NOTICE TO CONTRACTORS.

SEALED TENDERS addressed to the undersigned, marked on the envelope "Tender for Construction," will be received at the office of the Commissioners of the Transcontinental Railway, at Ottawa, until twelve o'clock noon of Monday, the 28th day of September, 1908, for the work required for the construction, in accordance with the plans, profiles and specifications of the Commissioners, of the following sections of the Transcontinental Railway, viz :—

(1) Districts 'D' and 'E.'—From a point designated on the plans of the Commissioners, being at the western end of Fauquier Bros.' Abitibi contract, in the Province of Ontario, in a westerly direction for a distance of about 104.24 miles. Date of completion, 31st December, 1910.

(2) District E.—From a point designated on the plans of the Commissioners, about sixty miles west of the easterly boundary of District 'E,' in the Province of Ontario, westerly to the end of Fauquier Bros.' contract, north of Lake Nepigon, a distance of about 100 miles. Date of completion, 31st December, 1910.

Plans, profiles and specifications may be seen in the office of the Chief Engineer of the Commissioners at Ottawa; also in the office of John Aylen, Acting District Engineer, North Bay, Ont., and T. S. Armstrong, Nepigon, Ont.

Persons tendering are notified that tenders will not be considered unless made in duplicate, and on the printed forms supplied by the Commissioners.

A separate tender must be submitted for each section.

Tenderers shall not be in any way entitled to rely upon the classification, or any other information given by any person on behalf of the Commissioners; and before submitting any tender, bidders should make a careful examination of the plans, profiles, drawings and specifications, and read the forms to be executed, and fully inform themselves as to the quantity and quality of materials, and character of workmanship required; and are understood to accept, and agree to be bound by, the terms and conditions in the form of contract, specifications, &c., annexed to the form of tender.

Each tender must be signed and sealed by all the parties to the tender, and witnessed, and be accompanied by an accepted cheque on a chartered bank of the Dominion of Canada, payable to the order of the Commissioners of the Transcontinental Railway, as follows :—

For Sec. No. 1, District 'D' and 'E,' $150,000.

For Sec. No. 2, District 'E,' $150,000.

Any person whose tender is accepted shall within ten days after the acceptance thereof furnish such additional approved security as may be required by the Commissioners; sign the contract, specifications, and other documents required to be signed by the said Commissioners; and, in any case of refusal or failure on the part of the party whose tender is accepted to complete and execute a contract with the said Commissioners, and to furnish the additional approved security within ten days after the acceptance of the tender, the said cheque shall be forfeited to the Commissioners as liquidated damages for such refusal or failure and all contract rights acquired by the acceptance of the tender shall be forfeited. The cheques deposited by parties whose tenders are accepted will be deposited to the credit of the Receiver General of Canada as part of the security for the due and faithful performance of the contract according to its terms. Cheques deposited by parties whose tenders are rejected will be returned within ten days after the signing of the contract.

Attention is called to the following clauses in the form of contract :—

'All mechanics, labourers, or other persons who perform labour for the purposes of the construction of the works hereby contracted for, shall be paid such wages as are generally accepted as current for competent workmen in the district in which the work is being performed, and if there is no current rate in such district, then a fair and reasonable rate; and, in the event of a dispute arising as to what is the current or a fair and reasonable rate, it shall be determined by the Commissioners, whose decision shall be final.'

'This agreement is subject to the regulations now in force, or which may at any time hereafter be in force during the construction of the works hereby contracted for, made under the authority of the Department of Labour, and which are, or shall be, applicable to such works.' (The schedule of minimum wages determined upon by said Department will form part of the contract).

'The contractor shall in connection with the whole of the said work, as far as practicable, use ony material, machinery, plant, supplies and rolling stock manufactured or produced in Canada, provided the same can be obtained as cheaply, and upon as good terms, in Canada as elsewhere, having regard to quality and price.'

The contractor shall conform to the fire regulations adopted by the Commissioners, and also to the laws and regulations respecting fires in the different provinces wherein the work is being performed.

