Why Rengo Reduces Fat |

Anti-Fats and Starvation Diet Re-Fat as a general rule comes from the failure of the digestive organs to do their work properly. It may come also from over-eating. In these cases there is always some part of the food eaten which is not eliminated as it should be. The People of That City Not Choice in Their Election—the body. This accumulation continues constantly until within a comparatively at cert time, the heart becomes incused is a layer or coating of fat. The heart seems to be one of the first vital organs to become affected in this manner. The food, therefore, in cases of fat, is not properly assimiliated—that is, part of the food is retained by the body which should not be retained, and part which should not be retained and part which should be retained is tureway out. This does not always mean dysher should not be retained and part which should not be retained as tureway out. This does not always mean dysher should not be retained and part which should be retained as part of the country to-day is the sting tell more keenly than right here in Vancouver, and in no part was it more the sources which and conver, and in no part was it more than the country to day is the sting tell more keenly than right here in Vancouver, the paper that had flopped at all. I mention these things to show you that we did not lose in an even fight, but the odds were very much against us.

As a British Columbian, and with all the country to the country to the country to the country to the sting tell more keenly than right here in Vancouver, the country to the sting tell more keenly than right here in Vancouver, the country to the country to the country to the sting tell more keenly than right here in Vancouver, the country to the country to the country to the country to the sting tell more keenly than right here in Vancouver, the country to sult in Wrecking of the System.

the series of grow fat, through no separementals.

It is evident to any one, then, that to try the start of the country to district the start of the country to gray the country to gray the start of the country to gray the c

-----**GOOD SALARIES**

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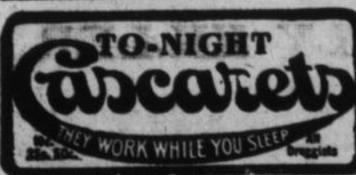
Rates moderate. Enter at any time. 'Phone, 440. H. F. MET-CALFE, Principal.



Yours very sincerel-Clerk of Bedford Township Sold by all Druggists in Kingston.



TO CONTRACTORS & BUILDERS the honor of first proposing the name of Cowan as conservative candidate. ne Perfect Brick & Tile Co., Washburn, Onty PAISLEY'& CHISHOLM, Lessees to one side suddenly began to see



TO OTTAWA TO REPRESEN

It is evident to any one, then, that to conver, and in no part was it more As a British Columbian, and with all

ed in America asked: "Is there a government here?" Upon being informed that there was he said: "Well, bejapers, I'm opposed to it."

Joseph Martin tells us that he was a find him in London, England, making liberal in 1893, and is a liberal to-day, this demand for what he seems pleased and that he has stood true to the principles of true liberalism all through those intervening years. He is opposed to the government to-day because they have turned aside from all liberal principles, and have left him poor modest. ciples, and have left him, poor modest "Joe," standing alone. "Joe," as a successful lawyer, and a ready fighter can generally gather together a following. He is in his elements when he is leading some little contract to defect in the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of this general upheavel, the Bow of the second of the second of the second of this general upheavel, the Bow of the second of ing some little party to defeat, if by that act he can injure some other party. In his campaign he stated frequently that it made no difference to him whether he was elected or not; that he was satisfied either way. His policy, like and we will seat them where they if he had one would be a destructive like, and we will seat them where they one, rather than a constructive. He belong, and where they will remain as built himself a very large platform, con-sisting of thirty-two planks, and it is We are able to appreciate the good from what he knows of this platform work done by the Laurier government that we are enabled to judge concernif you are not, and you may take the ing the policy which he would liked to have framed and set upon it. "Joe" has climbed the ladder of his aspitations part way in days gone by, and for some reason and the ladder of his aspitations again. some reason or other came down again. The rebuke is a good one, and well It is alleged that one of his principles deserved by this province. She deserves Death of Stafford Hogan at of liberalism when he was member for all the punishment she will get, and I Manitoba was that he should be called have no doubt, considering the repreas cabinet minister. Another was called sentation we have sent, she will get all instead, and it is for this and other she deserves.—E. H. NEWTON. imilar reasons that he has climbed down, and is ever ready to do some- Headache And Neuralgia From

departed from his conception of the principles of liberalism. With "Joe" out of the field the liberal victory would have been assured, as he did not try to cut into the conservative. try to cut into the conservative vote, Evening Frock For Young Girl. and did not cut into it to any extent. Had he not been in the fight though, there would only have been one suc cessful candidate, namely, Hon. W. W. B. McInnes, whereas now there are two. Cowan, the self-styled piece of driftwood, brought out by the conserva-tives, and "Joe" Martin. The latter was successful in getting even with the

