

Nature's Own Beautifier

for you and for everyone else—



clears the complexion, purifies the blood, keeps the liver active and stomach clean.

AT DRUGGISTS, 25c. and 60c.

McGILL UNIVERSITY MONTREAL

Session 1909-1910

Courses in Arts, Applied Science (Architecture, Chemistry, Metallurgy, Theory and Practice of Railways, and Civil, Electrical, Mechanical, and Mining Engineering) Law, Medicine, Dentistry, and Commerce.

Matriculation Examinations will commence on June 14th and September 23rd and Examinations for Second Year Exhibitions and Third Year Scholarships, will commence on September 23rd.

Lectures in Arts, Applied Science, and Commerce, will begin on October 1st; in Medicine on October 1st.

Particulars regarding examinations, entrance requirements, courses of study, fees, etc., can be obtained on application to—

J. A. NICHOLSON, M.A., Registrar.

Royal Victoria College - Montreal.

A residential hall for the women students of McGill University, situated on St. Lawrence Street, in close proximity to the University Buildings and laboratories. Students of the College are admitted to the courses in Arts at McGill University on identical terms with men, but mainly in separate classes. In addition to the lectures given by the Professors and Lecturers of the University, students are assisted by resident tutors, giving instruction, skating rink, tennis courts, etc. Scholarships and Exhibitions awarded annually.

Instruction in all branches of music in the McGill Conservatorium of Music.

For further particulars, address

The Warden, Royal Victoria College, MONTREAL.



St. Margaret's College TORONTO

A High-Class Residential and Day School for Girls under the management of GEORGE DICKSON, M.A., formerly Principal Upper Canada College, Toronto, and Miss GEORGE DICKSON.

Miss J. E. MANNING, B.A., Principal. Large Staff of Teachers, Graduates of Canadian and English Universities. Full Academic Course for University Matriculation with highest honors. Music, Art, Domestic Science and Physical Education.

Write for Booklet to the Secretary, St. Margaret's College, Toronto.

Ottawa

Ladies' College

A First Class Residential School for Girls and Young Ladies.

Students should enroll now for session 1909-1910.

WRITE FOR CALENDAR.

Address "The Lady Principal," Rev. W. D. ARMSTRONG, M.A., D.D., President.



ONTARIO and Ontario Conservatory of Music and Art LADIES' WHITBY, ONT., CANADA

IDEAL HOME LIFE in a beautiful quiet residential suburb of the beautiful town of Whitby, Ontario. The latest and best method of instruction is given by the LADIES' and STRONGEST STAFF of TEACHERS to be found in any other college in Canada. The college stands for exact scholarship, pleasant home life, high type of social culture, and grows to a Christian character. Send for prospectus.

REV. J. A. HARE, Ph.D., Principal.

A young wife can never understand why her husband is so crumby when she awakens him in the middle of the night to ask him what dress she had better wear to the lawn party the next afternoon.

Tips For The Farmers

BY UNCLE JOSH.

A correspondent gives this as a sure recipe for killing the striped bugs on squash, cucumbers and melons: Dissolve an even tablespoon of saltpetre and put in a nail of water. Put this around the roots in the hills; it will not injure the vines.

The average yield of oats in the United States, as reported in the Official Crop Reporter, is slightly in excess of last year, but the average condition on the first of June was four points lower than a year ago.

In Canada the area in oats, according to the report of the dominion department of agriculture, is over one acre greater than it was last year, and the department is ninety-two per cent. of a full one on the 15th of June. Unless, therefore, there is a marked shortage of oats in Europe, prices in this line are likely to be lower than they were last year.

An old retired sea captain, who lives on the Oregon coast, is now engaged in preparing a sea-gull farm. His attention was first attracted to the matter by noticing the demand for sea-gull eggs. They are not so delicate as hen's eggs, having a slightly fishy taste, but they are wholesome and nutritious, and many thousands of them are consumed annually. The prospective farmer believes that if the gulls were kept in confinement, and properly fed, their eggs would be as good as hen's eggs. He proposes to fence in a piece of land along a slough, including a section of the beach, and to confine there as many gulls as he can procure, and believe that in a little while they will become tame and can be treated the same as barnyard-fowl.

Alfalfa is very long-lived; fields in Mexico, it is claimed, have been continuously productive without replanting for over two hundred years, and other fields in France are known to have flourished for more than a century. Its usual life in the United States is probably from ten to twenty-five years, although there is a field in New York that has been mown successively for over sixty years. It is not unlikely that under its normal conditions and with normal care it would well nigh be, as it is called, everlasting. From Colburn's "The Book of Alfalfa."