The right is reserved to reject any or all tenders.

By order,
P. E. RYAN,
Secretary.

The Commissioners of the Transcontinental Railway.
Ottawa, 12th Sept., 1908.

Newspapers inserting this advertisement without authority from the Commissioners, will not be paid for it.

DEPARTMENT OF RAILWAYS AND CANALS.

CARILLON CANAL.

NOTICE TO CONTRACTORS.

SEALED TENDERS addressed to the undersigned, and endorsed "Tender for closing Gap in the Carillon Dam," will be received at this office until sixteen o'clock on Monday, the 28th September, 1908.

Plans, specifications and the form of the contract to be entered into can be seen at the office of the Superintending Engineer of the Quebec Canals, No. 2, Place d'Armes, Montreal, on and after Thursday, the 17th September, 1908.

Parties tendering will be required to accept the fair wages Schedule prepared or to be prepared by the Department of Labour, which Schedule will form part of the contract.

Contractors are requested to bear in mind that tenders will not be considered, unless made strictly in accordance with the printed forms, and in the case of firms, unless there are attached the actual signatures, the nature of the occupation, and place of residence of each member of the firm.

An accepted bank cheque for the sum of $5,000.00 made payable to the order of the Minister of Railways and Canals must accompany each tender, which sum will be forfeited, if the party tendering declines entering into contract for the work, at the rates stated in the offer submitted.

The cheque thus sent in will be returned to the respective contractors whose tenders are not accepted.

The lowest or any tender not necessarily accepted.

By Order,
J. W. PUGSLEY,
Acting Secretary.

Department of Railway and Canals,
Ottawa, 16th September, 1908.

Newspapers inserting this advertisement without authority from the Department will not be paid for it.

THE FRONTENAC LOAN AND 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.

S. C. McGill, Managing Director.

Death or Rengo. Which Is It For You?

Always Danger of Fatal End By Allowing Fat to Accumulate. How to Prevent the "Terrible End."

As a rule the victim of fat grows fatter. There is no stopping the growing of fat save by death. This is true, and sad because it is true. There are hundreds of fat people who positively do not believe it. And they die refusing to believe it. At first there is flabby fat and then it grows solid. This solid fat accumulates especially around the heart; and although the heart beats, it beats with difficulty, until finally it will skip a beat now and then, then skip two beats, and when it skips more than that—well, you will be already stone dead. These are facts. Started relatives before whom fat victims have smiled one minute and died the next, can testify to it. It is not a laughing matter.

If you are a victim of this terrifying ever-growing disease you can save yourself from the day you begin to use Rengo.

How long, for instance, will it take you to lose 60 pounds? As a rule only 60 days. In most cases there is a safe loss of a pound a day. Some of those 60 pounds will come off from that fat coating over your heart and save your life. Your health will at once grow better, the tingle of new fresh blood will make your muscle grow, clear your mind, regulate your whole body and make you happy.

This is exactly what has happened to hundreds of fat people who have taken Rengo. It can do the same for you—save you before it is too late.

There is nothing "just as good" as Rengo. For sale by all druggists at $1.00 per full sized box, or by mail prepaid, by The Rengo Co., 3332 Rengo Bldg., Detroit, Mich. The company will gladly send you a trial package free by mail, if you write them direct to Detroit; no free packages at drug stores.

For sale and recommended in Kingston by Wade's Drug Store.

Synopsis of Canadian Northwest.

Homestead Regulations.

ANY even-numbered section of Dominion Lands in Manitoba or the Northwest Provinces, excepting 8 and 26, not reserved, may be homesteaded by any person the sole head of a family, or male over 18 years of age, to the extent of one-quarter section, of 160 acres, more or less.

Application for homestead entry must be made in person by the applicant at a Dominion Lands Agency or Sub-agency. Entry by proxy may, however, be made by an Agency on certain conditions by the father, mother, son, daughter, brother or sister of an intending homesteader.

An application for cancellation must be made in person. The applicant must be eligible for homestead entry.