Regis Lumbago Gure

Bedford, Ont., Aug. 26th, 1908.
The W. A. Singleton Co., Crosby, Out.
I think it my duty to tell you of the great good St. Regis Lumbago Cure has done me. I was troubled with Lumbago for about six years. Sometimes could starcely raise up from a chair. I tried several Doctors and took nearly every kind of Patent Medicines, and would be a little better while the medicines lasted, and when it was done I was not fit to work in a very short time afterwards. About first of June I was advised to try St. Regis Lumbago Cure and am happy to say I had not taken half a bottle till the backache was gone and I have not felt it since. And I take great pleasure in recommending it to others who may be troubled with Lumbago or Kidney Troubles for I have found it to be all it is recommended for and a trial will be better for anyone than a recommendbe better for anyone than a recommend- no previous symptoms of disease became affected with this dreaded disease, Bowseritis. It may be said that it was a complication of Bowseritis and Martinitis that killed the chance of the 'iberal candidate. True, there was very little honor shown in newspaperdom,

and this fact was not without its effect. climbed upon the fence and announced any clique or party. It was noticed, fence. This is the paper that claimed

been applied to the machinery. Just about that time the other began to act strangely, and there was whisperings in the air of a \$35,000 proposal. Wheth- Are you one of the many women she writes, "It caused severe header this sum was asked and not contain that gets little refreshment from sleep? And brought on protruding piles. sidered, I am not going to say, but you port would have been of some use it ness?

At this turn of affairs, a committee ing near Kingston, Ont.
went to the paper which had so fre- For long enough, Mrs. Smith didn't longer and happier. quently barked its independence, and know what her trouble was, but at Dr. Hamilton's Pills will cure you; cure for each and every for m of itching, bleeding and protruding and protruding of the fence, and made arrangements of the fence, and made arrangements with its managers for the publication of another paper. It entered into this contract, and the new paper was published in the interests of the liberal of the liberal of the fence, and made arrangements with its managers for the publication of another paper. It entered into this contract, and the new paper was published in the interests of the liberal of the lib

new arrival made its appearance the other paper published in the same office, and which had not passed the age of babyhood developed an air of jealousy, and was soon found playing in the conservative back yard. Time went on,



Pale blue crepe de chine was used for the charming little gown here tured, but the model could be very successfully carried out in other col-Here in the city we had no paper which successfully carried out in other colhave two "floppers" and one other whose short and was untrimmed, and stitch- In the garments made of the blood policy had not been clearly defined. ed in flat plaits to below the hip This last named paper, during its year line. The bodice was simple but Slaves of the needle, slaves of and a half of existence has frequently very effective in design, and was trim- Straining, complaining, better dead med with narrow fold scarfs of bias that it was free and independent, and pale blue satin, which were slipped through buttonholes slashed in the and virtue to scape the dread through buttonholes slashed in the and virtue to scape the dread of sewing the seams for their daily however, that when it jumped down it tassel ornaments in silver. The yoke always jumped on the same side of the was of white tulle, with a lace design in honiton braid.

THE TAFT CHILDREN.



ROBERT A. TAFT.



MISS HELEN TAFT.



CHARLIE TAFT. WOLFE ISLAND NEWS.

Muskegon, Mich.

