

Most children eat too much, overtax the digestion, get thin, weak, languid, stop growing—that's malnutrition or non-digestion of food.

Scott's Emulsion

has helped countless thousands in this condition. It is both nourishment and medicine—a most powerful aid to digestion.

A small dose three times a day will work wonders, but be sure to get Scott's.

Send this advertisement, together with name of paper in which it appears, your address and four cents to cover postage, and we will send you a "Complete Handy Atlas of the World."

SCOTT & BOWNE
126 Wellington Street W., TORONTO, ONT.

OPERA GLASSES

A Useful 'Xmas Gift

In our new stock, you will find everything of the highest quality. Our Opera Glasses have the finest Lemaire Lenses and cannot be excelled.

Lemaire Glasses, in Black Frames, from \$7.00 up to \$10.00.
In fine Pearls up to \$15.00.
Ordinary French Glasses, from \$3.00.

KINNEAR & D'ESTERRE,
JEWELLERS,
Princess and Wellington Sts.,
KINGSTON.

Mother Gave Her Child Away.

Had Given up all Hope of Living-Heart Trouble was Cured by Milburn's Heart and Nerve Pills.

Mrs. Andrew Savoy, Grattan, N.B., writes:—"In the year 1905 I was taken sick and did not think I could live any length of time. My trouble was with my heart and people told me that nothing could be done for a case like mine. I consulted the very best doctors but they could do me no good. For seven weeks I could hardly cross the floor. I had no sleep, but was weak nobody in the world can believe how I felt. I had given up all hopes of living and had given my little girl to my sister-in-law."

"One day a friend came to see me, and calling me by name, said, 'Lizzie, if I were you I would try a dose of Milburn's Heart and Nerve Pills as they are good for heart trouble.' My husband got me a box, but for two days I was not feeling any better, but on the fourth day my husband said, 'I believe those pills are doing you good.' I was able to say, 'Yes, I feel a good deal better this morning.' He said, 'Well, I will get you another box right away.' I took two boxes and three doses out of the third one, and I was perfectly well and had been sick since then."

"I will never be without them in my home for God knows if it had not been for Milburn's Heart and Nerve Pills, I would not have been alive now."
Price 50 cents per box, 3 boxes for \$1.25, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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Melton and Beaver
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Newest Shades in
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Coal Oil, Lubricating Oil, Gasoline.

We make a specialty of handling Lubricating Oils of all kinds. Prices on Application.

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Highest prices paid for House Furniture. Will buy all your effects, or a part of them. If you intend moving away, see me about selling your goods.
Special price paid for Antique Furniture.

L. Lesses,
507 Princess St., Cor. Chatham St.

LOVES BAKED BEANS EATS OVER 32,000,000 QUARTS A YEAR.

Dons of Pork and Brown Bread Consumed on the Side—How Beans are Cooked in Boston Style—Strangers Get the Habit.

New York Tribune.

Boston baked beans are known around the globe. In the city of Boston alone about thirty-two million quarts of baked beans are devoured annually, to say nothing of the pork that goes with them and the brown bread that is also served.

There are factories or bakeries which handle nothing but baked beans from one year's end to the other. One of the largest of these, which supplies restaurants wholly, bakes fourteen thousand quarts of beans a week. Other bakeries also furnish brown bread, while nearly every bakeshop that makes bread, pastry and pies also bakes beans several times a week. There are bakeries with ovens that will hold two thousand quarts each.

In 1904 Boston spent about \$8,247,842 for beans before they were baked. There were 68,000 barrels received in the city, which on the weight basis, was 15,000,000 pounds more than were used in 1903. Each year consumption has been steadily increasing, until 1908 will find the bean bill of the Hub close to the ten million mark.

On the basis of about 600,000 population, this is an average of about thirty-two quarts to an individual. But as many of the inhabitants do not eat baked beans, despite the impression that has gone abroad, the average consumption for each bean eater is really much greater.