DUTIES.—(1) At least six months' residence upon and cultivation of the land in each year during the term of three years.

(2) A homesteader may, if he so desires, perform the required residence duties by living on farming land owned solely by him, not less than eighty (80) acres in extent, in the vicinity of his homestead. Joint ownership in land will not meet this requirement.

(3) If the father (or mother, if the father is deceased) of a homesteader had permanent residence on farming land owned solely by him, not less than eighty (80) acres in extent, in the vicinity of the homestead, or upon a homestead entered for by him in the vicinity, such homesteader may perform his own residence duties by living with the father (or

(4) The term "vicinity" in the two preceding paragraphs is defined as meaning not more than nine miles in a direct line.

SYNOPSIS OF CANADIAN NORTH-WEST MINING REGULATIONS.

COAL.—Coal mining rights may be leased for twenty-one years at an annual rental of $1.00 an acre. Not more than 2,560 acres can be leased to one applicant. Royalty, five cents per ton.

QUARTZ.—A person eighteen years of age and over having made a discovery may locate a claim 1,500 feet by 1,500 feet. Fee $5.00. At least $100.00 must be expended on the claim each year, or paid to the mining Recorder. When $500.00 has been expended or paid and other requirements complied with the claim may be purchased at $1.00 an acre.

PLACER MINING CLAIMS generally, 100 feet square. Entry fee, $5.00

DREDGING.—Two leases of five miles each of a river may be issued to one applisant for a term of 20 years. Rental, $10.00 a mile per annum. Royalty, 2½ per cent. after the output exceeds $10,000.

W. W. CORY,
Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

CURIOSITY.

Leads to Investigation and Truth.

What shall we do to be saved? was the title of one of Robert Ingersoll's lectures. People of faith and people of no faith flocked to hear it. Thousands are asking, "What shall I do to get rid of dandruff?" The answer is, "Kill the germ that causes dandruff, falling hair and finally baldness; and the only thing that will do it is Newbro's Herpicide. That is the very latest discovery of the laboratory, and it is the only preparation that claims to, or that will, kill the pestiferous dandruff germ. It also is a delightful hair-dressing, free from oil or grease or sticky substances. Try it and be convinced of its actual merit. Sold by leading druggists. Send 10c. in stamps for sample to The Herpicide Co., Detroit, Mich. Two sizes, 50c. and $1. G. W. Mahood, special agent.

FULL WEIGHT

Are our loads of Coal, and the quality is there also.

P. WALSH.

Cook's Cotton Root Compound.

The great Uterine Tonic, and only safe effectual Monthly Regulator on which women can depend. Sold in three degrees of strength—No. 1, $1; No. 2, 10 degrees stronger, $3; No. 3, for special cases, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (formerly Windsor)

Notice to Our Customers.

Our store will close at 6 o'clock sharp every night, except Saturday.

A. GLOVER.

FROSTING WINDOWS

Matter Again Before the Property Committee.

Opinions For and Against System Received From Teaching Staff---Decided to Take No Action.

The frosting of the school windows was again up for discussion, at a meeting of the property committee of the board of education, held on Monday afternoon. It was finally decided to take no action at present, but to allow the present system to remain in force, so as to give it a proper test. All the members voted in favor of such action, with the exception of Trustee Medley.

The chairman, Trustee Meek, occupied the chair, and also present were: Trustees Medley, Metcalfe, F. Anglin, P. Chown, Dr. Anglin and Secretary Macdonald.

Principal Ellis wrote the chairman of the committee as follows, under date of September 18th: "As the staff came in this morning, I handed each your enquiry about windows, and asked him to give me his opinion on the points you mention, glare, discomfort and insufficient lighting. I give below the answers:

Mr. Slitter—The frosted windows have my unqualified approval. Formerly there was glare, particularly for the teacher who had to face the windows, there is none now. The advantage of not having to darken a room to keep out sunlight will far out-balance any murkiness if such should occur on dark evenings.

