the cause. She was standing "The Indian inhabitants are not very at the counter all day, and nursing a numerous, but those whom we saw sick mother overnight. "Then," said seem to be prosperous, and some more he. "I will just send one of industrious than others have begun to | girls to take your place every day for cultivate the land and raise potatoes | an hour or two, while you get a breath of fresh air'-and he was as good as

> The Earl of Darnley. The Earl of Darnley, who took his

seat in the House of Lords as one of

the Irish representative Peers, says The London Star, restores, the number of these noblemen from Ireland to the full total of 28 provided under the act of union, a number not reached, in a strict sense, until 1885, when the late Viscount Powerscourt, sitting as a Tepresentative Peer, was raised to the Though the Earl of Darnley enters the predecessors in the title since 1722 sat and friendly, robins all about the there in their own right as Barons niece, the youthful daughter of his brother, to whose Irish Earldom he succeeded nearly five years ago. The English barony descends through the female line when there is no direct male heir. The new representative Peer is a kinsman of the late Mr. Charles Stewart Parnell, having had a common ancestor in the father of Sir Henry Parnell, first Baron Congleton, a distinguished member of the House of it heated around the house through the top of the stove. Caumons in his time.

Oculists will ride with engineers in the cab on the St. Paul to test the evesight of the men. There are 701 Chinese laundries in New York. Over one million ballots were cast in 1. There are 4,000 abstaining cabmen

THE beauty in every line of a "Canadian" Rub-

eye. The fit comtorts your toot. The wear suits your

pocket book. mark of quality."



RU = 3 = 125

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tifies every genuino Fit-Reform garment.

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