

EA" and package cups of tea. in lead packets. N. B. on St. E. MILKS rywhere magazine Issued 4 beautifully or sample t. John's, P.O. the World is ED contains all the nutritive building elements of the whole wheat in digestible form—no "treating" or "sweating" with anything but pure cooked wheat. MADE IN CANADA of finest Ontario wheat postpaid. Niagara Falls, Ont. urbance? Rubbish? h heavy, indigestible nourishment is what ranose Flakes, al Coffee toothsome and appe- increase strength and urishing diet. AD CO., Limited al. COLATES b. ncess St.

TRAVELLING. QUEBEC STEAMSHIP COMPANY. River and Gulf of St. Lawrence. Summer Cruises in Cool Latitudes.

Two Important Questions Answered. What To Eat and When To Eat. Every nutritive element of the best white wheat grows in Malta-Vita.

BERMUDA. Summer Excursions. \$35 by the new Twin Screw S.S. "Bermuda".

KINGSTON CIVIC HOLIDAY. July 30th, 1906.

SINGLE FARE. Good going by P. M. trains July 28th, and all trains July 30th.

Bay of Quinte Railway. New short line for Tweed, Napanee, Deseronto, and all local points.

GRAND TRUNK RAILWAY SYSTEM. KINGSTON Civic Holiday. July 30th, 1906.

SINGLE FARE. Good going by P. M. trains, July 28th, and all trains July 30th.

R&O Daily Line. Toronto, Charlotte, Thousand Islands, Brockville, Prescott and Montreal.

Hamilton, Toronto, Bay of Quinte and Montreal Line. LEAVE KINGSTON: Going East, Wednesdays, Fridays and Saturdays at 4 p.m.

STR. ALETHA. Leaves Mondays at 5 p.m. for Pictou and intermediate Bay of Quinte ports.

ALLAN LINE Royal Mail Steamer. MONTREAL TO LIVERPOOL.

What To Eat and When To Eat. Every nutritive element of the best white wheat grows in Malta-Vita.

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Cook's Cotton Root Compound. The great Uterine Tonic, and only safe and efficient remedy for all ailments on which women can depend.

SANTAL-MIDY. Standard remedy for Gleet, Gonorrhoea and Runny Nose.

TRAVELLING. New York Central & Hudson River R.R. THE SIX-TRACK TRUNK LINE.

Shortest Route to the United States Via Kingston and Cape Vincent, N. Y.

PULLMAN, SLEEPING AND PARLOR CARS. Cheap Excursion to Watertown, N.Y.

2 Cents a Mile. Books for 500 miles of travel on New York Central and leased lines within State of New York.

STEAMER WOLFE ISLANDER. Beginning JULY 24th, ending SEPT. 10th.

SWIFT'S TOURIST TICKETS. Niagara and St. Lawrence Riv. Co.

SWIFT'S TOURIST TICKETS. 1000 Islands, Intermediate Ports and Montreal.

SWIFT'S TOURIST TICKETS. Every Sun. STR. "DUNDURN" day, 5 a.m.

SWIFT'S TOURIST TICKETS. Toronto and Hamilton. Every Thursday, 2 a.m.

SWIFT'S TOURIST TICKETS. Strs. "City of Montreal" and "Cuba".

SWIFT'S TOURIST TICKETS. Going West, Fridays, 5 a.m.

FIERCE ANARCHIST. IS ONE OF WORLD'S TINIEST MEN.

Now Being Exhibited in London. With Young Frenchman Over Eight Feet High - Giant Wants Wife.

But though he is small, "Prince" Colibri, whose other name is Peter, has a brave heart.

THE BEST Family Daily. THE NEWS. TORONTO.

MOST INSTRUCTIVE. MOST READABLE. MOST POPULAR OF ALL.

\$1.50 A YEAR (DAILY BY MAIL). Sample Copy on Request.

LIVE STOCK MARKETS. The Prices Paid at Canadian Points.

Montreal, July 23. -About 1,200 head of butchers' cattle, 200 calves, 300 milch cows, 500 sheep and lambs, and 100 fat hogs were offered for sale at the East End market today.

NOVEL ROMANCES. Loss of Two Legs Results in Two Marriages.

Denver, Col. July 24. -The loss of two legs has brought brides to two brothers, and the one who now wears a pair of artificial limbs is satisfied that he made an advantageous trade.

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Hutch For The Blood. When one eats a lot and crams a lot of food in the stomach the process of digestion is not complete.