Mr. Sills—When I came first after the holidays, I was prejudiced against the frosting, I thought the rooms glomy, but since then I have changed my mind, and I like the lighting for teaching purposes. I have not heard of insufficient lighting and there is no glare.

Mr. Bale—There is no glare, but I think the rooms will be dark on murky evenings; hitherto there has been no inconvenience.

Mr. Ramsay—I think the frosting is an improvement.

Mr. Hatch—It does not affect me, as I do not work in rooms in which frosting has been done.

Mr. Saunders—For my work, (physics teaching), I prefer the windows as they formerly were.

Mr. Fraser—The frosting is an improvement, there is no glare, the general lighting is better, and the blackboards can be seen better from all parts of the room.

Mr. Stoddart—The present lighting is not objectionable to me in any way, there is no disagreeable glare, and I have no complaint to make.

Mr. Walks—Judging from my experience in other schools with unfrosted windows, I am of the opinion that the frosting is an advantage, it diffuses light, it saves glare, and it is easier on the eyes of the teacher who is compelled to face the windows.

Mr. Hedley—I have no fault to find with the windows as they are now.

Miss Chown—The frosting does not cause any inconvenience. I liked it better with the bare glass, because I could look out of the windows

Miss Henstridge—The frosting suits me all right. I do not object to it at all. I do not notice that the lighting is bad or that there is any glare now.

Principal Ellis gave his views as follows: Had I been here I would not have had the windows in the halls, nor on one side of the physics room done. Mr. Saunders requires direct sunlight for some of his work, but this is only an incident, and does not appeal to the general scheme. In the lighting of a school room, these principles apply:

(1) There must be sufficient light in all parts to see distinctly every piece of work required to be seen, but not enough to produce over timulation (dazzling).

(2) The light should be evenly diffused in every part of the room.

(3) It should come from overhead if possible, but if that cannot be managed, it should come from as high in walls as is convenient. In regard to these we have so far had sufficient light at all school hours to do necessary work without inconvenience. This was not formerly the case. We had two rooms in particular, that on sunny days, when blinds had to be pulled down were inconveniently dark. The light is now evenly distributed throughout the room. Where blinds were in use, portions of every room, lighted only from one side, as the department required, were dark, and blackboards were unevenly illuminated. The best part of the window for lighting purposes was permanently covered when we had blinds. I have measured our windows and find that the semi-circle tops are over one-third of the entire glass arena, hence about one-half of the window space (and the best half) was never used for lighting purposes.

The ideal lighting for a school room would be a roof of ground glass. We cannot have that but there is no reason why we should not get as near it as possible by using the top half of the wall windows, causing the light to diffuse in all directions, either by prisms or ground glass or frosting, and having a white lead ceiling and rough walls that will further reflect and diffuse the rays.

It may be that on some evenings the rooms will become dark, only trial can settle that point, but last year we had to dismiss early on some occasions because there was not light enough to work by, and when there is not light enough outside, there will be a shortage inside. I do not think that we should condemn the change because some one sees an imaginary goblin in the far away. We have had to shut up in the past, we shall probably have to do so in the future, if it is clear that the frosting will cause any unreasonable loss of time in this respect I shall ask for a change. Meantime the present arrangement is satisfactory.

"The following objections to the frosted windows at Victoria school, have been handed to me," wrote A. Jordan:

Gloominess—The frosted panes give the room a gloomy appearance. It could never be made to look cheerful and home-like with such windows. In November we hitherto have had to roll the blinds to the tops of the windows and then had not sufficient light. What can we do if the windows are left as they now are?

Glare—On a bright day, the sun shining on this glass, makes a white glare which is very injurious to the eyes.

Lack of Sunshine—Sunshine is a necessity in the development of the body, the purification of living rooms and in the destruction of disease germs. Owing to the frosting of our windows, these benefits are lacking.

Hindrance to Nature Study—The first snow fall in autumns, the coming of the spring rains, the changes in the appearance of the sky, of trees, etc., were all observed more or less through the windows, as in case of rain or snow, it is impossible to go outside for this study without great loss of time in dressing.