Wolfe Island, Nov. 2 .- The islanders were sorry to hear the sad news which reached here on Monday morning of the death of Stafford Hogan, second eldest son of the late Thomas Hogan,

John Ryan, of Rosiere, N.Y., is visiting friends on the island. Herbert Spankie is home from the west. Frederick Whitmarsh was home for a couple of days from Arden. Joseph McDonald has moved into Mrs. D. Grant's house at the foot of the seventh concession. John O'Neil, of Cape Vincent, spent Sunday with Pat-

rick Hawkins. The last rain was a welcome visitor to the country. Plowing is going on at a rapid rate. Quite a number of children received holy communion in the Catholic church on Sunday. Next Friday Archbishop Gauthier is coming to the island and will give confirmation to a large number next

Mrs. Haggarty has moved into the Misses Coyle's house. Harry Davis and Henry Brown have moved into Mrs. Crawford's house. C. Halliday is leaving the island as he has bought a farm nine miles back of Clayton. The cheese factories have all closed for this season.

Slaves Of The Needle.

Needles and thread! Needles and thread! Women and children toiling! half-dead, Slaves to necessity's daily bread. 'Mid hunger and thirst and dirt, half-Slaves of the needle, slaves of the thread, Moaning, groaning, better dead ! Needles and thread! Needles and thread "Work or you starve," the "sweater"

'Think of the brides all longing to wed

Time went on, and soon one of the floppers which had been leaning heavily The Experience of a Farmer's Wife

Are ready to contract for immediate black spots upon the government. It tion at reasonable rates, Capacity of plant, 60,000 daily.

Strange and marvelous things—great black spots upon the government. It was at once apparent that "oil" had been applied to the machinery. Just Her Health. How She Got Well.

suddenly flopped, and the liberals were. Your case is much like that of Mrs. Only remember that irregularity of George A. Smith, wife of a farmer liv- the bowels causes more sieuness than

Have you a bad taste and no appedid my digestion. I used Dr. Hamilcan draw your conclusion. This paper the your a bad taste and no apper did my digestion. I used Dr. Hamilhad favored the liberals right along for tite in the morning? Do you suffer ton's Pills and felt better in a few some time, but just now when its sup- from headache, irritability and weari- days. I used in all six boxes and was restored to robust health." anything else, and your life will be



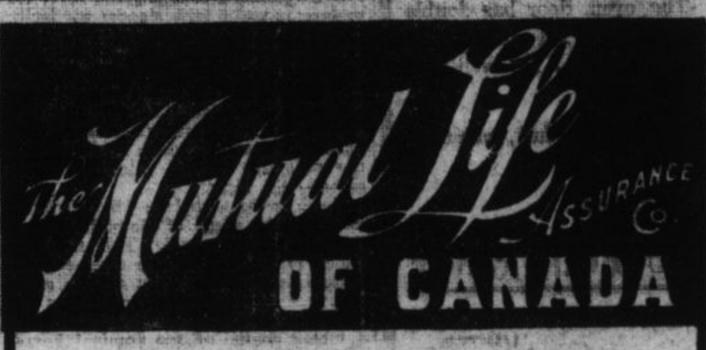
Arch Support Shoe for Men \$6.00 a Pair.

The greatest relief for broken down arch or instep,

Relieves tired feet, strengthens week joints of the feet.

Special Values in Gun Metal and Velour Calf "Barry Shoes." Sold only at





Bigger Profits to Policy-holders

It is easy to see why a policy in this Company is an excellent investment as well as a protection.

Last year, the new business amounted to \$7,081,402 -a gain over 1906 of \$1,577,855. Yet the operating expenses were about the same as last year.

For the last five years, the actual mortality was only 47% of the amount expected. And the Interest Income exceeded the mortality by \$198,103.

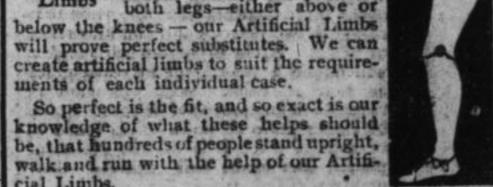
With an expense ratio to Income smaller than its a favorable death rate, it is but natural that The Mutual Life of Canada is earning more profits, which go to the policyholders in reduction of their premiums.

HEAD OFFICE - WATERLOO, Out. S. ROUGHTON, City General Agent, Kingston.



