

TRAVELLING.
KINGSTON & PEMBROKE RAILWAY
 IN CONNECTION WITH
Canadian Pacific Railway
LOW RATES TO PACIFIC COAST AND RETURN.
 Good Returning Until October 31st.

VANCOUVER \$95.80
VICTORIA
PORTLAND
SEATTLE

FARM LABORERS' EXCURSIONS to Manitoba, Saskatchewan and Alberta. \$10.00 going trip, \$18.00 additional for return. Leaving dates August 20th, 22nd, 27th, and Sept. 2nd, 11th and 14th.

HOMESEEKERS
 Going dates August 18th, Sept. 1st, 15th and 29th. Tickets good for 60 days.
 Full particulars at K. & P. and C. P. R. Ticket Office, Ontario St., Phone, 50.
F. CONWAY, Gen. Pass. Agent.

BAY OF QUINNEBAGUETTE RAILWAY
 Train leaves union station, Ontario street, 4 p.m. daily (Sundays excepted), for Travel, Newfoundland, St. John's, Ontario, Banquet and all points north-ward. To secure quick dispatch to Banquet, Toronto, Montreal, and other points on Central Ontario, route your shipments via Bay of Quinte Railway. For further particulars, apply to R. W. DICKSON, Agent, Phone, No. 3.

Quebec Steamship Company LIMITED.

River & Gulf of St. Lawrence Summer Cruises in Cool Latitudes

Twin Screw Iron S.S. "Campana," with electric lights, electric bells and all modern comforts.
SAILES FROM MONTREAL ON MONDAYS, at 4 p.m., 24th August, 7th and 21st September, for Pictou, N.S., calling at Quebec, Gaspé, Mal Bay, Percé, Grand River, Summerside, P.E.I. and Charlottetown, P.E.I.

NEW YORK FROM QUEBEC
 Calling at Charlottetown and Halifax, S.S. Trinidad, 2,600 tons, sails from Quebec, 22nd August.

Bermuda

Summer Excursions, \$10 and upwards, by the Twin Screw S.S. "Bermuda," 5,000 tons. Sailing fortnightly from New York, from 2nd June to 5th October. Temperature cooled by sea breezes seldom rises above 80 degrees. The finest trips of the season for health and comfort.
ARTHUR AHERN, Secretary, Quebec.
 For tickets and staterooms, apply to J. P. HANLEY, G. T. R., or RICKPATRICK, Ticket Agents, Kingston, Ont.

INTERCOLONIAL RAILWAY

TAKE ADVANTAGE OF

Canada's Summer Train

"OCEAN LIMITED"

Leaving Montreal 7.30 p.m. Daily, except Saturday, for Quebec, St. John, Halifax. Direct connection for Prince Edward Island.

Through Mataphedia and Wentworth Valleys by Daylight.

Toronto Ticket Office, 51 King St. East.
 General Passenger Department, Moncton, N.B.

GRAND TRUNK RAILWAY SYSTEM.

\$10—Farm Laborers' Excursion
 From Kingston to MANITOBA, ALBERTA, SASKATCHEWAN via Oshawa and St. Paul, Minneapolis or Duluth, August 20, 27, September 2, 14. Fare of \$10.00 is to Winnipeg, where free tickets will be given to Kamask, Swan River, Sask., and other points on Canadian Northern Ry. One cent per mile beyond those points to Edmonton, inclusive. The Grand Trunk is the only double track route to the west, through St. Clair Tunnel by electricity. No smoke. No dust. Tickets will be issued for the return from Swan River, Kamask and intermediate stations for \$18.00. Tickets will also be issued via Toronto and C.P.R. or North Bay and C.P.R., on August 22nd, and September 11th.

Canadian National Exhibition, Toronto, Ont. Aug. 29 to Sept. 14, 1906.

Return tickets will be sold at \$3.55. Good going Tuesday, Sept. 1st, and Monday, Sept. 7th, and at \$4.90. Good going on Aug. 29, 30, 31, Sept. 2, 3, 4, 5, 8, 9, 10, 11 and 12. Tickets will not be accepted on trains 1, 2, 3, and 4, all tickets valid returning from Toronto on or before Tuesday, Sept. 16, 1906.
 For full particulars, apply to J. P. HANLEY, Agent, Cor. Johnson and Ontario streets.

