Malta-Vita

"The Perfect Food"

Steamed, cooked, mixed, baked and packed in absolute cleanliness, Malta-Vita comes to you the most healthful, the most delicious food in the world, rich in all the nutrition of the best white wheat and finest malt extract, every flake baked brown and crisp. Don't let the verdict you have passed on some other flaked food keep you from trying Malta-Vita. It isn't at all like the tasteless variety. Old folks and young folks and little children, all have found that there's nothing quite so good for breakfast, or at any other meal, as a bowlful of Malta-Vita with cream or fruit. And Malta-Vita is always ready to eat—no cooking, no inconvenience, no delay. All grocers, now 10c.

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You know the youngsters' delight in kicking their shoes to pieces. Well, we are prepared for them with our

$1.25, $1.50 School Shoes

Mothers say they never saw such long wearing shoes. The children will have to be fitted out and you cannot do better than get a pair of our shoes.

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An Honest Guarantee

We guarantee our milk to be ABSOLUTELY pure; put up in sterilized bottles It is the best. Try it.

Kingston Milk Depot

Cor. Brock and Bagot Sts. 'Phone 567.

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Neatly and promptly done Come to us for good work at reasonable prices.

Our work is sure to be satisfactory.

W. G. FROST

299 Queen St. Telephone 524

Big Storage Warehouse in connection; moderate rates.

A Definite Proposition

If you are ailing you may take the most highly recommended pills, tinctures or elixirs, but you have to take chances on deriving any benefit. If you take **FERROL**, however, you take no chances; you must receive benefit, for the simple reason that **FERROL** contains in palatable and easily digested form the essential elements that go to the production of health, vim and energy. If you burn coal you get heat; if you take **FERROL** you get increased weight, strength and energy with just as great certainty.

FERROL

is phosphorized **Oil** and **Iron**. It is suitable to all seasons and all conditions. It is just as readily digested and just as much required in hot weather as in cold. It is taken with advantage to every one at every stage of life from infancy to old age.

To those who are threatened with lung trouble, who are suffering from coughs, colds, bronchitis or any kindred trouble or whose system is run down or weight impaired **FERROL** is a prime necessity, because it is the only preparation which can be absolutely depended upon to effect a permanent cure.

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Dr. Brock's Celebrated English Female Periodical Pills are the best monthly medicine for ladies. Sold only in Kingston at the BEST DRUG STORE, 194 Princess Street. Mailed on receipt of price—$1.

The nineteen richest persons in Britain have an average income of just over £100,000 a head.

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GRAY HAIR RESTORED TO its original color by the use of DR. TREMAIN'S NATURAL HAIR RESTORATIVE.

This is not a Hair Dye and will not injure the scalp, as it is a Vegetable Compound and contains no Grease or Oil.

It will restore your hair to its natural color even though it has been gray for years.

We guarantee it in every case or money refunded. Ask your druggist for it or send direct to us.

Price One Dollar or Six Bottles for Five Express Prepaid.

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TALKING PARROTS

From $5 up. Shipped safely to any point by express. Write for Price List. We make specially low prices to get these birds in all parts of Canada to advertise.

COTTAM BIRD SEED

32 Bathurst St., London, Ontario.

AT THE TEA TABLE.

"So your wife refused to marry you when you first proposed to her. Did you keep on pursuing her until she consented?"

"Not much. I went out and made a fortune. When I came back it was she who did the pursuing."

Bernard Shaw asserts that Christians should not make fortunes. A boy from the country once wrote to his father for money, saying: "Do you think a young man can lead a Christian life in New York on $7 a week?" The father wrote back: "I do not think he can lead any other."

Oliver Cromwell had a remarkably small head and Lord Byron had to wear a hat some sizes smaller than those which his giftless comrades wore. Stranger than all, Sir Isaac Newton is among the class of small-headed men, and he was so small when born that he could be put inside a quart pot.

For more than 300 years the successors of St. Peter have all been Italians, the majority of the cardinals having designedly and steadily been recruited from that nationality so as to render the election of a bon-Italian as "White Pope" an impossibility. No such design dominates the election of "Black Pope." In fact, the founder of the order, St. Ignatius of Loyola, himself a Spaniard, has had but two successors of his own nationality, all the others having been chosen from one or another of the European States.

Curious stories are told about the whims and peculiarities of the Emperor of Russia which would be amusing if they did not involve the happiness and welfare of 140,000,000 of people. He is a mystic, all mysteries appeal to him. He believes in miracles and all sorts of occult things. He is a spiritualist; he believes in clairvoyance, amulets and various other superstitions. For example, he carries a coin in his pocket which he believes is necessary for the protection of his life, and will go nowhere without it. He is confident of its powers as a talisman.

Alfonso's Kissing Omen.

From McClure's Magazine.

"Was it ever foretold by a fortune-teller that you would marry a king?"

