DOUBLE CASH COUPONS

All this week we will offer Double Cash Coupons with every Cash Purchase made here. Lots of new fresh summer goods to be had, and lots of hot summer weather to wear them. White Waists, Undervests, Hosiery, Gloves, Men's Shirts, Socks, etc. Come and take advantage of this special offer.

CRUMLEY BROS.

Woods' Fair

We Save You Something On Everything You Buy. My, How Fast We Are Handing Out China and Glass.

We have never sold as much in so short a time, but look at the price, no wonder it sells so quickly. Another large consignment in on Friday (19 cases) consisting of Cups and Saucers, Salad Bowls, Cake Plates, Jardineres, Lemonade Sets, Toilet and Laundry Soaps, etc.

A few specials, from assortments unquestionably the largest in Kingston.
35c. Box of Complexion Powder, 2 Cakes of 25c. Soap and 4 Cakes of good Toilet Soap in Box, for 15c.
Decorated China Salad Bowls (new stock,) 20c. and 25c.
Pretty Rose Pattern Cake Plates, (new stock,) for 50c.
40 Piece Set Austrian China, Decorated in Natural Colors. Regular $5, for $3.25.
English Semi-Porcelain Dinner Combination Set, in Blue and Gold, 97 Pieces, $15 value, for $8.
A lot of Fancy Plates, in pretty colors. Regular 15c., 3 for 20c.
Taffeta Silk Ribbons, 3 inches wide, in all colors, 10c. yard.
3 Cakes of Hazeline Complexion Soap, in Box, for 8c.
Gift in Leather Goods, Toilet, Manicure Sets, Travelling Cases, Shaving Stands, Glove and Handkerchief Boxes, Bags, etc., at astonishing prices.
Buy your Sealers and Jelly Jars from us.

McIntosh Bros.,

Woods' Fair Old Stand. Manager, PERCY JESSE.

Synopsis of Canadian North-West Land Regulations.

ANY person who is the sole head of a family, or any male over 18 years old, may homestead a quarter-section of available Dominion land in Manitoba, Saskatchewan or Alberta. The applicant must appear in person at the Dominion Lands Agency or Sub-Agency for the district. Entry by proxy may be made at any agency, on certain conditions, by father, mother, son, daughter, brother or sister of intending homesteader.

Duties.—Six months' residence upon and cultivation of the land in each of three years. A homesteader may live within nine miles of his homestead on a farm of at least 80 acres solely owned and occupied by him or by his father, mother, son, daughter, brother or sister.

In certain districts a homesteader in good standing may pre-empt a quarter-section alongside his homestead. Price, $3.00 per acre. Duties—Must reside six months in each of six years from date of homestead entry (including the time required to earn homestead patent) and cultivate fifty acres extra.

A homesteader who has exhausted his homestead right and cannot obtain a pre-emption may take a purchased homestead in certain districts. Price $3.00 per acre. Duties—Must reside six months in each of three years, cultivate fifty acres and erect a house worth $300.00

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

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

Gasoline

16c. A GALLON

Put in Your Tank at Our Dock.

Garage

Repairs to Automobiles ar Marine Engines promptly attend to.

Selby & Youlden, Ltd.

Ontario St.

Kops Stout

(Non-Alcoholic)

LEMON SYRUP,
LIME JUICE,
RASPBERRY VINEGAR.

D. COUPER,

Dealer In Pure Food Groceries.

'Phone, 70a, 341-3 Princess St.

OUR ROOSTER BRAND OF TOBACCO

Smoking and Chewing at forty-five cents a pound, is a good tobacco. Why pay eighty-five cents. Andrew Maclean, Ontario street.

When ordering your Cooked Meats for lunches or picnics, don't fail to order some of our Pickles or Relishes. We have a variety to choose from. 'Phone, 570. H. J. MYERS, 90 Brock street.

ORRINE
CURES LIQUOR HABIT

CURE EFFECTED OR MONEY REFUNDED.

Thousands of wives, mothers and sisters have given ORRINE (the secret treatment) to husbands, sons, fathers and brothers, and are enthusiastic in their praise of ORRINE because it has cured their loved ones of the "Liquor Habit" and thereby brought happiness to their homes.

Can Be Given Secretly.
ORRINE; COSTS ONLY $1 A BOX.
Guarantee in Each Box.

Write for free ORRINE Booklet (mailed in plain sealed envelope) to ORRINE CO., 967 ORRINE Building, Washington D.C. ORRINE is sold by leading druggists everywhere.

Special Agent:
G. W. MAHOOD, Cor. Bagot and Princess Sts.

Settees and Chairs

For Cemeteries and Lawns and Wire goods of all kinds, Manufactured by Partridge & Sons, Crescent Iron and Wire Works, King St. West, Opposite Hospital.

Wood's Phosphodine,

The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. *Cures Nervous Debility, Mental and Brain Worry, Despondency, Sexual Weakness, Emissions, Spermatorrhea, and Effects of Abuse or Excesses.* Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. *New pamphlet mailed free.* The Wood Medicine Co. (formerly Windsor) Toronto, Ont.

