

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.

Old Dr. Cascaret carried constantly in your Vest Pocket, or in "My Lady's" purse, is the cheapest kind of Health-Insurance, and Happiness - Promotion, that ever happened.

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

When Indigestion 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.

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.

Fruit-a-tives are most valuable in the home. We have used two boxes and are today getting a third, which tells our opinion of their merits.

Fruit-a-tives

or Fruit Liver Tablets. Manufactured by Fruit-a-tives Limited, Ottawa

The Time Has Come

When you can't get along any longer without

Rubbers!

And have your feet comfortable. But if you prefer not to wear Rubbers, we can supply you with pair of Heavy Sole Boots.

H. JENNINGS, King St.

Plumbing and Heating

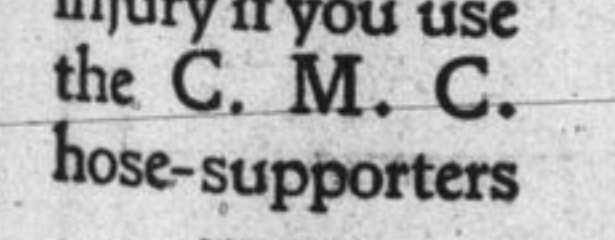
Hot Water Heating a Speciality.

Inspection of work invited. Estimates will be cheerfully given.

DAVID HALL

Brock Street. Phone 335.

Fine hose suffer no injury if you use the C. M. C. hose-supporters



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

Women's, Misses', Children's. Better and no dearer.

At all dealers. Ask for them. Every pair guaranteed.

C.H. Westwood & Co., Limited, Toronto.

CUBA LANDS

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

Irresponsible evidence of confidence in Cuba Realty Company property at the fact that every intending purchaser, who has visited Cuba, has been satisfied with the fertility of the soil, the favorable location of their lands, and the transportation facilities offered at "Bartle."

Price of Lands, \$25 Acre

Call or write for Maps, Plans and Prospectus.

The Cuban Realty Co. LIMITED

Telephone No. 70. Apply to J. O. HUTTON, Agent, 311 University Ave., Kingston.

A spruce young man isn't necessary for woodpeck and blackhead.

Combination Rifle

There have been few such a gun ever before. It has the best of both worlds. It is a strong, reliable, accurate, and has a fine finish. It is a real gem.

TORONTO, ONTARIO

GOVERNOR-GENERAL

SENATOR KIRCHHOFFER TELLS A FEW INTERESTING STORIES.

Earl Grey Spoken of in the Vernacular at Ottawa as "The Real Thing" - Entirely Free From the Vice of "Incuriousness" - His Excellency's "Wants to Know" of Value to the Dominion of Canada.

Hon. J. N. Kirchhoff, who has written for the London Outlook a personal sketch of Lord Grey as he is known by Ottawa officials, who differs materially from other biographical notes on Canada's Governor-General. The article is, in part, as follows:

It may be said that the Governor-General of Canada has been popular. The office itself is popular, partly because it symbolizes the Crown to a loyal people.

Hon. J. N. Kirchhoff has written for the London Outlook a personal sketch of Lord Grey as he is known by Ottawa officials, who differs materially from other biographical notes on Canada's Governor-General.

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, generally spoken of in the vernacular as "the real thing."

Free From Darning Trait.

But his most remarkable quality, and it may account more than any other for his success, is an entire freedom from the vice of incuriousness, which Kipling selects as the damning trait of many Britons.

MISTAKES OF THE WIRE

Oddities of the Telegraph Cause Queer Mistakes. The telegraph operator, seizing a favourable opportunity to add a few words to his business man's strange experiences, it was only yesterday that I sent this message to a White Mountain hotel:

Value of Curiosity.

As an instance of the value of curiosity, not long ago there met at the Governor-General's table two men of diametrically opposite creeds. Mr. Ralph Smith, M. P., of British Columbia, represents, cherishes and is cherished by the extremely Radical and aggressive Labor interest of his province, three thousand miles from Ottawa, on the Pacific coast; Col. Pellatt, of Toronto, interested in street railways, lighting companies, Niagara Falls electrical development, steamboats, railways, a South American power company and his regiment, the Queen's Own Rifles, who could be suspected him of being also one of the largest shareholders in those coal mines of Mr. Smith's bailiwick, concerning whose labor conditions the Governor-General asked a question.

A Sour Foreman.

