

TRAVELLING.

KINGSTON & PEMBROKE RAILWAY IN CONNECTION WITH Canadian Pacific Railway

Central Canadian Exhibition Ottawa, Ont., Sept. 18th to 26th

WESTERN EXCURSIONS, SEPT. 17, 18, 19.

Return Fares from Kingston— DETROIT \$12.00 SAGINAW, MICH. 12.80 BAY CITY 12.80

BAY OF QUINTE RAILWAY. Train leaves union station, Ontario street, 4 p.m. daily (Sundays excepted) for Trowell, Sydenham, Napanee, Deseronto, Bancroft, Horn and all points north.

MOOSE Open Season. New Brunswick September 15th—November 30th Nova Scotia October 1st—November 30th Quebec September 1st—December 31st

Write General Passenger Dept. INTERCOLONIAL RAILWAY MONCTON, N.B. For free copies of "Moose in the Micmac Country" "Fishing and Hunting."

General Passenger Department, Moncton, N.B., or apply Montreal Ticket Office, 141 St. James St.

GRAND TRUNK RAILWAY SYSTEM Annual Western Excursions To Chicago, Detroit, Port Huron, Saginaw, Bay City, etc., September 17th, 18th, 19th.

The following are fares from Kingston: Bay City, Mich. \$12.00 Chicago, Ill. 17.80 Cleveland, Ohio 19.10

Central Canadian Exhibition Ottawa, Ont., Sept. 18th to 26th Round trip tickets will be issued at \$2.75 on Sept. 22, 24 and 25 and at \$3.75 on Sept. 18, 19, 20, 21, 22 and 23.

Lake Ontario & Bay of Quinte Steamboat Co. Ltd. KINGSTON, ROCHESTER 1,000 ISLANDS Str. CASPIAN

Leaves Kingston for Thousand Island points Sundays at 10.15 a.m. Returning leave at 4 p.m. for Charlotte, N.Y. (Port of Rochester), calling at Bay of Quinte.

STEAMER WOLFE ISLANDER LEAVES WOLFE ISLAND— MON. 7.30—9.15 a.m. 1.00—4.00 p.m.

ALLAN Royal Mail Line Montreal to Liverpool Corsican sails Sept. 18, Oct. 16, Virginian sails Sept. 25, Oct. 22.

THE FRUITS OF THE EARTH

Seem To Be Nature's Provision For Keeping Man Healthy and Warding Off Disease.

Cereals, vegetables and meat supply the elements needed for man's nourishment. Yet fruit—though it has very little food value—has proved to be absolutely necessary for perfect health.

Careful investigation has shown that all the common fruits act on the Liver, Kidneys, Bowels and Skin. These are the organs that rid the body of dead tissue and waste products.

But few people eat enough fruit. Realizing this, after several years of experimenting, a prominent Canadian physician succeeded in combining the juices of apples, oranges, figs and prunes in such a way that the medicinal action in many times multiplied.

Don't BLAME HER. For she cannot help it. Women are often cross, irritable, hysterical, and declare they are driven to distraction at the slightest provocation.



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LYDIA E. PINKHAM'S VEGETABLE COMPOUND Mrs. Henry Clark, Grandford Station, Ont., writes to Mrs. Pinkham:

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills.

DOMINION BREWERY CO LIMITED, TORONTO. Celebrated White Label Ale India Pale Ale XXX Porter Invalid Stout

COAL! The kind you are looking for is the kind we sell. SCRANTON Coal is good coal and we guarantee prompt delivery.

Booth & Co., FOOT WEST STREET.

A GREAT PAGEANT A PERFECT THEATRE AT WOLVESY CASTLE.

A Grand Service at Winchester Cathedral—The Great Church Soon to Rest on Solid Rock.

Between its pageant and its cathedral restoration, Winchester has been in the limelight. The former has been very remarkable. The ruins of ancient Wolvesey Castle, with the stretch of green sward in front and the "massifs" of immemorial elms in the background.

The whole Jewish population of Kolomea, Poland, saw the ashes of scrolls solemnly interred. This unusual ceremony arose from a fire in the synagogue.

Getting Rich Quick. "See her!" cried the indignant citizen to the polite "financial expert."

A Most Effective Fish. Major Hodder is a very inquisitive Englishman, who has been wondering why the Barbados, alone of the Antilles, are free from malaria.

