

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? Apple juice has a very marked effect on the kidneys...

Get this effect, however, one must eat a great deal of fruit, or better, eat a little fruit and take "Fruit-a-tives"...

Synopsis of Canadian Northwest Homestead Regulations.

ANY even-numbered section of Dominion Lands in Manitoba, Ontario, or the Northwest Provinces, sections 5 and 20, not reserved, may be homesteaded by any person...

Application for homestead entry must be made in person by the applicant at a Dominion Lands Agency...

Application for cancellation must be made in person by the applicant who is eligible for homestead entry.

REGULATIONS.—(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...

(3) If the father (or mother, if the father is deceased) of a homesteader has a residence on farming land owned solely by him...

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

COAL.—Coal mining rights may be leased for twenty-one years at an annual rental of \$100 an acre...

QUARTZ.—A person eighteen years of age and over having made a discovery may locate a claim 1500 feet by 2500 feet...

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 applicant for a term of 20 years...

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

Department of Railways and Canals. LACHINE CANAL. NOTICE TO DEALERS IN CEMENT.

SEALED TENDERS.—Tenders for Cement will be received by the undersigned, until 10 o'clock on Thursday, the 1st October, 1908...

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THE SPORT REVIEW YACHT CLUB WILL ENTER THE O.R.F.U.

Wanderers Defeated Elginburg at Association Football—A Kingston Baseball Team Defeated in Ottawa on Saturday.

Kingston will have at least one team in the O.R.F.U. series, as the Kingston Yacht Club has decided to enter. The boys have been talking of the matter for some time...

Baseball on Saturday. National League—Chicago, 5; Brooklyn, 0. New York, 6; Cincinnati, 2. Pittsburgh, 5; Boston, 0. St. Louis, 3; Philadelphia, 2.

Sporting Notes. Bawlf, Richards, O'Neil and Whelan should make a good back division for Ottawa College...

Chicago and Pittsburgh are making firm stands in the National Baseball League, but it looks like New York will be the "cave-in"...

Longboat in a race with Indians and Longboat against white men is a different man. He goes at the redskin troopers like a fief, and beats them just as far as he can.

Queen's Loses Campbell. Queen's first team is at work twice a day and getting in shape rapidly. The first set-back of the season came on Friday...

Wanderers Beat Elginburg. An interesting game of association football was played at Elginburg on Saturday afternoon, between Wanderers and Elginburg...

Defeated in Ottawa. The Kingston picked baseball team was badly defeated in Ottawa on Saturday...

Don't be Shocked. If you never have a miss-fire or hang-fire in a thousand shots, Dominion primers are sensitive, powerful and above all "sure fire!"

DOMINION AMMUNITION. We test one out of every hundred primers before making the range test of the finished product.

DOMINION AMMUNITION. For all makes of arms. Costs one-third to one-fifth less than duty paying ammunition.

DOMINION AMMUNITION. The bicycle road event of the season. Run with the sanction of the C. W. A. under the auspices of The Dunlop Tire & Rubber Goods Company.

DOMINION AMMUNITION. Toronto, Saturday, Oct. 3rd starting at 3.30 o'clock sharp.

DOMINION AMMUNITION. Many a slow man throws on the speed lever when he starts down hill.

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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.

Burned Down The Barns. Walkerville, Ont., Sept. 26.—Children playing with matches, yesterday, at the home of Joseph Langlois...

News From Picton. Picton, Sept. 26.—Apple buyers are quite busy. The fair was held on Wednesday and Thursday...

News From Arden. Arden, Sept. 26.—Judge Madden held court here on Wednesday, September 23rd. There were only three cases on the docket...

Harlowe Happenings. Harlowe, Sept. 25.—There is to be a husking bee at G. Wood's, to-night. Many enjoyed the one at J. Morrison's and S. Thompson's this week...

