Canada Life Assurance Co'y.

ESTABLISHED 1847

This great Canadian Company, long known for Canadian people by Canadian people 60 years ago has

Assets Amounting to ... $22,230,318.00
Assurance in Force $119,579,038.00
Surplus (on Tyndall Account) of ... $1,833,750.00

And Stands in a unique position all along the line.

Have the best Life or Endowment Assurance by selecting the CANADA LIFE.

If you call in the Office, 18 Market street you will be thoroughly shown the 20th Century Policy issued by this Company, the Annual Guaranteed Dividend Policy, which is modern to the moment, also actual results to Kingston policyholders.

J. O. HUTTON, Manager

Telephone 703.

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If you wish to be strongly attracted The

Kingston Business College

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Canada's Highest Grade

business school. Book-keeping, shorthand, typewriting, telegraphy, and all commercial subjects thoroughly taught by competent, experienced teachers. Day and night classes. Enter at any time. Rates very moderate. 'Phone, 440.

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HAS REMOVED TO

93 Princess St.

Between Corbett's Hardware Store and Taylor & Hamilton's, directly opposite Angrove's.

COME AND SEE US

'Phone No. 778.

Royal Insurance Co

OF ENGLAND.

Business in Force ...$109,000,000
Assets ... 44,900,000
Profits Paid (1905) ... 8,220,000

This Strong British Company has paid the same profits for the past FORTY years.

SECURITY unequalled by any LIFE Company in the world.

We Invite Your Investigation.

W. J. B. White, Agent, Kingston

LET US SELL YOU AN INCUBATOR ON TIME.

Do you know there is big money in raising poultry.

Do you know an incubator will pay you bigger profit than any other thing you can have on your place.

Well these things are true thousands of people all over Canada, have proved it for the last five years.

Chatham Incubators will make you money. For a Chatham Incubator will hatch a live healthy chicken out of every fertile egg.

Let us quote you a price on a Chatham Incubator. SOLD ON TIME and on a FIVE YEAR guarantee.

Call and get a Poultry Book that will tell you how to make money out of chickens. This Poultry Book is free and you can get one at 42 Princess street.

D. J. MAY and T. K. HUGHES, Agents.

COAL!

The sudden changes in weather ought to suggest the wisdom of putting in some good Coal. We sell Good Coal. It's the kind that sends out the most heat, and makes the home comfortable; it's the coal money can buy, and there is none better mined.

We deliver it to you clean and without stint, at the very bottom prices.

BOOTH & CO.,

Phone 133. Foot of West St

THE FRONTENAC LOAN & INVESTMENT SOCIETY.

ESTABLISHED 1863

President—Sir Richard Cartwright

Money loaned on City and Farm Properties. Municipal and County Debentures. Mortgages purchased. Deposits received and interest allowed.

H. C. McGill, Managing Director.
Office, 87 Clarence street, Kingston.

Ladies' Tailoring

Finest of Workmanship, Up-to-Date Styles, and Good Fit Guaranteed

256 University Ave.

New England Chinese Restaurant 331 King Street

Open from 10.30 a.m. to 3.00 a.m.

The best place to get an all round Lunch in the city. Meals of all kinds on shortest notice. English and Chinese Dishes a specialty. 'Phone, 655.

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The best place to get an all round Lunch in the city. Meals of all kinds on shortest notice. English and Chinese Dishes a specialty.

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Buggies, Cutters, Harness

If you want ... see our ... plete.

Money to Loan ...

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HEALTH

Beecham's Pills are the "ounce of prevention" that saves many a dollar for cure. Keep disease from getting in, and it will never lay you out.

The safeguards against all life's common illnesses: **A Sound Stomach, Healthy Kidneys, Regular Bowels and Pure Blood.**

Hundreds of thousands—both men and women—keep healthy by using

BEECHAM'S PILLS

a remedy that has stood the test for half a century and is now used over all the civilized globe. They purify the blood, strengthen the nerves, regulate the bowels, aid the kidneys and cure stomach troubles. Build up the nervous force and repair the ill effects of overeating. The best safeguard against indigestion, biliousness and dyspepsia.