Divine Patience. Philadelphia Post. A member of the faculty of the University of Pennsylvania has had frequent occasion to reprove his eight-year-old daughter for playing with matches.

One On The Vicar. Forcible and free was the language of members of a certain golf club united to the parson, who had become a player, in proposed an anti-swearing league.

Partial Ignorance. Church Times. When the forest-haunting hermit Thoreau lay on his death-bed, a vicar friend called to make inquiry regarding his soul, "Henry," he said, anxiously, "have you made your peace with God?"

There is more Catharrh in this section of the country than all other diseases put together, and until the last year or two was supposed to be incurable.

THE FRUITS OF THE EARTH. Careful investigation has shown that all the common fruits act on the Liver, Kidneys, Bowels and Skin.

William the Conqueror, Winchester cathedral naturally looms as a great figure in history. The soldiers of Cromwell played havoc with the bones of kings, wantonly scattering them about the edifice, but in its precincts still stands tombs of Kneflig, Ethelwolf (the father of Alfred the Great), Egbert, Canute and William Rufus.

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SUMMER MISSIONS.

A Revelation of True Spirit of Christianity.

Years ago a mission in an American city sent out appeal on behalf of sick babies and their mothers, and a Bible class was asked for a contribution. Fresh air and sunshine were important. A tent-maker present suggested that a camp of mothers and children be established at the edge of the town, by the townpeople.

Delicate Inquiry. "My dear, I understand we are doing 'housekeeping,'" "Yes, that is what they call it."

In Conference. They were sitting in conference at the round table. "This is a grave matter," began the undertaker.

General Utility Horse. A certain stockbroker once went to a horse-dealer and tried to pick up a general utility nag. He explained that he wanted a nice, quiet, good-looking animal for himself, which could be driven by his wife in a dogcart, and would not object on occasion to being hitched to a lawn-mower.

COAL OIL! The question is often asked are there many different kinds of Coal Oil? Yes, just as many as there are qualities of Coal.

GOOD, BETTER, AND BEST. And when we say best, we mean that money cannot buy better and there is very little equal to it and certainly nothing better.

Special Price in Five Gallon Lots Delivered to Any Part of the City. MCKELVEY & BIRCH, 69-71 Brock St

Buckley Hats The most durable hats. GILLETTS GOODS ARE STANDARD ARTICLES

IT IS TO THE ADVANTAGE OF EVERY HOUSEKEEPER IN CANADA TO USE THESE

Flag Baking Powder, Gillett's Perfumed Lye, Imperial Baking Powder, Gillett's Cream Tartar, Royal Yeast Cakes, Gillett's Tambooth Biscuits, Flag Baking Soda, Gillett's Washing Crystal.

MADE FOR OVER 50 YEARS. (ESTABLISHED 1852) E. W. GILLETT COMPANY LIMITED TORONTO, ONT.

MEN AND WOMEN. Use Big G for constipation, diarrhoea, inflammation, irritations or ulcerations of mucous membranes.

CORNS CURED IN 24 HOURS. You can painlessly remove any corn, either hard, soft or bleeding, by applying Putnam's Corn Extractor.

THE SAWYER SHOE STORE ALUMINUM ALL GRADES. LOWEST PRICES. Canada Metal Co. Ltd., TORONTO, ONT.

Chase & Sanborn's HIGH GRADE COFFEE. Some people buy Chase & Sanborn's Coffee because of its exquisite flavor—others, because of its strength—some, "just because they like it."

SAY! WE'RE so full of Shoes, or rather Shoe talk, that we can't hold in any longer. Our Fall Shoes are in and it seems as if we must tell everybody about the beauty and excellence of the different lines.

COAL OIL! The question is often asked are there many different kinds of Coal Oil? Yes, just as many as there are qualities of Coal. We carry three grades of Oil, which may justly be named GOOD, BETTER, AND BEST.

Buckley Hats The most durable hats. GILLETTS GOODS ARE STANDARD ARTICLES

SHOES FOR AUTUMN WEAR The most perfect fitting. The most stylish looking is the Invictus Shoe. We have the newest styles in Wine, Brown and Tan Colors, also Patent Colt, Gun Metal, Velour Calf, Box Calf or Vici Kid.

THE SAWYER SHOE STORE ALUMINUM ALL GRADES. LOWEST PRICES. Canada Metal Co. Ltd., TORONTO, ONT.