Lake Ontario & Bay of Quinte Steamboat Co.

LIMITED. KINGSTON, ROCHESTER, 1,000 ISLANDS

Strs. NORTH KING.

Commencing June 27th, leave Kingston for Thousand Islands points daily except Monday, at 10.15 a.m. Returning leave at 5 p.m., for Charlotte, N.Y., Port of Rochester, calling at Bay of Quinte Ports.

STR. ALBETHA—Leaves Mondays for Bay of Quinte Ports, at 5 p.m.

Full information from JAMES SWIFT & CO., Freight Agents, J. P. HANLEY, G. T. R., RICKPATRICK, Ticket Agents, and from Kingston.

THE COMMON APPLE A GREAT SOURCE OF HEALTH

The Juice of the Ordinary Apple is One of the Best Things in the World For Keeping the Blood Pure.

Few people there are but enjoy a ripe, juicy apple. But how many realize that it is a medicine as well as a treat?
 Apples have a very marked effect on the kidneys, increasing their power to throw off the waste products of the body, and thus prevent Rheumatism, Sciatica, Neuralgia, and similar troubles that come from poisoned blood.

Similarly, other fruits stimulate the action of the liver and bowels—others of the skin. Combined, they keep the blood pure—the body clean and healthy.

To get this effect, however, one must eat a great deal of fruit, or better, eat a little fruit and take "Fruit-a-lives."
 "Fruit-a-lives" are tablets in which the juices of ripe fruits, with their medicinal value intensified, are combined with valuable tonics. They act directly on the Bowels, Kidneys and Skin and put them in perfect condition—thus ensuring the thorough elimination of all waste matter and poisons from the body. Trial box 25c. Regular size 50c—6 boxes for \$2.50. Fruit-a-lives Limited, Ottawa.

Diamond Rings

No department in our business seems to increase so rapidly as the "Diamond Department." Close prices, honest representation make this only possible.

In Solitaires, no better value can be had than our \$225, \$250, \$275, \$300 and \$350 Rings.

Kinnear & d'Esterre
 DIAMOND SHOP.
 100 Princess St., Kingston.

CARTER'S LITTLE LIVER PILLS.

CURE SICK HEADACHE

Headache and relieve all the troubles that result from a bilious state of the system, such as Dizziness, Nervousness, Irritability, Pain in the Side, &c. While their most remarkable effect has been shown in curing...

HEADACHE
 Headache is the most distressing complaint, but for its relief there is a remedy which does not cost more than a few cents. It is Carter's Little Liver Pills, which act directly on the liver and bowels, stimulate the general system, and regulate the bowels. Even if they are...

ACHE
 On the face of so many lives that here is where the cure is found. Carter's Little Liver Pills are very small and they are easy to take. Over two pills makes a dose. They are strictly vegetable and do not grip or purge, but their gentle action phases all who use them. In vials at 25 cents; five for \$1.00. Sold by druggists every where, or sent by mail.

Every Woman
 is interested and should know of the wonderful MATRYEL Whirling Spray. The new standard of purity and efficiency. Best—most-recommended—readily available.

ALLAN MAIL LINE
 Montreal to Liverpool
 Virginian sails Aug. 28, Sept. 25.
 Tumbler sails Sept. 1, Oct. 2.
 Victorian sails Sept. 11, Oct. 8.
 Corsican sails Sept. 18, Oct. 16.

STEAMER WOLFE ISLANDER
 LEAVES WOLFE ISLAND—
 MON. 7.30—9.15 a.m. 1.00—4.00 p.m.
 TUES. 7.30—9.15 a.m. 1.00—4.00 p.m.
 THURS. 7.30—9.15 a.m. 1.00—4.00 p.m.
 FRI. 7.30—9.15 a.m. 1.00—4.00 p.m.
 SAT. 8.00—9.15 a.m. 1.00—4.00 p.m.
 SUN. 9.15, 10.00, 12.30 a.m. 5.00 p.m.