Take Beecham's Pills regularly and you will maintain good health at small cost.

At Small Cost

Sold Everywhere. In boxes 25 cents.

This Centrepiece FREE

WRITE FOR IT TO-DAY

Size 18x18 inches

We will send you free and post paid this beautiful stamped 18-inch Colonial Art Centrepiece for Embroidering Linen. You choice of 5 new designs CARNATIONS, POPPIES, HOLLY, VIOLETS or AMERICAN BEAUTY ROSES

Write to-day enclosing 25 cents in stamps or coin and state design wanted.

This is the biggest offer we ever made. We do it to convince every woman that the HOME JOURNAL is the greatest magazine published in Canada, containing Health and Beauty Department, Cookery, Household Hints, Wit and Humor, Fashion Notes, Important Foreign News, Serial and Short Stories and Latest Patterns. Send 25 cents for one year's subscription to the Home Journal and the centrepiece.

Address CIRCULATION DEPARTMENT, 7 "Home Journal" Toronto, Ont.

BRONCHITIS CAN BE CURED

Dr. Wood's Norway Pine Syrup Will Do It.

Bronchitis is generally the result of a cold caused by inclement weather or exposure to wet, and is a very dangerous inflamatory affection of the bronchial tubes.

The symptoms are tightness across the chest, sharp pains and difficulty in breathing, and a secretion of thick phlegm, at first white, but later of a greenish or yellowish color.

Neglected Bronchitis is one of the most general causes of consumption, so cure it at once by the use of

Dr. Wood's Norway Pine Syrup

Mrs. S. Fiddes, Linton's, N.B., writes: "I feel it my duty to let you know of my experience with Dr. Wood's Norway Pine Syrup. My little girl was very low with Bronchitis and our doctor did all in his power for her, but could only give her relief for a short time. My husband saw your medicine advertised, and immediately procured three bottles. I never saw anything give so much relief in so short a time. It stopped the annoying cough at night and she is now perfectly cured. I am so glad I can hardly express my gratitude for what Dr. Wood's Norway Pine Syrup has done for us."

Price 25 cents at all dealers.

You cannot possibly have a better Cocoa than

EPPS'S

A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.

COCOA

Sold by Grocers and Storekeepers in ¼-lb. and ½-lb Tins.

Nurses' & Mothers' Treasure —most reliable medicine for baby. Used over 50 years. First compounded by Dr. P. E. Picault in 1855.

Makes Baby Strong

Restores the little organs to perfect health. Gives sound sleep, without resort to opium or other injurious drugs. At druggists', 25c. 6 bottles $1.25. National Drug & Chemical Co. of Can., Montreal

MONEY IN CANARIES

Very profitable this spring. Experience unnecessary. We give advice free. Our book on Canaries, in Canada, is all about it. This book on Bird Diseases sent free if you send 10c for Bird Bread. Also value in bird Birds of all kinds. Bird Magazine. Send on receipt stamps or coin. Prepaid if you buy from us. Book shipped anywhere anytime. Write to-day. Address:

COTTAM BIRD SEED

32 Bathurst St., London, Ont.

IN DARKEST AFRICA

BRITISH OFFICER'S PERILOUS JOURNEY OF 3,000 MILES.

Secures 1,500 Zoological Specimens—Motley Collection of Birds, Beasts and Fishes—Surveys African Lakes—Pagan Tribes Use Poisoned Arrows—Recent White Man's Rule—Two of Party Succumb to Climate.

