

Headaches Mean Your Blood is Poisoned

If your bowels, kidneys or skin are not ridding the system of waste-matter, the blood is laden with impurities, which inflame the nerves. It is these irritated nerves that make the head ache.

Powders and pills won't cure, they merely drug the nerves into unconsciousness and relieve for a short time.

"Fruit-a-lives" cure Headaches, Neuralgia and Nerve Pains because they purify the blood. They act directly on the three great eliminating organs—Bowels, Kidneys and Skin—and restore them to healthy action, thus ridding the system of all poisons.

"Fruit-a-lives" are fruit juices chemically changed, by the process of combining them into a far more effective medicinal compound than the natural juices. 50c. a box—6 for \$2.50. At all dealers or from Fruit-a-lives Limited, Ottawa.

Fruit-a-lives

37 Years' Record As results speak louder than words, so also a Company that can point to a successful record of 37 years is sure to receive the patronage of the Canadian public which is quick to discern sound and progressive management in the interests of policy-holders.

OF CANADA has just such a record for successful management from the establishment of the Company in 1870 up to the present day, as the following summary will show:

Total Payments for Death Claims, Sickness, and Other Benefits... \$7,436,529.26

S. ROUGHTON - District Agent Kingston.

CARTER'S LITTLE LIVER PILLS

CURE SICK HEADACHE

ACHES

"Baby's Own" Soap

MONEY IN CANARIES COTTAM BIRD SEED

NEWS OF NEIGHBORS

WHAT WHIG CORRESPONDENTS TELL US

Deaths in the City and Vicinity—Other Brief Items of Interest Daily Read and Remembered.

Collins Bay Notes. Collins Bay, Oct. 8.—The Presbyterian hold their services in the Methodist church, starting on Sunday, October 6th.

Lavant Station Items. Lavant Station, Oct. 8.—Mrs. D. Crawford returned Monday, after spending a few days with friends in Perth.

At St. George's Lake. St. George's Lake, Oct. 8.—The swamps are rapidly filling with water. The milk supply at the factory is low.

News From Parham. Parham, Oct. 8.—Farmers are busy digging potatoes and picking apples, and report a fair crop.

Doings At Sangster. Sangster, Oct. 8.—Corn cutting is the order of the day, John Sheehan is happy over the arrival of a young son.

Tichborne Matters. Tichborne, Oct. 8.—Master Ross Sutherland, is attending Sydenham high school. The show in the town hall on Thursday evening was largely attended.

Fish Creek Jettings. Fish Creek, Oct. 8.—The lake shows have risen the water in the wells, and have put back potato digging.

Seely's Bay News. Seely's Bay, Oct. 8.—Miss Ethel Tyler has returned to her home at Conson, after two months' visit with friends here.

Trevellan Tidings. Trevellan, Oct. 8.—Corn harvesters are making rapid progress in this vicinity.

Mills, on Friday last. Mrs. Joseph Flood returned home after spending a few days at her father's, J. J. Jappan, Melbome, in Herbyton, Brookville, was renewing old acquaintances.

Burglars At Northbrook. Northbrook, Oct. 8.—L. Clark, an old and respected resident of Flinton, passed away on Wednesday of last week.

WOLFE ISLAND NEWS. Death of Robert Payne. An Old Resident. Wolfe Island, Oct. 8.—One of Maryville's oldest and well-known residents passed away on Sunday, in the person of Robert Payne.

The sad news reached here on Monday evening, announcing the death of Miss Ethel Kehee, a nun in Ottawa, and sister of Mrs. Malcolm McDonald, in the village. She has one brother, James Kehee, a sailor on the upper lakes.

William Kemp has bought Patrick McDermod's farm and the old center man will move to the city. Brother Kelly has moved from Patrick Hawkins' farm to the village.

Pen-Underwear. For health's sake, too. Pen-Angle Wool has been thoroughly cleaned; the Dyes are absolutely Fast; the Fabric is Porous, allowing the skin to breathe fresh air freely.

Gymnastics and Pen-Angle Both Healthful. Those who do gymnastics for the promotion of their bodily vigor should wear Pen-Angle Underwear.

Pen-Angle Underwear. Unshrinkable. For health's sake, too. Pen-Angle Wool has been thoroughly cleaned; the Dyes are absolutely Fast; the Fabric is Elastic.

AMONG ENGLISH MOORS. Little Village of Belmont Has Unique Record. Among the lonely moors, six miles from Bolton, lies the little village of Belmont.

The Better Cough Cure. No medicine for coughs, colds, sore throats or hoarseness could be more harmless or effective than the Diamond Cough Remedy.

The 20th Century Treatment. The source of all Power, discovered in the Laboratories of Dr. J. P. Quinlan.



RED ROSE TEA

Not So Much. Please do not put quite so much Red Rose Tea in the teapot as you do of other kinds. If you do the tea will be too strong.

Fall Styles. Lots of little changes in the fashions for fall. 3 button sack coats are shorter than the spring models.

Fit-Reform. E. P. JENKINS. Kingston, Ontario.

Gymnastics and Pen-Angle Both Healthful. Those who do gymnastics for the promotion of their bodily vigor should wear Pen-Angle Underwear.



CARLING'S ALE PORTER AND LAGER. PURITY, BRILLIANCY AND UNIFORMITY.



THE 20th CENTURY TREATMENT. The source of all Power, discovered in the Laboratories of Dr. J. P. Quinlan.

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Queen Quality. THE FAMOUS SHOE FOR WOMEN. \$3.75, 4.00, 4.50, 5.00.

J. H. Sutherland & Bro., The House of Good Shoemaking.

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The 'Happy Thought' Range. In the model Kitchen at the 'Made-In-Canada' Exhibition and the 'Capital Favorite' Steel Range.

McKELVEY & BIRCH. 69 and 71 BROCK STREET.

Redpath. You will get the best value possible, in High Grade Sugars, if you buy REDPATH'S.

Ingot Aluminum. 99% PURE, GUARANTEED Immediate Delivery. Canada Metal Co., Ltd. Toronto, Ont.

TRAVELLING. KINGSTON & PEMBERLEY RAILWAY. Bay of Quinte Ra... GRAND TRUNK RAILWAY. Single First-Class Fare for Hunter... QUEBEC STEAMSHIP CO. LIMITED. River and Gulf of St. Lawrence... SUMMER CRUISES IN COOL... BERMUDA... INTERCOLONIAL RAILWAY... ALLAN ROYAL MAIL