LEAVES KINGSTON—
 MON. 8.30—11.30 a.m. 3.00—5.30 p.m.
 TUES. 8.30—11.30 a.m. 3.00—5.30 p.m.
 WED. 8.30—11.30 a.m. 3.00—5.30 p.m.
 THURS. 8.30—11.30 a.m. 3.00—5.30 p.m.
 FRI. 8.30—11.30 a.m. 3.00—5.30 p.m.
 SAT. 8.30—11.30 a.m. 3.00—5.30 p.m.
 SUN. 9.45 a.m. 1.15—5.30 p.m.
 Special trip to Simcoe Island and Spover's dock, at 8.00 p.m.
 Time Table subject to change without notice.
 Boat calls at Garden Island going to and from Kingston.

Eight Minutes Exercise for the Busy Man's Health

Business women! Attention!
 You wish to be strong, healthy; you would like your blood to circulate; your lungs to be filled with air; your mind to be mentally keen and alert? Well, take exercise.

But, you say, you are too busy. How about a short system of exercise of five, eight or ten minutes at a time?

You say you do not believe exercise of so short a duration would be beneficial. Well, you are mistaken.

According to no less an authority than Dr. R. Tait McKenzie, physical director of the University of Pennsylvania, a daily eight-minute exercise will yield a harvest of physical improvement.

You suffer from indigestion, nervousness, lassitude, that fagged-out feeling, mental inertia? If you are so busy you can't spare more time, take a twenty-minute course. However, the eight-minute course is so designed that one gets the benefit of the most effective movements.

"People who lead sedentary lives," declared Dr. McKenzie, "get tired by exercise usually. Too often the result is a feeling of languor which hinders their work, mental depression, nervousness and poor breathing. The movements consist of raising the thighs alternately, with the knees bent, until they touch the abdomen, the trunk and lungs.

"Any exercise which will call into play these muscles will stimulate the circulation. Walking, of course, is one of the most beneficial of all exercises. But most people walk, and if they walk properly they will derive great benefit.

"However, walking does not exercise the muscles of the abdomen, nor always induce deep breathing. Some kind of exercise such as this is always necessary."

Most folk claim they do not have time to take exercise. They arise late in the morning; they hurry through their bath, eat breakfast in double-quick time and run for the car. But there are few persons who cannot spare about ten minutes. The vast benefit from exercise of the shortest duration is such that the busiest persons should arrange to take it.

A system of exercise which lasts eight minutes has been prepared by Dr. McKenzie. This is arranged for the busiest people, and combines movements giving the greatest possible results.

There are six exercises. The aim of them is to stretch the thorax and expand the lungs, give the heart vigorous work and massage the organs of the abdomen.

"One should begin these gradually," declares Dr. McKenzie, "they should be few movements at first and comparatively long rests."

NEWS OF NEIGHBORS

WHAT WHIG CORRESPONDENTS TELL US.

The Tidings From Various Points in Eastern Ontario—What People Are Doing and What They Are Saying.

Elginburg Notes.
 Elginburg, Aug. 15.—The weather has been very unfavorable for the farmers for the past few days. The grain stocked in the fields has started to grow on account of so much rain. The Elginburg football team and the Sydney team will, on Wednesday, August 16th, have a matched game at Elginburg grounds. Charles Smith has put gasoline lights in his store corner, which makes a great improvement to the village. Mr. Smith is working hard to get the telephone extended to the village for the convenience of the people. Visitors: Miss Spooner, at Mrs. Emmons'; Miss Woodman, at Miss Edna Reid's.