After an eventful and perilous journey of 3,000 miles across Africa, Lieut. Boyd Alexander, has arrived home. The expedition of which he was the organizer left England in 1904, and consisted of Lieut. Boyd Alexander, his brother, Capt. Claude Alexander, Capt. Gosling, and Mr. R. A. Talbot. Lieut. Alexander was the only one to complete the journey, Mr. Talbot having returned home after exploring the Chad region, and the other two having been mortally stricken with disease. The exploits of Lieut. Alexander entitle him to be placed in the first rank of African explorers. The expedition has secured extensive collections of the birds, beasts, and fishes characteristic of the regions traversed in the course of the long journey across the continent. In addition to those sent home from time to time, Lieut. Alexander has brought back with him as many as 1,500 zoological specimens. As regards individual species, peculiar interest attaches to the information secured respecting the haunts and habits of the okapi, the curious mammal first revealed to the scientific world by Sir Henry Johnston. Of equal importance with the zoological work of the expedition is the geographical information embodied in the diaries and survey records.

Surveyed the Lakes.

Particularly valuable is the very careful survey carried from the Benue to Lake Chad by Capt. Claude Alexander and Mr. Talbot. The hydrographical investigations pursued by Mr. Talbot and Lieut. Boyd Alexander on Lake Chad after the death of Capt. Claude Alexander show how greatly the character of the lake has changed in recent years. Instead of being a veritable inland sea, in which character it formerly appeared, the lake is now shown to consist of two wide expanses of shallow water differing little over a large part of its area from a huge pond. After leaving the Congo basin the expedition made its way to the Nile down a tributary named the Yeh, which was much obstructed by rapids, and the full account of the journey may be expected to throw some new light on the hydrography of the Upper Nile basin. In Northern Nigeria the expedition came into contact with some of the pagan tribes who were

Never Thoroughly Subdued

even by the Fulani, and who have still to be brought under British control. The Munshi people to the south of the Benue—who have been giving a good deal of trouble to the British administration are described by Lieut. Alexander as industrious agriculturists, though strongly opposed to the extension of the white man's influence in their midst. The wealth of the Fulani had much diminished with the reduction of slave-trading. The street corners are now remarkable for their beggars. Keffi, another large town of round and square mud-built houses, is in great part in ruins—the result of the reprisals taken by the British authorities after the murder of Capt. Maloney. The influence of the Fulani, according to Lieut. Alexander, is not so remarkable as it might seem. Inter-marriage has caused an almost total disappearance of the original Fulani stock, though an indication of what this must have been like is afforded by the "Bush Fulani," a small and dwindling community. Retiring and shy in disposition, they seldom approach the town.

Women Are Handsome.

The women are handsome, tall, and pale-skinned, with oval faces, surrounded by thick twists of silky hair. It is the general opinion and hope amongst the Fulani that the rule of the white man will not be long now, and this idea is fostered by the Senussi, who are very active just now, especially about Vinka. Of the Kagoro tribe Lieut. Alexander said they lived in a village built on the sides of a rocky hill. Their small mud houses are cemented to projecting rocks, and are reached only by the narrowest and steepest of paths. The people turned out to be strongly built. They were seen from a distance squatting like monkeys on the rocks. Their features were disagreeable. He found them to be keen hunters, accustomed to the use of poisoned arrows.

Prison Horrors.

The Anglo-Russian, of London, in an article on the tortures inflicted on suspected persons in Russia, says:—"From independent Russian, German, French and English sources come heart-sickening accounts of systematic tortures practised in Russian prisons upon 'politicals' with the object of compelling them to betray their friends and supporters. For a long time such tortures have been reported from various prisons all over the empire, but the worst atrocities seem to be habitually perpetrated in the prisons of Poland and the Baltic provinces. In Riga, for instance, a special chamber has been fitted up with all the instruments of torture known to the Inquisition of old. Rubber sticks, long pins, pincers, a rack, and so forth, are used in the process of making the victim 'confess,' and all this not only by permission of the higher local authorities, but frequently even in their presence and under their personal guidance. Such things as knocking out the teeth, tearing out the hairs and pieces of flesh are in ordinary usage."

Railway Slaughter.

With a record of nearly 400 persons killed in railway wrecks during the last six months and about 450 injured, the public is asking whether the railway commissioners of the several states and the Interstate Commerce Commission can not intervene to stop the slaughter.

Devote your spare time to the consideration of your own faults, for a change, and you will have less to say about the faults of your neighbors.