Taking the average height of a Bostonian as five feet six inches, and the height of a beanpot as ten inches, one can easily figure that a Bostonian in a year eats more than two and five-sevenths times his own height in baked beans, and more than his own weight. There are twelve plates of beans served in restaurants from each pot of two quarts. Boston pays for the baked beans in a year the price of two of Uncle Sam's modern battleships.

Dwellers in Little Italy and the Ghetto of the West End take as kindly to baked beans as do the natives of New England stock. In fact, baked beans possess a charm for people of all nationalities who go to live in Boston, permanently or temporarily.

Every time a convention is held there people from all parts of the country make a dash for the nearest restaurant and call for some of the baked beans of which they have heard so much. The bakery in the heart of the Italian quarter turns out one thousand quarts daily, entirely for Italian consumption. The preparation and baking of beans is an interesting operation. In establishments where beans are baked it is done on a huge scale. There are great kettles that hold two or three bushels of beans and into these the beans are put to soak and parboil. Then the pots of earthenware, varying in size from one quart to two gallons, are ranged around on tables and filled from the big kettles. Every quart of beans is carefully picked over and sorted and cleaned of all dirt and "dead" beans before being put into the kettles. The ovens are huge brick affairs, glowing red with heat.

Experts consider that beans cannot be properly cooked except in a brick oven. Some of the ovens hold two thousand quarts each. Filled with the loaded pots they present a sight worth beholding. So hot are the ovens that long handled flat shovels are used to poke the big pots in and out.

The following recipe is considered to be the best for baked beans: To one quart of beans, pea beans or mediums, yellow eyes, kidney or other variety, add one pound of pork (lean pork, lean beef and fat in streaks, with a solid piece of fat on top); two tablespoonfuls of molasses. Salt as needed. Fill the pot of beans with hot water and bake all day, adding hot water as it evaporates from the top, keeping the top fairly well covered with water.

The pork should be cut in halves, one piece being placed in the midst of the beans, half way down, and the other half on top. Some people put an onion in the middle of the beans. Some times a little mustard is added, if desired.

ABOUT DETECTIVES.

Qualities Needed For Success in Profession.

Chicago Tribune.

"Detectives are much like soldiers, actors, lawyers and hoodlums. Some are born and some are made. Indeed, it is safe to say that only a few are born and that many are made. Real detectives do not come upon the scene fully developed like the famous detectives of fiction. Most of them have to undergo a period of painful probation."

One of the first things to be learned by the embryo detective is the art of "shadowing," which, reduced to plain English, is the knack of following a suspected person without permitting the same under surveillance to become aware of that unpleasant fact. Indeed, the business of shadowing probably comprises the major part of the work done by the trio during the first years of his labors as a detective.

The use of disguise is practically unknown in modern detective work to-day. However, there are times when a change in clothing or a concealment of the face may be desirable.

Of course, there are times also when it is essential that criminals should not become acquainted with the personal appearance of those who are likely to be placed on their tracks. In Philadelphia this is guarded against in a simple manner. Every morning when the prisoners are brought out of their cells at the central station for the purpose of identification they are confronted by a squad of detectives, all of whom have the upper part of their faces masked. In this way the detectives are prevented from being acquainted with the criminals, and, at the end of that period an order was given that the table should be re-

moved to the rear of the room. The order was given in a loud tone, in order that all of the applicants should hear it distinctly.

A few minutes later the table was removed from the room altogether, and then the men were asked to describe the articles on the table as they appeared when the table was in the room. This was a clever test to ascertain the habits of observation possessed by each man. Of course, the candidates had no suggestion that the table was to be used as a part of the examination, and the result was interesting. Some of the men were at a total loss to explain what they had seen of the articles named some of the principal articles that had been placed on the table, while a few were able to give a distinct and detailed description of what they had seen.