"Only by a friend of mine, who was doing my hand for me; and looking in a teacup," Princess Ena replied. "She said that I would be on a throne; though I didn't think anything about it until after my betrothal. But it was quite odd about he king. When he went to Grenada some time ago, and visited the Sacre Marte, they wanted him to kiss a stone in one of the underground caves which is supposed to insure your marriage within a year. He refused at first, because he said he wouldn't be able to choose a wife because of being in love, so he would prefer not to lose his liberty so soon. But finally he consented to please them; and not long afterwards we met. Now he says he is very glad he kissed the stone."

THE HOME OF COGNAC

GREAT CONFUSION OVER TERM IN THIS COUNTRY.

Genuine Cognac Brandy is as Famous a Beverage as Champagne — Cognacs Are Made From Certain Kind of Wine.

New York Tribune.

Genuine cognac brandy is as famous a beverage as champagne or rare old Burgundy, but there is a good deal of confusion in the United States with regard to the real meaning of the word "cognac" as applied to spirituous liquors. Cognac is a city of Southwestern France, of twenty thousand people, in and about which has grown up the important industry of producing cognac brandy.

Cognacs, or cognac brandies differ from all others, on account of the wine from which the yare made. This wine is only produced in the departments known as the Charente and Charente Inferieure. Brandy can be produced from any wine, but no other brandy has the same peculiarities as cognac. The question of quality may be more or less a matter of education or habit, but the characteristics do not change. Cognac remains cognac. Armanac and mare can always be distinguished, while California brandy has its peculiar distinguishing features. The French definition of the word cognac is probably the just and true definition, since the use of the word as applied to a spirituous liquor originated there.

A number of qualities are mixed to produce cognac, and the value of the brandy depends, other conditions of age, etc., being equal, on the proportion of the quantities of the finer qualities. Fine champagne, which is the finest cognac, is often sold unmixed, and is known on the market as "Fine," "Cognac Fine" and "Fine Champagne." In France persons would no sooner confound cognac with armanac or other brandy than they would champagne with sparkling wine other than champagne. The other sparkling wines are known as "vins mousseux." Cognac is the only spirit properly called by that name in France.

In Europe generally and in the United States, the word cognac is often abused, in many cases honestly, and with no real desire to deceive. Especially is the word cognac often abused for commercial advantage. Wines from the cognac region have been exported for distillation to other countries, so that the dealers could say that their brandy was made from pure cognac wine. These wines, however, are "fortified," and instead of containing 8 or 9 per cent. of alcohol, they carry forty per cent., thus losing in great part their peculiar character. The abuse of the word is the result of a demand for the real article.

THE OTTAWA CITIZEN

Thinks Dominion Owes Capital a Great Debt.

Winnipeg Tribune.

The Ottawa Citizen believes that the Dominion of Canada owes the capital a great debt, because it furnishes accommodation for the parliament buildings and government offices.

The city, the Citizen points out, loses much by exemption from taxation, and is constantly losing more as expropriation goes on.

As a matter of fact, Ottawa does not "lose" anything by this exemption. It merely fails to make as much as it thinks it should.

If the parliament buildings had not been located at Ottawa who would ever have heard of the place?

The parliament buildings have made Ottawa. Ottawa has made millions out of the parliament buildings—and now Ottawa has the nerve to say that it has an overdue bill to present for payment.

Probably Ottawa has absorbed that nerve from the representatives that Canada sends there once a year. But even this is no good excuse for sending in a statement of claim. It is Canada's privilege to send those representatives there. That was the consideration for which Ottawa obtained the buildings that made it possible for it to become a city.

A Race Course Tragedy.

A Melbourne despatch says that one of the most awful murders ever committed on a racecourse was perpetrated on the flat at Flemington. Among the bookmakers was Donald McLeod the victim of the outrage. Decoration was well backed for the Grand National Steeple, and as the race was nearing its end the horse named was well ahead of the others. McLeod got off the box in which he was standing and walked away. Instantly the cry of "welsher" was raised and a crowd of from 300 to 500 men set on McLeod. Although he was a powerful young man he was knocked down, and then, in pure blind fury, the crowd kicked him to death. his head was battered, his nose was broken, and the strange thing appears to be that the injuries below the shoulder were not, as far as outward appearances go, very serious. Ted Nelson, a Sydney pugilist, and several others tried to interfere, and laid about them with their fists and boots, but they were overborne. The police arrived and two troopers with their horses succeeded in clearing a ring around the man as he lay on the ground. Four foot constables assisted, and then every time an opening occurred someone would rush forward and administer a kick to the prostrate body. Finally it seemed to dawn upon the crowd that the man was dead, and they desisted. The body was carried to the casualty room, and life was pronounced extinct. It appears that McLeod's neck was broken by a kick which he received from behind.

Fires Which Never Go Out.