Injurious to School Discipline—Hinders observations necessary to school discipline. Teachers hearing noises on school grounds, could not glance from the window and see cause, could also watch pupils who were allowed to leave early when crossing car tracks, etc.

TIDINGS FROM VERONA.

Budget of News From the Lively Little Village.

Verona, Sept. 22.—The mining students camped here played the local team at baseball, Saturday, the game resulting in a tie, and in playing off the students won by one run. A return match will be played at Thirteen Island Lake next Saturday. Farmers are now digging their potatoes which are a good crop. Judge Madden disposed of a lengthy docket here on Friday. Michael Williams, a member of the order of Noble Red Men, is "wigwaming" at Long Lake. Miss E. Walroth at D. Campbell's, has returned to Sharbot Lake.

Mr. and Mrs. G. Buchanan have moved to Kingston, and James Payne has assumed control of Temperance House. Mr. and Mrs. George Wheeler, Northbrook, and Mrs. John O. Martin, Bell Rock, visited at J. L. Percy's, last week. A Stevenson, Sault Ste. Marie, is visiting his sisters, the Misses Stevenson, on the point, near here. T. A. Quinn and family, Croyden, visited at Thomas Ryder's, last week. M. Revell, Jr., is building a shop opposite Temperance House.

Miss E. York arrived home from Toronto, last week. Levi Tryon is finishing Mrs. Sophia Williams' house, Mill street. W. H. Reynolds, has returned from Toronto and New Ontario. W. A. Grant, spending his vacation here, left for New Liskeard, Saturday. Mrs. John Ballantyne, Kingston, daughter Grace and another daughter, Mrs. Shaw, Ottawa, are visiting with Dr. Ballantyne, at H. McMullen's. Mrs. Alexander Snider, and Mrs. Lawson Smith, are both quite low, and not expected to recover.

Frank Martin, wife, and children, Kingston, visiting here the past week returned home this morning. Mrs. Amos Keech, slightly indisposed of late, is improving. Zara Reynolds left Friday night for Montreal, with a carload of cattle. T. A. Albertson, V. S., paid his family here a brief visit last week. He is practising with Dr. G. W. Bell, Kingston, for a short time.

Mr. and Mrs. William McIlroy and Mrs. McIlroy, Sr., were at home to a number of their most intimate friends on Tuesday evening of last week. Vocal and instrumental music was interspersed with gramaphone selections. Refreshments were served at midnight. Rev. John Peter, Free Methodist minister, is to remain here another term, which is very satisfactory to people generally. George Jones and wife after a brief visit here, have returned to Sharbot Lake. Rev. Gordon Churchill left to-day, for Belleville College, accompanied by Edgie and Reginald Reynolds.

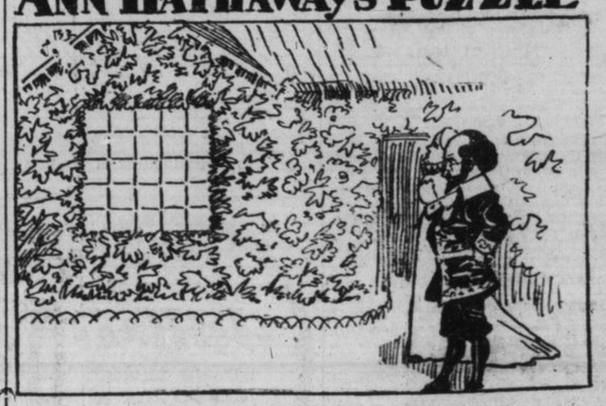
Mr. and Mrs. J. L. Percy, Mapleville, are visiting for to-day, at McIlroy brothers' Longue Pointe farm, Dr. McCarter is in the general hospital, Kingston, suffering with blood poison in his arm. Amos Keech is building an addition to his shop and warerooms. Rev. Mr. Conners, successor to Rev. Churchill, will arrive this week.