Portland Paragraphs.
 Portland, Aug. 13.—A number from here attended the picnic, held at Grosby, in aid of the sidewalks, on Wednesday. Miss Myrtle and Lucile Galagher and Mr. Clinton, Harrowsmith are the guests of their uncle and aunt, Mr. and Mrs. A. Gallagher, at their summer cottage here. Miss Mary Stevens, Delta, is the guest of Miss Muriel Tolley. Misses Jennie and Ethel Quapp, Newboro, spent Tuesday with friends in the village. Miss Mary Joynt entertained a number of the people from here at her father's cottage, one evening last week. Mrs. F. S. Harrison and daughter, Iva, of Smith's Falls, are the guests of Mr. and Mrs. T. K. Scovil. Rev. J. Lyons, and Mrs. Lyons, Plevna, are the guests of their parents here. Miss Mary Morris, Ottawa, is the guest of her cousins, the Misses Morris, Mrs. (Dr.) Klotz, Montreal, is spending a few weeks with her parents, Mr. and Mrs. T. K. Scovil. Mr. and Mrs. Stephen Seaman, Chantry, came here in their auto and spent Sunday with friends. Miss May Willis, Smith's Falls, is the guest of her aunt, Mrs. W. H. Murphy. Dr. W. Murphy and wife and daughter, North-Angusta, are spending a holiday with the doctor's parents, Mr. and Mrs. W. H. Murphy. The Commercial house is still thronged with tourists.

Willetsholme Tidings.
 Willetsholme, Aug. 15.—The farmers of this vicinity have started harvesting and report a very poor crop.

How To Cure Heartburn.
 The cause of heartburn and heart-ache is fermentation in the stomach. Magical relief comes from Nervine, which cures the condition which causes heartburn, just as it relieves and cures indigestion, cramps, gas belching and other ailments of the stomach. No summer medicine half so good as a 25c. bottle of Polson's Nervine.



The exercises are arranged as follows:
 Take a position at first standing, with the arms at the sides, chin bent to the neck, the abdomen in and the chest carried forward without contracting the shoulder muscles. Move the arms forward, rise on tiptoe, as high as possible and inhale. Keep arms straight as you lower them, with palms back, slowly exhale and lower the heels. Repeat ten times.

The second exercise is taken lying on the back, with hands poised on the hips. The movements consist of raising the thighs alternately, with the knees bent, until they touch the abdomen. Each time clasp the hands about the leg and press against the abdomen, then relax. Repeat this movement ten times.

Now take a position standing, with the hands behind the head. Bend sideways to the right, then to the left, then backwards, circling five times each way. Be sure to keep the feet together and the knees straight. Bend down as far on every side as possible, repeating each exercise ten times.

For the fourth exercise stand with the legs thirty inches apart, with the arms falling at the sides. Raise your arms above your head, then bend forward and touch the floor with both hands, rising slowly and bringing the hands to the original position. This, as well as the other movements, should be repeated ten times.

Next hold the arms forward, moving them out and up, running for twenty steps, at the rate of fifteen steps in five seconds. Repeat this movement ten times.

The final exercise consists in raising the arms sideways, stretching and inhaling deeply. Then bend forward and rise, exhaling while you lower the arms sideways.

When through rub your body hard with a Turkish towel immersed in cold water.

"How soon will one experience benefits from this exercise?" the noted doctor was asked.

"The following day," he replied.

IN NORTHERN WILDS.
 Serious Accident From Head Waters of Coughline.
 Renewed Journal.

Alexander Barnett yesterday received his monthly report from the fire rangers on his timber limits in the wilds of northern Quebec near the head waters of the Coughline river, and accompanying it was a letter from L. A. Christopherson, chief factor of the Hudson Bay company's fort at Grand Lac Post telling of a serious accident which held a family of Indians within sight of the "fort" on July 1st, during a very severe thunderstorm. The family consisting of the father, mother, little girl and infant child had gone to an island about a quarter of a mile south of the fort to wash and while there a severe storm arose accompanied by thunder and lightning. The lightning struck a tree under which the family had taken shelter and three out of the four were instantly killed, the father, mother and little girl. The curious part of it was that the baby which was in a cradle held by the mother was saved, suffering only a little burnt scar on the point of the nose, certainly a miraculous escape.