Necessity knows no law, but it sometimes forms the acquaintance of a mother-in-law.

A Friend in Need—Always with You.

WHEN you have Heartburn, Colic, Coated Tongue, Suspected Breath, Acid-rising-in throat, Gas-belching, or an Incipient Cold, take a Cascaret.

Remember, all these are not merely Discomforts, but indications of a serious Cause.

Nip them in the bud—eat a Candy Cascaret. Cascarets don't purge, nor punish the stomach like "Bile-driving" "Physics."

They act like Exercise on the Bowel-Muscles that propel Food, and that squeeze the natural Digestive Juices of the body into Food.

* * *

Cascarets ward off, or cure, the following diseases:

Constipation	*Bad Breath*
Biliousness	*Headache*
Indigestion	*Diarrhœa*
Dyspepsia	*Flatulence*
Torpid Liver	*Jaundice*
Appendicitis	*Nausea*
Colic	*Vertigo*
Worms	*Pimples*
Piles	*Blotches*

In such cases a little Cascaret in time is worth fifty dollars worth of Treatment later on, to say nothing of the suffering, discomfort, loss of Business Energy, and loss of Social Sunshine it saves.

* * *

Headaches, Heartburn, Gas-belching, Acid-risings in the throat, and Colicky feeling are sure signs of bowel trouble from food poisons, and should be dealt with promptly.

One Cascaret will stop the coming trouble, and move on the Bowel load, if taken at the first signs.

Don't fail to carry the Vest Pocket Box of Cascarets with you constantly.

* * *

All druggists sell them—over ten million boxes a year.

Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC." 996

The Athletic Girl

knows that beauty and strength are "blood-deep." And she finds a ready aid to strong muscles, lithe grace and buoyant health in the great blood-tonic—

Wilson's Invalids' Port

The cinchona bark in this pure tonic-wine has a most beneficial action on the feminine organism—it puts the system into ideal condition.

Just a wine-glassful three times a day.

All Druggists

CATARRH

To prove unquestionably, and beyond any doubt that Catarrh of the nose and throat can be cured, I am furnishing patients through druggists, small Free Trial Boxes of Dr. Shoop's Catarrh Cure. I do this because I am so certain, that Dr. Shoop's Catarrh Cure will bring actual substantial help. Nothing certainly, is so convincing as a physical test of any article of real, genuine merit. But that article must possess true merit, else the test will condemn, rather than advance it. Dr. Shoop's Catarrh Cure is a snow white, healing antiseptic balm, put up in beautiful nickel capped glass jars at 50c. Such soothing agents as Oil Eucalyptus, Thymol, Menthol, etc., are incorporated into a velvety, cream like Petrolatum, imported by Dr. Shoop from Europe. If Catarrh of the nose and throat has extended to the stomach, then by all means also use internally, Dr. Shoop's Restorative. Stomach distress, a lack of general strength, bloating, belching, biliousness, bad taste, etc. surely call for Dr. Shoop's Restorative.

For uncomplicated catarrh only of the nose and throat nothing else, however, need be used but

Dr. Shoop's Catarrh Cure

At all druggists.

GRAND UNION HOTEL

Opposite Grand Central Station
NEW YORK CITY.
ROOMS $1 a Day and upward
Baggage to and from station free. Guidebook and map of New York City free on receipt of 2-cent stamp.

GREAT NAVAL DISPLAY.

Great Britain Will Send Its Famous First Division of Modern Cruisers.

The naval display in connection with the Jamestown Exposition, it is now assured, will be one of the most—if not the most—impressive affair of its kind since the beginning of time. Kiel and the Victoria Jubilee were once considered the most brilliant gatherings of the forces of naval warfare ever brought about; but naval architecture has made such strides in the last few years, and such flattering promises of warships have been made to this Government by foreign nations, that the Kiel and Victoria Jubilee affairs are certain to be surpassed both in the number of vessels on hand and the brilliance of the holiday amenities which will accompany their rendezvous.