THE BUCKLEY HAT

"Looks good," "Feels good," "Is good"

Buckley & Sons,
LONDON.

ANN HATHAWAY'S PUZZLE



In Ann Hathaway's cottage, still standing near Stratford, is a window of twenty-five squares, as shown in the picture, and history tells how on one occasion the English maid confused the mighty intellect of the Bard of Avon with the following problem: "A square is always a rectangle, but a rectangle is not always a square. Now, William, how many rectangles can you count in that window of twenty-five panes?"

Answer on Friday.

Cloth Costume For Matron.

The sketch shows a smart Directoire coat model worn with a plain tailored skirt, made with a sweeping train. Satin-finish broadcloth was used for the model, which was in an exquisite shade of bluish gray. Silk soutache and flat braid in the same tone and large buttons made of the broadcloth crossed with soutache were used as trimming, in addition to elongated ball fringe. The elbow sleeves were flounced with ecru Mechlin lace, and there was a fold of black satin down the edge of the bodice portion of the coat.

LIVE STOCK MARKET.

The Prices Paid at the Various Centres.

Montreal, Sept. 21.—About 1,415 head of butchers' cattle, 237 calves, 664 sheep and lambs and 720 fat hogs were offered for sale at the Point St. Charles stock yards this forenoon. Trade was fair, but the price of cattle has still a downward tendency, but hogs are higher. The best cattle sold at 4¼c. to 4⅜c. per lb., but they were not choice; pretty good animals sold at 3c. to 4¼c., and the common stock at 2c. to 3c. per lb., while the canners brought 1½c. to 2c. per lb. Green-fed calves sold at 2¼c. to 3½c., and good veals at 4c. to 5c. per lb. Shippers paid 3¾c. per lb. for good large sheep; lambs sold at 4½c. to 5c. per lb. Good lots of fat hogs sold at about 7¼c. per lb.

East Buffalo, N.Y., Sept. 21.—Cattle receipts 3,800 head, slow and steady; prime steers, $6 to $6.50; shipping, $5.25 to $5.85; butchers, $4 to $6.25; heifers, $3.25 to $5; cows, $3 to $4.25; bulls, $2.75 to $4.35, and stockers and feeders, $3 to $4.25; stock heifers, $2.75 to $3.15; fresh cows and springers, active and $2 higher, $20 to $60.

Veals, receipts 1,000 head; active and 25c. higher, $6 to $9.25.

Hogs receipts 23,000 head; best corn hogs steady to 5c. lower; common, dull and 15c. to 25c. lower; heavy, $7.50 to $7.70; mixed, $7.10 to $7.20; Yorkers, $6.90 to $7.50; pigs, $4 to $4.50; stags, $4 to $4.75; dairies, $6.25 to $7.

Sheep and lambs receipts 16,600 head; sheep, slow; wethers, 25c. lower; lambs, active and steady; lambs, $4 to $6.15; a few at $6.25; yearlings, $4 to $4.25; wethers, $3.75 to $4; ewes, $3.58 to $3.75; sheep, mixed, $1.50 to $4.

Chicago, Sept. 21.—Cattle receipts 21,000, steady to a shade higher; beeves, $3.65 to $7.60; Texan steers, $3.50 to $5; western steers, $3.20 to $5.80; stockers and feeders, $2.60 to $4.35; cows and heifers, $1.55 to $5.50; calves, $6 to $6.25.

Hogs receipts 22,000 steady to a shade higher; light, $6.66 to $7.25; mixed, $6.65 to $7.37½; heavy, $6.60 to $7.40; rough, $6.50 to $6.85; pigs, $4.50 to $6.25; good to choice heavy, $6.85 to $7.40; bulk of sales, $6.90 to $7.15.

Sheep receipts 33,000, steady; native $2.25 to $4.30; western sheep, $2.25 to $4.35, yearlings, $4.30 to $4.80; native lambs, $3.25 to $5.30; western lambs, $3.25 to $5.80.

Denies The Report.