Throughout the United States are scattered a few frog farms, and it is extremely probable, says the New York Tribune, that as the food value of this batrachian becomes better known, the farms will materially increase in number. In making a frog farm several natural ponds are selected, if possible. Around these ponds are constructed and the ponds are roofed over with coarse wire to keep out the birds and animals which prey upon the frogs. The natural increase of the pond inmates is supplemented by the capture on the outside of as many additional ones as possible, which are placed in the ponds. As soon as young ones are born, they are removed to what is known as a "nursery pond," as otherwise they would be gobbled up by the larger frogs.

No attempt is made to confine the frogs until near the time for shipment to market. They are then taken alive at night, with the aid of a torch and a dipnet, and confined in small pens that can be drained when the frogs are desired for market. Only the hind legs, skinned, are marketed. The rest of the animal's flesh is edible, but as three-fourths of the flesh is on its hind legs, the remainder is not sufficient in quantity to bother with.

Agents of Earth in the Century: If half a million American settlers should suddenly pull up roots and migrate to a body to some foreign land the event would be heralded as one of the most epic movements of the century. Yet that is exactly what has happened, with little notice and less comment, in the last six years. In less than six years 388,000 American farmers have pulled up stakes in their native states and moved from Wisconsin, Minnesota, the Dakotas, Nebraska, Arkansas and Oregon, across the invisible line of the international boundary to free homesteads in the Canadian North-West. Moreover, 100,000 Americans have gone north as investors, speculators, miners, lumbermen.

A railroad traffic manager and a customs officer both told me the same thing: very few of the American homesteaders came in with less than \$1,000 each; many came in with capital ranging from \$5,000 to \$10,000. The capital brought in by the investing classes varies from the \$10,000,000 placed by the Morgan banking house in the Canadian Northern railway to the \$200,000 and \$300,000 capital placed in actual cash by the land and lumber and fish companies. Average: The American newcomer's capital at \$2,000, and the American invasion of Canada in the last six years represents in hard cash an investment of a billion dollars. From what I saw in a leisurely four months' tour of Canada—first by canoe, 1,500 miles among the settlers of the frontier beyond the railroad, then by rail twice across the continent—I have no hesitation in saying that a billion dollars estimate is too small by half.

Produce And Prices. Kingston, July 17.—Prices were quoted to the Whig as follows:

- Fish—Salmon trout, 12c. lb.; skinned digby herring, 20c. lb.; whitefish, 12c. lb.; pike, 10c. lb.; Chinook salmon, 30c. lb.; kippered herring, 7c. lb.; fresh lobsters, 40c. doz.; perch, 30c. doz.; frogs legs, 40c. lb.; Atlantic salmon, 30c. lb.; salt codfish, 7c. to 15c. lb.; halibut, 20c. lb.; fresh haddock, 10c. lb.; bullheads, 12c. lb.; red herring, 20c. box; mackerel, 15c. lb.; lake herring, 8c. lb.; finnan haddock, 10c. to 12c. lb.; fresh lobsters, 25c. lb.; sea bass, 12c. lb.; pickerel, 12c. lb.; mackerel, 15c. lb.
- Meat—Pork, by carcass, 8c. to 9c.; cuts, 8c. to 17c.; pork, 11c. by carcass; cuts, 15c. per lb.; lamb, 16c. by carcass; live hogs, 8c. per lb.; turkeys, 18c. per lb.; chickens, 14c. lb.; mutton, 8c. to 10c. lb.
- Vegetables—Carrots, 5c. a bunch; cabbage, 5c., 10c. and 12c. each;

onions, 5c. bunch; turnips, 75c. bag; green onions, 5c. bunch; radishes, 5c. bunch; spinach, 5c. bunch; local wheat, \$1.25; buckwheat, 75c.; barley, 64c.; rye, 80c. to 85c.; peas, \$1.25; corn, old, 75c.

Flour and Feed—Flour, bakers', \$2.90 to \$3.15; farmers', \$2.80 to \$3.10; Hungarian patent, \$3 to \$3.20; oatmeal and rolled oats, \$3.40 to \$3.50; cornmeal, \$2.50; bran, \$2.75; a ton shorts, \$26 to \$27; a ton straw, \$10 to \$12; hay, loose, \$13; pressed, \$14.

Eggs, new laid, 20c. doz.; butter, creamery, 26c. lb.; farmers' butter, in prints, 25c.; packed, 23c.; rolls, 23c.; tubs, 21c.

Wool—Washed, 18c. lb.; sheep skins, fresh, 30c. to 35c.; tallow, rendered, 6c.; deans, \$1; veal skins, 15c. lb.; hides, No. 1, 9c.; No. 2, 8c. lb.; horse hides, \$3 each.

WAKE BACK YARD BEAUTIFUL.

A Charming Garden May Be Cultivated.