The methods employed by different nations and different detective agencies for selecting and training men for their service varies widely. It was in France that the principle of "place a thief to catch a thief" was first put into active practice. Vidocq, who was an unmitigated scoundrel, was the first head of the secret police in the French metropolis. Although protests were strongly made against his appointment to such an important and powerful position, he received it and got good results for his government. Ever since then a certain degree of intimacy has existed between criminals and police officials, and this relationship has been accepted with good-natured tolerance by the public.

The Pinkertons run their establishment as a man would run a great business. They do not pretend to anything sensational. The keynote of their method is in the motto of their business—"We Never Sleep." Everything is grist that comes to their mill, whether it is an emergency call to guard the president of the United States, as Alfie Pinkerton guarded Lincoln on his famous trip from Springfield to Washington, or whether it is to disarm and defeat the strikers in an industrial establishment, it is all counted as part of the day's work.

Of course, there is a certain percentage of luck in the work of a detective—that is inevitable. Take the case of Francis R. Kelly, of Philadelphia, who has the reputation of being the greatest bank detective in America. He has many important cases to his credit, but one of the men who constantly eluded his vigilance, yet finally dropped into his net, was William Burke, the bank robber, better known as "Billy the Kid." Years ago a carriage containing two men drove up to a bank in the city of Philadelphia. A man walked briskly into the institution and toward the directors' room in the rear and another jumped out of the carriage and going to the cashier's window, asked that official to change a \$20 bill. While the change was being made the man at the rear of the bank forced the door of the director's room and obtained entrance to the space behind the desk.

He rushed to the safe, which stood open and snatched a big bunch of bills amounting in all to something over \$5000. The discount clerk, who sat at his desk not over a foot from the safe, grasped a revolver and followed the thief. This was done so quickly that the thief was compelled to drop part of the money in the directors' room, but he managed to reach the doorway, and rushing out, ran quickly down several streets and fled toward the woods. The first man with the carriage met him a short distance from the scene of the robbery and they quickly drove from the place. Kelly was one of the men who was put on the case. He sought for his man, but he sought in vain.

Two years ago, while he was patrolling his beat in the heart of the financial district in Philadelphia, a man rushed out the main entrance of the custom house and ran down the high stone steps, followed by a crowd of men and boys who were shrieking "Stop thief!" Kelly, who stood quietly meditating on the other side of the street, instantly awoke to the fact that something was going on under his nose. He stepped to the corner of the street and placed himself in such a position that the runaway plighted himself fairly in his arms. The fellow had just made a daylight attempt to rob a messenger of the U. S. sub-treasury of \$5000.

The evidence was complete. He was tried, convicted, and is now serving his sentence in the eastern penitentiary of Pennsylvania, and the curious part of the case is that the man who robbed the suburban bank so many years ago was the same man who rushed into Detective Kelly's arms on that exciting day—none other than William Burke, alias "Billy the Kid."

To get relief from indigestion, biliousness, constipation, or torpid liver without disturbing the stomach or purging the bowels, take a few doses of Carter's Little Liver Pills. They will please you.

Harace Gaul of last season's Rensselaer team is the latest Canadian player to join the Pittsburgh colony.

Rheumatism

A very bad case that was cured by persevering with an old time remedy.

"Were it not that I had great patience and perseverance," writes Mr. Fritz Keller, well-known in London, "I would still be racked by chronic rheumatism, which was my unhappy lot for three years."

"I didn't have acute rheumatic fever as so many have—with me the pain and stiffness came on gradually. When I kept quiet, as on Sundays, I was free from pain—but being a workingman I had to move about and the pain was simply awful, though after an hour's resting it would subside."

"I got the idea into my head that although the pain was in my joints the rheumatic poison was in my blood. My druggist said Ferruzone was a wonderful blood tonic, so I began to use it. At first it didn't help at all; only change was a better appetite and more strength. Not being a doctor I didn't know that Ferruzone was all the while working at the root of the disease. I kept right on with Ferruzone and in three months was cured. There is no more stiffness, no pain, and I am as limber as forty years ago."