Nearly every country in the world which boasts a navy will send ships, and the total will be somewhere in the neighborhood of one hundred vessels.

At no time during the progress of the Exposition (which is to be opened by President Roosevelt on April 26) will there be less than thirty warships anchored in the famous channel, within sight of the Exposition grounds.

The United States will, of course, lead in numbers. Second in importance will be the British display, which will consist of the First Cruiser Division, made up of six of the best types of armored cruisers—the Good Hope, the Antrim, the Argyle, the Devonshire, the Hampshire and the Roxburgh. Germany, Italy, France, Spain, Sweden, Russia, Japan and the South American republics will be represented.

There will be a camp on shore opposite the anchorage, where the marines of the various nations will be landed and paraded.

An extensive program of manœuvres as well as of visits, balls and illuminations, is being arranged. Incidentally, the farmers and commission merchants are anticipating a rich harvest from the sale of provisions to the fleet. The amount of food necessary for an armada like this can only be expressed in large figures.

TERROR TO THE BENCH.

Eccentric Lawyer's Death Recalls Some Curious Episodes.

Mr. E. Justinian Stanbury-Eardley, who was one of the most eccentric lawyers in the country, died a Frogmore, Henley-in-Arden, Warwickshire, recently. Twenty years ago he plaited his long black hair, which fell in ample masses over his shoulders, and either tied it up in the form of a queue or kept it in position by means of a velvet cloth. It is questionable whether he ever made a speech under two hours' duration, even if he were only defending a man charged with being drunk and disorderly, and more often than not he would talk to the magistrates for five hours at a stretch. If the magistrates dared to interrupt him he would immediately quote a case recorded hundreds of years ago and proceed to show in a most laborious manner that the magistrates were compelled to listen to him, whether they liked it or not.

He Refused to Go.

Some years ago he was arrested for an offence he had committed at Solihull. It took half a dozen policemen to remove him from the police station. When he was brought before the magistrates he kicked the dock to pieces, and finally, when he was sent to jail for four months, fourteen policemen were required to remove him. He refused to wear the prison garb, and remained naked in his cell. Eventually he was held down by nine warders and clothed, and then a straight waistcoat was put on him. He also declined to eat the prison food, and announced his intention of starving. He was then held down and fed with a pump. He had a passion for cold baths. He formerly lived at Yardley, and every morning, winter and summer, he went to a mill pool near his house and plunged in. If ice covered the water he broke through it.

Australia's Products.

Mr. Deakin, the Federal Premier, of Australia, speaking at the Foundation Day luncheon at Melbourne, recently, said that, according to the official estimate for 1906, there were 12,000,000 acres under the plough in the Commonwealth, the grain yield was over 100,000,000 bushels, the wool yield was worth £20,000,000, agricultural products totalled £21,000,000, mineral products £25,000,000, manufactured products £30,000,000, the oversea trade £113,000,000, and the inter-State trade £80,000,000, of which £24,000,000, the increase since 1900, was directly due to federation. The trade returns of the Australian Commonwealth show that the total value of merchandise imported during 1906 amounted to £42,590,527, an increase of £5,635,460 compared with 1905. The merchandise exported during 1906 reached a total value of £52,926,097, an increase of £7,141,362. The total volume of Australia's trade in 1906, including imports and exports of gold, amounted to £114,597,023, being an increase of nearly £19,500,000.

When French Left His Saddle.

Gen. French, of the British army, is a man of extraordinary personal charm and espirit. It is a joy to hear him tell the story of how when he had been thrown from his horse in his subaltern days a pompous officer of the old school came fussing up and demanded: "What do you mean, sir, by leaving your saddle without orders?" One of his cherished possessions is a copy of The Standard and Diggers' News, the Boer organ, containing a full account of the complete rout of his cavalry division and winding up with the statement that Gen. French had been mortally wounded.

Great Naval Basin Opened.

At Davenport, England, the new Keyham docks, which in connection with the artificial basin thirty-five acres in extent form the greatest naval dockyard scheme in the world, were opened Feb. 21. From this basin entrance is made into three docks 740 feet long and forty-five feet deep.