Crucial for the establishment of manly habits, breathing spaces and beauty by the various betterment societies and clubs will, it is to be hoped, count among their victories the resurrection of the city garden, the acknowledged right of every householder.

No hours worth the name should lack its flowers, and an appreciation of their value will make them possible, either in the neglected bit of ground below, up on the roof, in window-boxes, or in all three places at once; for there can not be too many of them. The endlessly recurring household duties, such as preparing vegetables, darning stockings, mending and sewing on buttons, which lack the compensating creative element are robbed of their monotony and transformed into a pleasure when performed in a little green arbor. Flowers raised in our own little yard seem to have a deeper meaning, perfume, and glow with more beautiful tints than any others.

The most ugly back yard may be transformed into a veritable Eden by the planting of hollyhocks, castor beans or morning-glories near fence or shed to hide its unsightly places. These grow to usefulness and beauty before the summer heat makes one long for a green spot where the cares and weariness of the day may be forgotten. But he is a neighborhood benefactor who makes his home pre-eminently a source of envy, the gratification of which increases health and happiness and beauty.

POISE IN WALKING.

Grace Impossible Unless Weight Adjusted.

The first essential of graceful walking is poise. The weight of the body must be adjusted over the balls of the feet. In correct poise, the chest always leads, the abdomen recedes, the back and head assume their right positions. It goes without saying that there can be no grace in a hasty walk. Haste causes irregular and uncertain movements of all portions of the body, detracts from a woman's dignity and makes rhythm impossible.

Activity and right use of the feet are the second essential of a graceful walk. The feet have a double duty to perform—the bearing the weight and propelling the body. When the standing position is right, one leg is swung forward from the hip, the knee acting in harmony, and the ball of the foot touching first. The weight is so quickly transferred that the heel makes no noise. Women who walk heavily leave the weight on the heel and never reach the ground. The general saying that she should "walk on the balls of the feet" has led some people to try not touching the heel at all. The result is a mincing gait wholly without dignity or grace.

The position of the feet should be straight. The weight of the body being on one foot while the other is swinging forward, the strongest position of the foot should be taken, which is practically straight. As children are always taught to "turn their toes out" this will surprise many.

History Of The Rideau.

Watertown Standard. The Rideau canal was built in 1832. It is not really a canal, but a chain of lakes connected by artificial means. The Canadians expected that in case of war with the United States they could use this water way without using the St. Lawrence to reach the great lakes. The canal is 126 miles long and no digging had to be done, except for no digging had to be done. The scenery is beautiful, much like the Thousand Islands, but more wild. At each lock old posts are still standing, which were once used against the Indians. As this is a war channel no charts have ever been issued. British has often been used to show the channels. The ice of winter time often removes this land mark and causes much trouble to the boats. The fishing is of the best, mostly bass.

Not To Be Forgotten.

Washington Post. Mr Hammond's face was so ugly as to be almost grotesque, although nobody ever thought about his looks after hearing him talk. "If I hadn't known I was one of the homeliest people in the world, I might have been surprised at a remark made by old Pomp, the body servant of one of my southern friends," he once said. "I hadn't seen Pomp for fifteen years, and as I had grown from a boy to a man in that time, I did not expect him to remember me, but he said, 'Howdy Marse Hammond, sah!' 'I'm mighty glad to see your sight on me.' 'So you remember me, Pomp,' I said. 'Couldn't nebber forget yo' face,' Marse Hammond, sah,' grinned Pomp. 'Hit's so kinder complicated!'"

Raising Loans In Canada.

Montreal Gazette. It is stated that the subscriptions for the Ontario \$3,500,000 loan only amounted to \$2,400,000. Some other loans lately offered on other markets have had a like experience. At the same time it is a matter of regret that better results were not obtained. It will be a good thing for Canada when its people can take all their own municipal and government loans. Also it may be a good while before a security of such high character is again offered on the Canadian market.

SO, THERE NOW!

Vigorous Criticism in Women's National Council.

The wrath of woman was kindled, and the might of man crumbled to the dust. With frankness, directness and fire, the women of the congress at Toronto drove home charges against the inhumanity of man before the section of "Laws that Affect Women and Children." The ultra-fashionable and ultra-rich men and women of Britain were termed by Mrs. Smyth Thompson, a delegate from Great Britain, "That snooty set, that small and vulgar set, carrying on to the intense disgust of all right-thinking people." And again: "Those vulgar, well-to-do women, who rush off with the other woman's husband." The words came as the very end to a long and bitter tirade against the "Laws" by Mrs. E. B. Ginniss, of the United States.