Every kind of Rheumatism, Sciatica, Nerve Pain, and Blood Disorder is quickly cured by Ferruzone. Satisfaction guaranteed. 50c per box, or six boxes for \$2.50, at all dealers.

THE SPORT REVIEW

McGILL OPPOSED TO PROFESSIONAL COACH.

Shrubb Threatens to Sall For England—What Coaching Did For Varsity—Father Stanton Praises Moran and Macdonnell.

Varsity, the present intercollegiate champions will have all but one of this year's top-notch football players will be unable to play for Varsity against the Tigers, Saturday, and the team will be the same as played Queen's.

Shrubb wants it ten miles, Longboat twenty miles. Why not split the difference and make the first race fifteen miles?

Toronto Star: Queen's students took their defeat like good sports, admitting that luck was no factor in the outcome.

The Ottawa Free Press says that Canadian players are surely killing hockey in Pittsburg by their roughhouse tactics and free fights.

Montreal Shamrocks have signed no players for their hockey team as yet. Wanderers claim to have lamed McNamara of last year's Shamrocks.

Father Stanton, of Ottawa, is loud in his praise of quarter-back Moran, and half-back Macdonnell, of Queen's, declaring the latter to be quite the equal of any back he has ever seen.

Hamilton Spectator: "Ben" Simpson is still suffering from a bad leg, but will be in shape by Saturday. He and his knee treated by Dr. White, and he expects to be the same old "Ben" as he was two weeks ago. The pains in his chest have entirely disappeared, while the rest up has done him a world of good.

Ottawa Citizen: "Jack" Williams can see nothing but Tigers for the pennant, but he believes Varsity will surprise them. "Jack" rooted for Queen's on Saturday, but he was one of the first to congratulate Captain "Moon" Lee of Varsity after the match. Williams considers the Varsity back division splendid, but, like Father Stanton, thinks that the Varsity line will prove unequal to the task of covering the Tiger wings, as they should be covered. "Jack" thinks Tigers will have to work thoroughly. Toronto Telegram: Wonderful what consistent practice and good coaching can do for a football team. Here's that Varsity bunch who at the beginning of the season looked like a fair



ETHEL CLAYTON, in "The Devil" at the Grand Opera House, on Thursday last.

lot of intermediates figuring at the top of the heap, with better than a fair chance of taking a fall out of the mighty Tigers. One lesson it teaches evidently is that football, unlike a certain number of student sports, is a life-time. Given weight, speed, courage and a good coach and you can almost have a football team built while you wait.

A Montreal despatch says: Feeling among McGill football men indicates that the professional coach plan will be abandoned after two years' trial. During the two seasons the McGill teams had poorer success than at any time since the Intercollegiate Rugby Union was formed, and this last was the poorest of all. It is assumed that a certain number of students do not care to practise under a paid coach, and the old system of coaching under a captain only, with aid of graduates will be resorted to. A meeting of graduates will be held shortly to discuss the situation, and an effort made to assure from among the number in the city coaches to look after training throughout the coming season.

Says Alfred Shrubb: "As matters stand at present I shall go back to England about Christmas time, and the only thing that could keep me on this side would be the assurance of a match series of races with Longboat, with \$1,000 posted upon the outcome of each race. I have said before, and I repeat it now, when Mr. Flanagan, Tom Longboat or anybody else in the world, for that matter, is prepared to agree to a series of races at five miles, ten miles, fifteen miles and twenty miles, and is willing to post \$1,000 against my \$1,000 on each race, the winner to have 60 per cent, and the loser 40 per cent, of the net receipts from such a series, they will find me perfectly willing, even anxious to accommodate them."

A hockey combine among players of team is said to exist just now. Some of the players are refusing to sign for Wanderers for this season unless Riley is taken back. Horn signed for Montreal, but can be released at any time. Arthur Ross has been approached again by Wanderers, but when he mentioned the price they are said to have got out of Ross' new store in double quick time. Ross will not play for Wanderers and Horn plays.