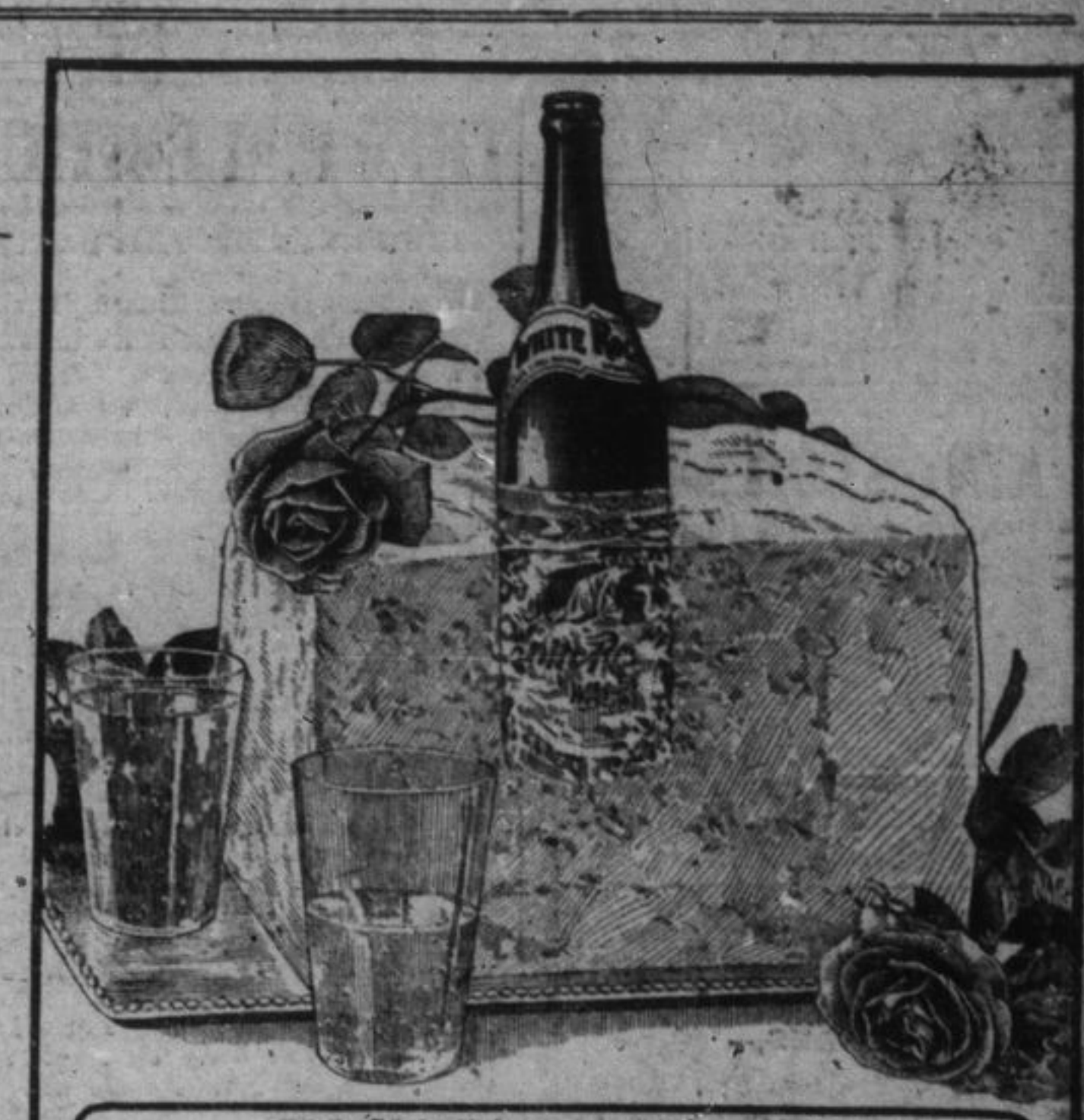
A Creamy Delight.
 Good ice cream soda is the most delicious beverage made. Our soda is made rich and served right. A liberal quantity of pure ice cream is given, pure crushed fruits and fruit syrups only are employed, and our glasses and everything else about the fountain are absolutely pure. Wade's drug store.