Montreal, Sept. 23.—Sir Thomas Shaughnessy denies absolutely the reported purchase of the Chicago & Great Western. He says that he never before heard of it.

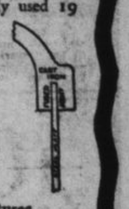
It is easy to prevent failure; all one has to do is refrain from trying.

Another 1908 Improvement in

"Hecla" Furnaces

The fire pot is the most effective radiating surface in a warm air furnace. That is why every manufacturer seeks to increase that surface by the addition of cast iron flanges, or pins or corrugations. As each of these flanges or pins covers a large part of the primary surface of the fire pot there is a limit to the number of such cast flanges as can be effectively used.

The "Hecla" Steel Ribbed (Patented) Fire Pot is a step far in advance of any other fire pot. Instead of thick and sandy cast iron flanges those in the "Hecla" are *steel* and are neat and clean. Being uniform they can be set so close together that, where we formerly used 19 cast flanges we now use 97 steel ones without covering any more of the primary surface of the pot.



Steel Ribbed (Patented) Fire Pots provide twice as much effective radiating surface as any other fire pots made, and in consequence radiate far more heat with the same amount of fuel.

In a test extending over two years, Steel Ribbed (Patented) Fire Pots showed a saving of 11% in fuel, over cast flanged pots.

Our Catalogue explains other exclusive "Hecla" features viz: Patent Fused Joints, Individual Grate Bars, etc. 60

Clare Bros. & Co. Limited, Preston, Ont.

KINGSTON AGENTS: ELLIOTT BROS.

There's Danger There

The old adage "A stitch in time saves nine" applies to the human system. Nature gives her timely warning and if heeded much suffering may be prevented, but if neglected she demands a very heavy penalty.

STOP THAT BACKACHE!

It means more than weariness through labor. It indicates that the kidneys are being attacked, and as a very large percentage of our ills and sufferings have their origin in the kidney and liver, a course of Dr. Root's Kidney and Liver Pills should be taken. They will stop the trouble at once. Once the kidneys get deranged or out of order every part of the human system becomes disorganized and if not speedily put right serious complications arise, terminating in a long and tedious illness which often proves fatal. Dr. Root's Kidney and Liver Pills cure all kidney and liver troubles.

Mother and Daughter-in-law, Cured.

Mrs. Jean Bourgault, of St. Sylvester, P.Q., says: "I gladly testify to the merits of DR. ROOT'S KIDNEY AND LIVER PILLS. I have used six or seven boxes and have obtained great relief. I was very weak, nervous and in a run-down condition, but these pills suited my case exactly, as, after six weeks' treatment, I now feel like a new person. They built me right up. I will always continue to recommend DR. ROOT'S KIDNEY AND LIVER PILLS. My daughter-in-law has also used these pills with beneficial results."

DR ROOTS 25¢ BOX KIDNEY & LIVER PILLS ALL DRUGGISTS AND STORES

Free Sample

of DR. ROOT'S KIDNEY AND LIVER PILLS sent you on application. Mail this coupon to DR. ROOT CO., Spadina Ave., Toronto.

The Mutual Life Assurance Co. OF CANADA

Sound Finance

The safety of the investment is of infinitely greater importance than the amount of interest to be gained.

Since this Company's organization, not a dollar received from policy-holders has been lost through investments.

92½% of the Company's assets consist of Mortgages, Debentures, Bonds and Policy Loans—all gilt edged securities.

The only real estate owned by the Company is its Head Office Building at Waterloo, held in account at $30,875. Take out your policy in "Canada's Big Mutual"—the Company owned, controlled and operated by policy-holders. 105

HEAD OFFICE - WATERLOO, Ont.

S. ROUGHTON, City General Agent, Kingston.

Cowan's "Perfection" Cocoa

is made from the finest carefully selected cocoa beans, roasted by a special process to perfect the rich chocolate flavor. Cowan's is most delicious and most economical.

THE COWAN CO. LIMITED, TORONTO. 72