If you are tired taking the large, old-fashioned griping pills, try Carter's Little Liver Pills and take some comfort. A man can't stand everything. One pill a dose. Try them.

Short sermons make popular preachers.

Naming it "spring water" doesn't make it safe to drink.

¶ Spring water, as a rule, is good pure water, and fit to drink—at the spring. But it may not be so when you get it.

¶ Many things can happen—do happen—to much spring water, long before you pour it into a glass. Some of them are things you wouldn't like to know about.

¶ Some bottlers of spring water bring it long distances in tanks. This simply invites bacteria to come and multiply in the water. ¶ Some spring waters are stored in containers a long while before they are bottled. Then the water gets flat and insipid. ¶ Things happen in the bottling house, too, that don't do the water any kind of good. ¶ The safe way for you, and the only way for a bottler who cares about purity, cleanliness, quality, is to do the bottling where the spring flows, as we do with

York Springs Water

Wholesome — Limpid — Refreshing

We take more trouble than seems worth while to have everything just as clean as daintiness demands — we are perhaps "finicky,"—even the bottles we use are cleansed with York Springs water. ¶ Bottling at the Springs for surety of purity, and bottling under scrupulously hygienic conditions, we KNOW York Springs Water gets to you pure. ¶ If you realized half the dangers that come from drinking water that isn't surrounded with just such precautions—you would drink no water except York Springs Water. 204

Ideally Pure York Springs Water is the basis of these beverages: York Springs Water (natural), York Sparks (York Springs Water charged with purified carbonic gas), York Ginger Ale, York Sarsaparilla, York Soda, York Potash Water, York Aperientis (the perfect laxative)

The Mineral Springs Limited Toronto

For Sale by Rigney & Hickey, James McParland

FOOD IRON

You need **Iron.** Everybody does. The harder you work, the more you worry, the more Iron you require. But Crude Iron won't do. Iron Pills, Iron Tinctures, Iron Tonics are useless in nineteen cases out of twenty. You must have pre-digested Iron or your blood will not assimilate it.

FERROL

furnishes the **Iron** you need in combination with **Cod Liver Oil,** and so intimately incorporated with the oil that the most delicate digestive organs cannot fail to assimilate it.

The value of the combination cannot be overestimated. It builds up and fortifies the system against Coughs, Colds, Bronchial Affections and kindred troubles. If any of these diseases have already been contracted, or if the lungs are affected or threatened, **FERROL** cures by enabling nature to throw off the disease, not by "killing the germs," which is a physical impossibility.

FERROL is an absolute specific for Croup and Bronchitis, and no household where there are children can afford to be without it.

FERROL is not a patent mystery. The formula is freely published. It is prescribed by the best Physicians. It is endorsed by the most eminent Medical Journals. It is used in prominent Hospitals, Sanitariums, etc.

G. W. MAHOOD, AGENT.

For the Afternoon At Home, fragrant, aromatic Tea is the most delicious—

Blue Ribbon Tea

has no rival in health giving flavor. It stimulates the enervated and is a wholesome tonic for all.

Black, green, mixed—25c. to $1 a lb.—All grocers

Petworth Jottings.

Petworth, March 22.—The sympathy of the community is extended to George Lokins in his recent bereavement by the loss of his wife. Some of the local sugar-makers have tapped their bushes and are patiently waiting for the sap to run. Kevin Card is sawing wood in this neighborhood. Frank Lokins has secured a position on the Colebrook saw-mill, and is boarding at Zelotus Brown's. Miss Muriel Tryon visited at John Lakins' last Saturday. The little son of George Lokins, who has been very ill, is improving. Frederick Clark visited at Levi Tryon's, Verona, last Sunday. Mr. and Mrs. John Warner, Harrowsmith, visited at John Lokins' on Wednesday. Reuben Garrison is buying calves in this neighborhood.

It takes sarcastic women and busy bees to administer stinging reproofs.

Never judge a man by the company he keeps, it may be his wife's folks.