Diarrhoea. MAY attack you at any time of the year, but it is more prevalent during the summer months.

Mrs. Wilfrid Tomlinson, Victoria Harbor, Ont., writes: "I always keep Dr. Fowler's Extract of Wild Strawberry in the house, knowing from past experience that it is a sure and efficient remedy in diarrhoea and kindred bowel complaints."

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BOB UP SERENELY. NEW ISLANDS APPEAR IN THE RIVER.

Western Fall, An Old Guide, Declares That New Ones Make Their Appearance Every Year - Corroborating Evidence Furnished.

At Alexandria Bay, Western Fall, a retired river guide of the old school, and during his time one of the most widely known guides on the St. Lawrence, makes the bold assertion that new islands are yearly cropping out throughout the entire river, and particularly the Admiralty group, due, he says, to the falling away of the waters of the St. Lawrence.

Death of Alexander Ormiston, An Old Resident.

Gannaque, July 21. -A severe accident happened to the young daughter of Mr. and Mrs. William Abernethy, Pine street, about six years of age.

James Thomson, the popular editor of the "Gannaque Journal," spent Friday and Saturday in Montreal, where he purchased a new motor boat, propelled by a five horsepower engine.

Miss Ida Wemyss, of Brockville, after spending a week with her two sons, Charles and William, at their cottage on Tremont Park.

Mr. and Mrs. Oscar W. Sheets, Stone street, left, to-day, for a week's visit with friends in town, in Brockville. While there they will attend the Doherty-Harrison wedding, on Wednesday.

Miss Ida Wemyss, of Brockville, after spending a week with her two sons, Charles and William, at their cottage on Tremont Park.

Alexander Ormiston, for many years a resident of Gannaque, passed away, at Providence, R.I., on Saturday. Deceased suffered a paralytic stroke, some years ago, before leaving here, and was since then, in a walk.

Paris, July 24. -A young servant committed suicide under pathetic circumstances, in the flat of her employer, a prominent young lawyer. The lawyer told the girl, yesterday, that he had become engaged, and was surprised to see her begin to weep. She explained that the heat had unnerved her. At two o'clock this morning he was awakened by revolver shots, and in his study he found the girl lying dead. Clamped in her hand was a scrap of paper bearing the words: "Forgive me, I could not live without you."

The largest of fixed stars appears to be Sirius. It is at least three times as hot as the sun and seven times as large.

Drink Coca Cola at Gibson's Red Cross drug store fountain.

Conscience money was first received by a British channeler of the exchequer in the year 1759, the sum being £360.

For Busy and Tired People there's no panacea like Blue Ribbon Tea.

A little cup or two in the middle of the afternoon will soothe the nerves and freshen the energies. Black, green, mixed - 25c. to \$1 a lb. - All grocers.

A Great Heat Radiator. "Sunshine" furnaces have a large, heavy sheet-steel dome and radiator, with a wide space between them for the circulation of air.

This gives an immense radiating surface, and means that every atom of heat from the fire is used for heating purposes, and forced through hot-air pipes into the house.

If you need a furnace, you should examine the "Sunshine" - it will save you untold expense, worry and work.

Sold by enterprising dealers everywhere - booklet free. McClary's Sunshine Furnace.

LEMMON & SONS, King Street. LONDON, TORONTO, MONTREAL, WINNIPEG, VANCOUVER, ST. JOHN, HAMILTON.

TRAVELLING GOODS. If you are going on a trip you probably will need a Trunk, a Suit Case or a Hand Bag.

Trunks, . . . \$2.50 to 15.00. Suit Cases, . . . \$2.00 to 15.00. Hand Bags, \$2.00 to 13.50.

We sell the Best Grade of Leather Suit Cases in the city for \$5. Also have real Good Trunks at \$5.

If you need anything in this line don't fail to call and inspect our stock. Abernethy's Shoe Store.

For the Summer Season! Refrigerators, Ice Cream Freezers, Lawn Mowers, Garden Hose, Window Screens, Screen Doors, Gas Stoves, Wickless Coal Oil Stoves and Ovens.

We carry a large assortment of the above articles at reasonable prices. Inspect our stock before purchasing elsewhere.

ELLIOTT BROS. 77 Princess Street. Phone 35.

SOLDERS. OUR SPECIALTY. THE CANADA METAL COMPANY, Toronto, Ont. Phone Main 1728.