Authors

Whether you have had the both legs-either above or below the knees - our Artificial Limbs will prove perfect substitutes. We can create artificial limbs to suit the require-So perfect is the fit, and so exact is our



and a patural talent to; We make not only & tif cial Limbs—but also Spina Supports, Trusses, Abdomi nal Supports, Riastic Stock ines, etc. If you are deform ed in any way, write us fully about your case, and we will fit you with the proper

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Coast to Coast.

TRAVELLING.

NESTON& PEMBROK

Thanksgiving Day nday, Nov. 9th, 1908. Rou tickets will be issued at SIN FIRST-CLASS rARE, Good going Friday, Saturday, and Monday, No ser 6th, 7th, and 9th. Good return on or before Tuesday, November 10

Hunters' Excursions etober 6th to November 3rd. Return Return tickets at SINGLE FARE. Low Rates To PACIFIC COAST ONE WAY CE Second Class

Good Going Until October 31st. Full particulars at K. & P. and C. P. Ticket Office, Ontario St. Phone, 50 F. CONWAY, Gen. Pass. Agent

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Open Season.

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Quebec September 1st-December 31st

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Thanksgiving Day MONDAY, November 9th, 1908, Round trip tickets will be issued at SINGLE FIRST-CLASS FARE, good going on Friday, Saturday, Sunday and Monday, November 6th, 7th, 8th and 9th, good returning on or before Tuesday, November 10th

Local Branch Time Table. Trains will leave and arrive at City GOING WEST.

Lve. City Arr. City. " 7 Mail 3.19 p.m. 3.51 p.m.

GOING EAST. Nos. 1, 2, 3, 4, 5 and 8 run daily.

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Birect route to Toronto, Peterboro,
Hamilton, Buffalo, London, Detroit,
Chicago, Bay City, Saginaw, Montreal,
Ottawa, Quebec, Portland, St., John,
Halifax, Boston and New York. For Pullman Accommodation' Tickets, and all other information. apply to J. P. HANLEY, Agent, Cor. Johnson and Ontario Sts., Kings

STEAMER WOLFE ISLANDER LEAVES WOLFE ISLAND :-

MON. 7.30—9.15 a.m. 1.00—3.00 p.m.
TUES. 7.80—9.15 a.m. 1.00—3.00 p.m.
WED. 7.30—9.15 a.m. 1.00—3.00 p.m.
THURS. Breakey's

Bay 6.80—9.30 a.m. 1.30 p.m.
FRI. 7.30—9.15 a.m. 1.00—3.00 p.m.
SAT. 8.00—9.15 a.m. 1.00—4.00 p.m.
SUN. 9.15 and 12.30 a.m. 3.00 p.m. LEAVES KINGSTON :-MON. 8.30—11.30 a.m. 2.00—4.30 b.m.;
TUES. 8.30—11.30 a.m. 2.00—4.30 p.m.;
WED. 8.30—11.30 a.m. 2.00—4.30 p.m.;
THURS. 8.30—1.00 p.m. 3.00 p.m. 7 p.m.;
Breakey's Bay, 3 p.m.
FRI. 8.30—11.30 a.m. 2.00—4.30 p.m.;
SAT. 8.30—11.30 a.m. 2.00—4.30 p.m.;

SUN. 9.45 a.m. 1.15—3.30 p.m.
Sat.—Special trip to Simcoe Island
and Spoor's dock, at 3.00 p.m.
Time Table subject to change without Boat calls at Garden Island going to

III Royal

CHANGE IN SAILINGS. MONTREAL TO LIVERPOOL. Victorian, Thurs., Nov. 5th, 10 a.m.; Grampian, Fri., Nov. 13th, 6.30 a.m.; Corsican, Fri., Nov. 20th, 6 a.m.; MONTREAL TO GLASGOW. Pretorian, Sat., Nov. 14th, Daylig Numidian, Sat., Nov. 21st, Dayli

CHRISTMAS SAILINGS. Tunisian, from St. John, Nov 28th Directs Victorian, from St. John, Dec. 4th, via Halifax. BOSTON & PORTLAND TO GLAS,

Hesperian, from Boston, Dec. 12th; Ionian, from Portland, Dec. 19th; Additional sailings and rates on ap-plication to J. P. HANLEY, or U. 8; KIRKPATRICK, Local Agents, King-

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