There are domestic fires burning in Yorkshire to-day which, according to The Penny Magazine, have never been out for hundreds of years. At the old-fashioned farm houses in the dales of Yorkshire peat is till burnt. The fuel is obtained from the moors, and stacks of it are kept by the farmers in their stock garths. The country round about is noted for its "girdle cakes," which are made from dough baked in quaint pans suspended over the peat fires. These fires are kept glowing from generation to generation, and the son warms himself at the fire which warmed his sire and his grandsire and his grandsire's sire. There is a fire at Castleton, in the Whitby district, which has been burning for over 200 years. The record, probably, is held by a farm house at Osmotherley, in the same district. This fire has been burning for 500 years, and there are records to show that it has not been out for three centuries.

EDUCATION ADVANCING.

Interest Not Diminished in War With Russia.

New York Tribune.

"Education has recently made marked progress in this country, and has done much for the development of the state. This is a matter for hearty congratulation. The uplifting of the spirit as well as of the morals of a nation, together with the advancement alike of the administration of the state and the public works of a nation, must be sought by means of education. In other words the prosperity of a country depends upon a good national education."

This, in part, is the expression of the Japanese government in a document issued to all officials in the educational department early in 1904. "Now," it continues, "that the world has been so expanded that Japan has been forced into competition with other powers, there should be such an improvement in the physical condition, the morals and the knowledge and ability of the nation as should enable her to take a foremost place in military matters, in law, in science and in commercial industries."

Even during the recent war with Russia there was no diminution in the interest of the Japanese in educational matters. When the declaration of war against Russia was issued on January 10, 1904, notifications were issued to educators throughout the empire pointing out that "those engaged in educational affairs, as well as their students and pupils, should emulate the spirit of the soldiers and sailors, who were ready to fight desperately, and to sacrifice their lives to the country, and should seek to perform their respective duties with even greater zeal than in time of peace." While the educational appropriation was necessarily reduced on account of the military expenses of the country, there was no reduction in the salaries of teachers and no steps were taken which were likely to diminish the efficiency of education.

Nor is the higher education of women neglected in Japan. The number of public higher schools for girls in 1904, according to the thirty-first annual report of the Japanese Minister of State for Education, numbered ninety-one, a gain of eleven over the previous year, with a total of more than 25,000 pupils, and nearly 1,200 teachers.

Some Breezy Items.

Mrs. Thomas Johnson Smith was being married for the fourth time in the little country church in which she had been raised. The ceremony was proceeding with all solemnity until the minister reached the point: "Who gives this woman to this man to be his wife?"

And a voice away back in the congregation replied: "I generally do."

Sam Small, the evangelist, was talking in Atlanta. "Human nature," he said, "has a lot of cussedness in it. Men like to do bad things rather than good things. They even take a pride in being bad. They boast about their wickedness. They seem to be born that way. I once saw a handsome, bright little chap of eight or nine sitting under an apple tree reading a book. 'There's a fine little fellow,' I thought; 'a clean-minded, manly little chap. I'll see what his ambition is.' And I approached the boy, patted him on the head and said: 'Well, my young friend, what is your ambition?' 'I'd like,' said the boy, 'to have people tremble like aspen leaves at the mere mention of my name.'"

When Charles Dudley Warner was a newspaper editor in the early sixties, he was accustomed to write his editorial upon the war with fervid haste, regardless of all consideration of handwriting. One day a compositor appeared at the editor's desk. "Mr. Warner," he said, "I have decided to enlist in the army.

With mingled emotions of pride and responsibility, Mr. Warner replied: "I am pleased that you feel the call to duty."

"Oh, it isn't that," said the truthful compositor, "but I'd rather be shot than set your copy."

Oliver Wendell Holmes was invited to deliver a lecture in a town in the central part of Massachusetts. He was not feeling very well, and he wrote the following reply to the committee in declining to accept the invitation:

"I am far from being in good physical health, and I am satisfied that if I were offered a fifty-dollar bill after my lecture I should not have strength enough to refuse it."

SILENCE IS NECESSARY

In Making a Good Baseball Player.

Connie Mack, the baseball man, was talking in Philadelphia about the importance of silence. "No ball player," he said to the group of young men, "accomplishes anything by being noisy. If a decision goes against a player, if the umpire is unfair, let him keep quiet. Let him refrain from oaths, shouts, accusations. Noise in the midst of a game only damages the ill-treated player's case. To impress on my men this doctrine of silence, I often tell them about a married couple. The wife in the middle of the night, was awakened by the loud snores of her husband. She endured the horrible racket as long as she could. Then pinching the man sharply, she said:

'Herbert, you'd make less noise if you kept your mouth shut.'

Herbert, sleepy and surly, muttered: 'So would you.'"

Cigars Made Years Ago.

Philadelphia Record.