Montreal Star: There will be considerable betting on the result of next Saturday's final football match for the Dominion championship in Toronto, between Varsity and Tigers. In Hamilton they are giving odds on the Tigers, but in Detroit they are particularly prompted, no doubt, by local feeling. In Toronto, it is said, they are quite prepared to take all the Hamilton money that will be offered at better than even. Tigers have a great team, but those who saw Varsity play on Saturday in Ottawa expect to see them beat the great Hamilton aggregation.

Canada Life Assurance Company

"The Sixtieth Year's Business of the Company—the best yet."

Insurance in force (over) \$117,000,000.00
Assets (over) 34,000,000.00
Paid profits to Policyholders during the last 5 years (over) 1,500,000.00

This company has six prominent business men on the Board of Directors representing the policy holders, and by reason of its strong reserves will not be obliged to use profits in future for the purpose of increasing the reserve fund, and in the transition to its high reserve did not pass over a division of profits to its policy holders.

The Canada Life

Since inception has paid or credited to its policy holders \$115 for every \$100 paid by them.

A few illustrations of profits paid to Kingston policy holders.

| | | |
|-------------------|---|-----------|
| Policy No. 17 960 | Last 5 years Cash Profits were | \$ 290.30 |
| " No. 18 208 | " " " " " " " " | 161.30 |
| " No. 26 135 | " " " " " " " " | 141.05 |
| " No. 42 483 | " " " " " " " " | 149.65 |
| " No. 31 006 | Bonus Addition (Profits) | 1,437.50 |
| " No. 37 557 | " " " " " " " " | 2,250.00 |
| " No. 13 623 | Profits reduced the original Premium of \$55.00 to \$1.78 | |
| " No. 10 465 | Profits extinguished the premium and pays the assured a surplus of \$7.46 | |

The Old Quinquennial Policy OF THIS COMPANY

Has always been popular with the insuring public—the new will be more popular as the assured has the option of using the profits each five years either by taking cash or reduction of premium the succeeding five years, or by taking a bonus addition, which if left with the company increases at not less than 3 per cent compound interest, and every policy issued becomes an Endowment as soon as the profits plus 3 per cent. plus the reserve equals the face of the policy.

To have such results you must have "Canada Life Policies."

Next Division of Profits, December 31st, 1909

Apply now and participate in this division.

The Imperial Guarantee and Accident Insurance Company of Canada :

issues the "Imperial Protection Policy," which covers all accidents and sicknesses, including smallpox and quarantine, also insures the beneficiary named in the policy. Every citizen should have one of these policies.

The Western Fire Assurance Company

Incorporated 1851, hopes to secure a fair share of the Fire Insurance business in Kingston.

Office always open to give information and do business.

Agents wanted with a view of making a permanent position.

J.O. HUTTON, Manager 18 Market St., Kingston.

James Thomson, Special Agent

LaGrippe Arrested and Consumption Prevented

Mr. G. D. Colwell of Walkerville, Ont., and employed by the Canadian Bridge Co., Walkerville, says: "When I began using PSYCHINE in October, 1906, I was all run down and bordering on consumption. I could not sleep nights, I had night sweats frequently and coughed the greater part of the night. I was very weak and nervous. Psychine worked marvels and made a new man of me and I have been in good health since. Since then I have used PSYCHINE each winter for La Grippe, and it has put me right in no time. I am now in the best of health, although my work is hard, and I take every opportunity of putting in a good word for PSYCHINE."

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The after effects of LaGrippe are often worse than the disease itself. PSYCHINE banishes the weakness, that is one of the worst effects after LaGrippe, and replaces it with bounding health all over the body. PSYCHINE is sold by all druggists and dealers at 50c and \$1.00 bottle. See special Free Trial offer.



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