Equal It If You Can. You can search the world over, and for an even thousand dollars not find a remedy that destroys as many pains or aches as a 25c. bottle of Nervine...

AGRICULTURAL FAIRS. Dates of Some of These For 1908.

Bancroft Oct. 1 and 2. Berthelton Sept. 29 and 30. Colborne Oct. 5 and 6. Delta Oct. 29 and 30.

Orillia's population as a result of a church census is 6,016.

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A Supreme Effort

HAS BEEN CONCENTRATED in the buying of our Fall Shoes, and the result is most gratifying. To-day we are showing the result of such effort in

Our Snappy New Fall Lines of Shoes.

We believe, that never in the 50 years of our shoe retailing in Kingston, have we offered such splendid values. We will appreciate having you call and look over the new lines.

J. H. SUTHERLAND & BRO. THE HOME OF GOOD SHOES.

The Main Idea and Object

Is to please our customers. This brings us success and makes us friends.

We do it with our little prices, with our big assortment, with our fine qualities and grades.

Our low prices show you how to save your dollars. Mission Dining Room Set, 8 pieces, early English finish, for \$45.

Mahogany Parlor Suites, 3 pieces, \$25 to 45.00, best silk covering. China Cabinets for \$18 to 65.00.

Robt. J. Reid, 230 Princess Street. Telephone, 577

Oh, How Handy!

This is the expression heard so often from our customers when ordering

CHARCOAL IN PAPER SACKS

Simply a little waste paper, a match, and your fire is made in a minute.

Price 15c. a Sack.

Ask your grocer for it or if he does not yet handle it, phone us direct.

McKelvey & Birch 69 and 71 Brock Street.

WE ARE NOW SHOWING

OUR

Royal Shoes for Women

AND

JUST WRIGHT AND ROYAL SHOES FOR MEN

REID & CHARLES.

THE "KING" FLY KILLER

Kills without crushing and does not soil the most delicate fabrics or injure the highest polish. 10c. each. Druggists, Hardware and Grocers.

The St. Lawrence Sugar Refining Co., Ltd MONTREAL

Manufacturers of the choicest REFINED SUGARS

Granulated and Yellows. Made entirely from Cane Sugar. Be sure you ask for "St. Lawrence." D. STEWART ROBERTSON & SON, Agents for Eastern Ontario.

FAT BOY PUZZLE. THEY COULD TEEFER VERY WELL THIS WAY. CE. JUST AS WELL THIS WAY. NOW HOW MANY DRICKS DOES THE FAT BOY REQUIRE AT THE OTHER END? Answer on Wednesday.

For Coughs Never hesitate to ask your doctor about Ayer's Cherry Pectoral. It is a regular medicine, a strong medicine, a doctor's medicine. Ayer's Cherry Pectoral REVISED FORMULA It would be very interesting to know how many years your family physician has prescribed Ayer's Cherry Pectoral for coughs, colds, and all forms of lung troubles. Ask him the next time you see him. We know physicians who have used it for over half a century. Free from Alcohol J. C. AYER CO., Manufacturing Chemist, Lowell, Mass.

Jewelry Repairing We make a speciality in repairing all classes of Jewelry, Silver and Silver-Plate, and with our long experience we can accomplish the most difficult work. If you have any article of Jewelry in need of repairs, just give us a try. Kinnear & d'Esterre Watchmakers and Jewellers, 100 Princess St.

BICYCLING DUNLOP FIFTEEN MILE HANDICAP BICYCLE ROAD RACE The bicycle road event of the season. Run with the sanction of the C. W. A. under the auspices of The Dunlop Tire & Rubber Goods Company. Toronto, Saturday, Oct. 3rd starting at 3.30 o'clock sharp, from the head of Broadway ave. 7 1/2 miles out the Danforth and Kennedy roads and return. All entries must be in by Sept. 30th. No track entries allowed. Entry blanks and full information may be obtained from R. Reith, 18 Temperance street, Toronto.