Thousands of cigars manufactured almost half a century ago will find their way to market through the application of Mrs. Reuben Kinerts of Seisholzville for revenue stamps, which her husband, who manufactured the cigars, refused to purchase. Kinerts, in 1860, regarded the imposition of the tax as unjust, and declared he would keep the 25,000 cigars on hand forever rather than pay the revenue.

He died two years ago and his wife determined to get rid of the cigars. The Internal Revenue office has issued the necessary stamps. Chief Deputy Wilkes explained that Kinerts grew his own tobacco and manufactured his own cigars. In those days there was no law to restrict the making or selling, and when the revenue tax was put on it found Kinerts with thousands of cigars ready for the market.

He refused to pay revenue and the cigars have been packed away forty-six years. The stock has been put in up-to date boxes and will be sold.

Men were made to make money that women might spend it.

RED ROSE TEA

"IS GOOD TEA"

Corticelli Wash Silks

Patent holders keep each shade separate and automatically measure the correct needle full.

Corticelli Home Needlework is a magazine that every lady should take. Issued 4 times a year. 96 pages beautifully Illustrated. 50 cts per year. Write for sample sending 15 cents. Corticelli Silk Co. Ltd. St. John's P.Q.

MYSTERIES OF SLEEP.

Sleep is Mental Rest Demanded By Fatigue.

Natural sleep has been defined as mental rest produced by an appetite resulting from fatigue. But the idea that mental rest means mental inaction is hardly tenable, inasmuch as it quite frequently happens that the solution of unsolved problems is the first thing to appear in the consciousness of awakening, and thus the mind must have been operative while asleep.

Dr. Macnish, in his work, "Philosophy of Sleep," states that the noted French general Pichegru informed Sir Gilbert Blane that during a whole year's campaign he had not had one hour's sleep in twenty-four. Numerous observers have stated that it is no uncommon thing for exhausted soldiers steadily to pursue their march while sound asleep.

According to Macnish, a Dr. Moore slept twenty hours out of the twenty-four, and Quin, a noted actor, could slumber for twenty-four hours successively. A person by the name of Elizabeth Orvin is said to have slept three-fourths of her life, while another woman, named Elizabeth Perkins, slept from a week to two weeks at a time, and a Mary Lyall slept for six successive weeks by spells. Dr. B. F. Slaughter had a young woman patient known as the "sleeping beauty," who had slept almost constantly from her eighth to her twenty-sixth year.

Talking in sleep is more common than is generally supposed. Armstrong and Child found in two hundred students, between the ages of twenty and thirty years, that forty-one per cent. of the men and thirty-seven per cent. of the women talked in their sleep, and most of them could answer questions. Dr. Cheney relates the amusing case of a gentleman who was in the habit during his sleep of taking snuff from a box which he kept under his pillow. If this box were removed he sought for it as usual, and, failing to find it, he betrayed dissatisfaction and invariably awoke.

"Mammy," said Pickaninny Jim, "why didn't you name me George Washington?" "Sonny," was the answer, "I isn't gwine to name no mo' chillen George Washington. As soon as dey hyahs dat story 'bout not bein' able to tell a lie, dey 'pears to git curious to find out whether it's so or not, an' dey stahts in 'sperimentin' as soon as dey kin talk."

GOOD AS GOLD

A Simple Question.

How much money do you fritter away in non-essentials each year?

Do you know that an insurance policy in the **London Life** will help you to save a large part of this waste?

This Company has saved money for many in the past, and can do so for you. It has a profit-sharing record not excelled by any other Company operating in Canada.

Start to save **now** by taking a policy in the

London Life Insurance Company

LONG DISTANCE SINGLE BARREL **SHOTGUN $4.75**

Send us $1.00 deposit, state if the $4.75 or $5.75 gun is wanted. State gauge desired and we will send this guaranteed long distance single barrel shotgun C. O. D., by express, subject to examination, you to pay the express agent the balance and express charges, after you find it perfectly satisfactory. This Fine Gun is made by expert gun makers, every part and piece fitted perfectly and reinforced so it cannot shoot loose or shake; strong rigid steel frame built extra solid to withstand the use of any NITRO POWDER, latest improved top snap and rebounding hammer, best quality steel works, extra strong spring, fine walnut stock heavy rubber butt plate, full pistol grip, thoroughly tested for pattern, penetration and strength.

For $5.75 in all we furnish the gun with that improved automatic shell ejector which throws shells out automatically, making it possible to reload in rapid succession. Order to-day or send 10c. for our Special Gun Catalogue contains single barrel shotguns at $4.25 and up, and everything in rifles, revolvers, ammunition, and sporting goods at factory prices.

Breech loading, made with finest crucible rolled steel barrel, taper choke bored to any size from the solid her and bored for any nitro powder. Choice of 12, 16 or 20 gauge, 30 inch barrel.

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