AGRICULTURAL FAIRS.
 Dates of Some of These For 1906.

Alexandria	Sept. 29 and 30.
Almonte	Sept. 28, 29, 30, Oct. 1.
Bellefleur	Sept. 16 and 17.
Bellefleur	Sept. 17 and 18.
Bancroft	Oct. 1 and 2.
Bark's Falls	Sept. 24 and 25.
Bellefleur	Sept. 24 and 25.
Brookville	Sept. 15, 16, 17, 18.
Colborne Central	Sept. 16 and 17.
Colborne	Sept. 24 and 25.
Colborne	Oct. 5 and 6.
Corwall	Sept. 10, 11, 12.
Coopersburg	Sept. 23.
Delta	Sept. 29 and 30.
Lanark	Sept. 10 and 11.
Lambton	Sept. 5.
London	Sept. 24 and 25.
Lindsay	Sept. 22 and 23.
London (Western Fair)	Sept. 11, 19.
Madoc	Sept. 15 and 16.
Marmora	Sept. 22 and 23.
Morrisburg	Sept. 1, 2, 3.
Maberly	Oct. 1.
Merrickville	Sept. 8 and 9.
Newboro	Sept. 5 and 6.
Napanee	Sept. 15 and 16.
Oshawa	Sept. 23 and 24.
Ottawa (Central)	Sept. 16, 26.
Perth	Sept. 23 and 24.
Port Hope	Sept. 29 and 30.
Port Hope	Sept. 28, 19.
Roblin's Mills	Oct. 3.
Spencerburg	Sept. 17 and 18.
Renfrew	Sept. 17 and 18.
Sturgesville	Sept. 29 and 30.
Stella	Sept. 29 and 30.
Tweedmouth	Oct. 14.
Toronto (National)	Aug. 29, Sept. 14.
Vankle Hill	Sept. 15, 16, 17.
Windsor	Sept. 8 and 9.
Wolfe Island	Sept. 22 and 23.
Whitby	Sept. 22 and 23.

Why are Montreal's football prospects? The question was recently asked "Chaucer" Elliott, coach of the Interprovincial champions. "Good," replied the "Chaucer," smiling. "But I am thinking of advertising for a back division."

Camden Agricultural Society will hold its annual exhibition at Centreville, on September 12th.



White Rock
 Pure, Brilliant, Sparkling has been served ON THE TABLE OF KING EDWARD VII. DELICIOUSLY REFRESHING.
 To be had at all first-class Grocers and Hotels.
 Messrs. RIGNEY & HICKLEY, Distributors for Kingston and vicinity.
 F. X. St. Charles & Co., Ltd., Agents, Montreal.

Only A Few More Days of Our Oxford Sale.

The shrewd buyers having been taking two and three pairs of Oxfords, and you can hardly blame them at the values.

Women's \$4 & 4.50 Tan, Chocolate, Pat. Colt and Vici Kid Oxfords and Pump in Ultra and Queen Quality makes, now selling at \$2.98.

All the balance of our Men's \$5.00 Packard (Walter & Whitman) and Thompson Bros' \$5.00 Oxfords, in Tan, Velour, Calf and Patent Colt, now \$3.75.

If there were better shoes made for \$5.00 than the above three makers, we'd have them.

J. H. SUTHERLAND & BRO.
 The Home of Good Shoe Making.

A Snap of a Life Time To Furnish a Home.

As our Big Mid-Summer Sale is still booming. Making room for our Fall Stock everything reduced. A bargain for everybody. Lawn, Verandah and summer goods less than cost. Pay freight. Packing free. Store open nights, at

JAMES REID'S
 The Leading Undertaker.
 Phone. 147.

TIME AND MONEY CUT IN TWO

By kindling your fires and cooking your light meals with

Charcoal

Put up in large Paper Sacks. 15c Each, 2 for 25 Cents. Delivered anywhere in the city.

McKELVEY & BIRCH, 69-71 Brock St.

Bread of Quality

Users of TOYE'S BREAD never complain of its quality. They always find it "just right." Is this the kind your baker supplies? If not, try

TOYE'S BREAD