Discussion did not have to be invited. It came the moment the speaker had resumed her chair. "It is shameful," pursued Mrs. Thompson, "the indifference to property which marks so large a portion of this generation. The 'old-fashioned' character is almost unknown today. 'One-half the women in asylums and graves are there because of their husbands.' This last from Dr. Augusta Stowe-Gullen, of Toronto, who added: "Eighty per cent. of marriages the world over are said to be happy, but it is my firm belief that not more than ten per cent. of them should really exist. In Canada it is a woman's lot to be pretty nearly thrashed before she dies. Poor wives! They have got to suffer weeks and months, and years before they can bring themselves to face the divorce courts. Women—such three times as much as men. It is because women haven't the courage that they don't ottener sue for divorce."

Mrs. Nicholls, Toronto: "The middle class men in England treat their wives as servants. They make them scrub floors all day. The Canadian woman allows her child to be brought up under a much laxer discipline than the children of English parents. The reason why there are so few divorces in England is that they are so expensive. Uncongeniality of temperament is what makes so many unhappy homes. Women in Canada are too lazy to correct their children."

Then came a voice from the meeting's depth, which gained a little ripple of applause: "A great many marriages are made because the woman thinks she is going to be kept. Until the economic conditions are altered, the woman will never have half a show."

Then came a voice from the meeting's depth, which gained a little ripple of applause: "A great many marriages are made because the woman thinks she is going to be kept. Until the economic conditions are altered, the woman will never have half a show."

The Dominion Brewery Co., Limited

TORONTO.



White Label Ale

Represents perfection in the art of brewing. Bottled exclusively at the brewery is a guarantee that every bottle contains the purity and quality for which it obtained the World's Highest Awards.

EVERY CORK AND CAPSULE BRANDED.

Rigney & Hickey, 136-138 Princess St., Kingston Agents.

NO HONING - NO GRINDING. Always Ready For Use. With Ordinary Care Will Last a Lifetime. No matter how tender your skin, shaving is a pleasure if you use a Carbo Magnetic Razor. The Carbo Magnetic glides over the face shaving clean and leaving no soreness, irritation or scraped surface. For Sale wherever cutlery is sold. Ask your dealer about our perpetual guarantee and our special proposition whereby you may test one of these razors for 30 days without obligation to purchase. Firm of A. L. SILBERSTEIN, 41 Common St., Montreal.

Sold in Kingston by W. A. Mitchell and McKelvey and Birch.

Sales Summer Furniture

Robert J. Reid, 230 Princess St Private Ambulance Phone 577. Camp Cot, \$1.50 to \$2.50 each. Mattress to fit, \$1.50 to \$2.50 each. Double Swing, seat 4 people, \$8.50 only. Baby Walkers, \$8.50. Camp Stool and Chair, 50c. to \$2.50. Lawn Benches, to seat 4 \$1.50 each. Camp Table Fold, 4 inches square, for Motor Boat.

Eddy's TOILET PAPERS. OFFER YOU More of Better Toilet Tissue for the Same Money than any other make on the market. Made in Every Known Form and Variety and Every Sheet Guaranteed Chemically Pure. Insist on Having Eddy's. Always, Everywhere in Canada, Ask for Eddy's Matches.

NOTE THE PRICE. LINEN LAID WRITING PAPER FOR LETTER COPYING, ETC. Pads of 100 Sheets, size 8 1/2 x 11 inches—7c. each. Pads of 100 Sheets, size 5 1/2 x 8 1/2 inches—4c. each. British Whig Publishing Company JOB PRINTING DEPARTMENT THE HOME OF GOOD PRINTING.



Ladies' Summer Oxfords

Ladies' Dongola Blucher Oxfords Patent Tips, light or heavy soles. Ladies' Dongola Slippers in one or two straps. Splendid value, at \$1.50.

H. Jennings King St

We Sell and Rent Electric Fans At Reasonable Prices. Our specialty is store, church and home illumination. Let us wire your home, new or old. H. W. Newman Electric Co., 79 Princess St.

LAUNDRY. Best family washing, 40c. to 60c. First-class work guaranteed. Goods called for and delivered. Send postal card with name and address and we will call promptly. A trial order solicited. HONG LEE LAUNDRY 354 Princess St.



See our new stock of Granite and Marble. Just arrived. KINGSTON GRANITE & MARBLE WORKS Cor. Princess and Clergy Sts.

Good Wood! of all kinds, at low prices. S. BENNETT & CO., Corner Bagot and Barrack Sts.

McCormick's ELITE FINGERS. About 100 to the pound. Think of the most delicate—the most delicious—the most unique delicacy you ever even hoped for, and you'll find it in this wonderful new creation: McCormick's Elite Fingers. The richest and most delightfully-flavored (banana)—the most artistic and fascinating design (elegantly embossed). Nothing similar ever before produced. Served with Ice Cream or Fruit they afford a rare treat heretofore unthought for.