Incidental to this discussion, there was some talk of the Niagara Falls electrical development. Lord Grey had heard something of the enterprise. It involves a prodigious tunnel under the huge cataracts above the Great Falls. The exit of that tunnel is in the middle of the Horseshoe Fall, 150 feet under its brink, and contained by a tunnel 29 feet thick, the whole of which pours down 1,800,000 gallons a second, and discharges as much water as the Thames at Teddington. The tunnel will carry down to the lower river a cut of 27 feet, a second and equivalent in volume to sixteen Thames. A fortnight later the Governor, his wife, daughters and suite had all gone down far under the article and in the midst of it witnessed that tremendous commotion of spray and compressed air which is visible from the tunnel's mouth. While with occasional splashes of bits of stone, the dimness of the tunnel, which cannot be wholly lighted by electricity because explosions of dynamite wrecks electric lamps, and

TRACHER OF CHINA PAINTING

WATER-COLORS AND OILS, CHINA PAINTING. Water-colors and oils, China painting, etc.

There are 701 Chinese laundries in New York.

There are 4,000 abstinence columns in London.

FINE HUMOR AT SCHOOL.

MUCH OF IT IS UNCONSCIOUS, BUT OF FIRST ORDER.

What Occurs When a Child is Taught Orally and Without Explanation - Dr. Macnamara, M. P., Gives Some Remarkable Examples in His Work "Schoolroom Humor" - Some Absurd and Amusing Stories.

Dr. Macnamara, M. P., in his book, "Schoolroom Humor," has made a collection of children's mistakes and aberrancies 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 monogamy.

Other stories show us the working of a child's mind in the way in which it has been taught. For example, a boy who had learned his "Duty towards God" orally, being asked to write it down, produced the following: "My duty towards God is to bleed in Him, to ferret and to loaf without your aid, without my mine, without my sold, and with my smeth to wrech and give thanks, to put my old trash in Him."

THE CLAY BELT.

Varied Resources Shown in Report of Explorer M. L. Kerr.

A detailed account of the resources and nature of the territory in the valley of the Mattagami, in the neighborhood of Abitibi 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.

"The Mattagami itself is a splendid 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 latest Sturgeon Falls in Mahaf's Township, Yellow Falls two or three miles below Spelg's first base line, Island Falls, a mile below this, and Grey Falls, are notable.

At the same time, the country has become level, with good soil of clay and loam. Black spruce rather than the average size makes up the greater part of the forest, although some fine white spruce and frequent stretches of magnificent poplar and balsam of Gilead and white birch were observed.

KEEP HIM AWAY

Do not let King Frost worry you this winter. Get a FAMOUS HEATER

And keep him away. It is the most powerful and economical heater on the market. It has two air flues on it, which takes the cold air from the floor and distributes it heated around the house through the top of the stove.

Call and let us explain this heater to you.

LEMMON & SONS

351 AND 353 KING STREET. PHONE 388.

MAGNIFICENT Blue Fox Ruff FREE

NO MONEY REQUIRED

Think of it, a beautiful ruff of Blue Fox, the most magnificent fur worn, given absolutely free. Such an offer will be never offered again. The very reason we are able to do it is that we are engaged for three hundred thousand dollars to sell the most magnificent fur in the world. The Blue Fox is the most valuable and the most beautiful of all furs. It is so soft and so warm, and so light, and so easy to wear. It is the only fur that will keep you warm and comfortable all winter long. It is the only fur that will give you a ruff that is as beautiful as the picture on the card. It is the only fur that will give you a ruff that is as valuable as the picture on the card. It is the only fur that will give you a ruff that is as free as the picture on the card.

Picture Post-Cards

Send for a set of 100 cards to a set. They are beautifully colored, and each card has a different picture. They are the only cards that will give you a set of 100 cards that are as beautiful as the picture on the card. They are the only cards that will give you a set of 100 cards that are as valuable as the picture on the card. They are the only cards that will give you a set of 100 cards that are as free as the picture on the card.

KEEP HIM AWAY

Do not let King Frost worry you this winter. Get a FAMOUS HEATER

And keep him away. It is the most powerful and economical heater on the market. It has two air flues on it, which takes the cold air from the floor and distributes it heated around the house through the top of the stove.

Call and let us explain this heater to you.

LEMMON & SONS

351 AND 353 KING STREET. PHONE 388.

THE beauty in every line of a "Canadian" Rubber

pleases your eye. The fit comforts your foot. The wear suits your pocket book.

Look for "the mark of quality."

"CANADIAN" RUBBERS

An Overcoat That Should Appeal To You.

As a man of taste, the "PREMIER" ought to appeal to you.

It is designed and tailored for just such men.

Fit-Reform patrons demand that their garments be the best that can be had for the money.

See how completely the "PREMIER" Overcoat sustains the Fit-Reform reputation.

\$18, \$20, \$22.

Fit-Reform

This trademark identifies every genuine Fit-Reform garment.

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

The only Fit-Reform Wardrobe here is at

E. P. Jenkins, Kingston.



THE BEAUFORT BRAND

THE MARK OF QUALITY.

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