M. P. KEYS

Antiseptic Barber Shop

Hair Dressing and Shaving Parlor. Three Chair. Quick Service. Your patronage solicited.

336 King Street
Next door to Wade's Drug Store.

Wm. Murray Auctioneer

27 BROCK ST.

New Carriages, Cutters, Harness.
Sale of Horses every Saturday.

IT IS "PERFECT."

Our "CRYSTAL BRAND" of Standard Granulated Sugar, for preserving and table use. We have tried it for years, and price is right.

ANDREW MACLEAN.
Ontario street.

Cleaning & Pressing

Done in shortest notice. 'Phone 685.

JAMES CAMPBELL, Tailor

109 Brock Street.

You can always spot an inferior person by his superior air.

It takes more than one thief to organize a steal trust.

Cold in Twilight

Mrs. Robert Crawford entertained at a quartette table tea, on Tuesday, in honor of her visitor, Mrs. George Stevens, of Cobourg. To-day Mrs. R. H. Toye gave a tea for her own visitors at which Mrs. Stevens was a guest of honor.

Family picnic parties with Lake Ontario Park, as the rendezvous, are very popular these days, and seem to supply the demand for fresh air and sociability combined.

There will be a general meeting of the Country Club, to-morrow, to elect new members, and arrange the autumn programme.

Mrs. Charles Low, Union street, will give a tea, on Friday, for her visitor, Miss Macpherson, of London.

Mrs. W. St. Pierre Hughes gave a tea party for little Miss Kitty, yesterday.

Mrs. Robert Fraser, West street, was hostess at a tiny verandah tea yesterday.

Mrs. H. Tandy gave a luncheon, today, at Wolfe Island.

Mrs. Sidney Day and Miss Mabel Day, of Kingston, after spending the past eight weeks in Cobourg, are at present the guests of Dr. C. Day Clark, Toronto.

Miss Marion and Master R. Thomson, of Ottawa, are staying with their grandmother, Mrs. Robert Thomson, Clergy street.

Mr. Dale Dowsley is spending his vacation down the Rideau.

Mr. Walter Campion left, on Monday, on Mr. E. Gildersleeve's yacht to attend the Cobourg regatta.

Mr. Henry Perrin has returned to Toronto after spending a few days in town.

Mr. and Mrs. Philip Low, of Ottawa, may possibly go up to Picton to spend the rest of the summer, at "Villeneuve Place," Mr. Low's old home.

Mrs. Newman and her daughter, Miss Gratia, of Portage la Prairie, are expected in Kingston for a stay of a week or so.

Mr. Claude Kent, of Chatham, is spending his holidays with Mrs. Noel Kent, George street.

Mrs. Joseph Moore, her daughter, Mrs. E. Little, and Mrs. Little's little daughter, Marjory, have returned to Sydenham after visiting Mrs. James Weir, Alfred street.

The Rev. Ogilvie Dobbs, of Brockville, is visiting his sister, Mrs. Robert O'Hara, Clergy street.

Mrs. Thomas Lambert and daughters, Clergy street, will go up to Bath on Thursday for several weeks.

Mr. and Mrs. Henry Perceval Maxwell, who have been visiting their cousin, Mr. W. H. Moutray, at "Farnham," Amherst Island, have sailed for Ireland.

Mrs. Lewis Balliot is the guest of her sister, Mrs. F. W. Albree, "Closeburn." In September Mr. and Mrs. Albree intend leaving town for St. Louis, but have promised their friends to come back every summer to Kingston. They will probably keep "Closeburn" for a summer home.

Mrs. F. Osborne, of Montreal, has been visiting in town.

Miss Leila Ogden, of Montreal, and Master Edgar Atkinson, are visiting Mrs. H. W. Snelling, Division street.

Canon Muckleston, of Perth, came up to town, to-day, to pay a visit to the Misses Muckleston, William street.

Miss Aileen Tovell, of Sydenham, who has been staying with Mrs. Jas. Weir, Alfred Street, has gone home.

Mr. and Mrs. Bidwell B. Raymond, Watertown, N.Y., are in Kingston to spend a short vacation.

Mrs. A. C. Johnston is spending a few days at Sutherland's camp, Macdonald Cove.

Miss Ethel Hazlett, after a pleasant visit in Western Ontario, has returned to her home at the Royal Military College.

Miss Shea and her nephew, Walter McConnell, have left for Scranton, Pa., to spend their holidays.

Miss Mildred Low, of Ottawa, is the guest of her cousin, Mrs. G. C. Mackenzie.

Miss Macpherson, of London, is staying with Mrs. Charles A. Low, Union street.

Mrs. Hugh Nickle and her little people, and Miss McKay and Mr. W. F. Nickle's children will go up to the Sandhills on Monday.

Mr. J. Sweeney has gone to Toronto, and Mrs. Sweeney will follow in about a week.

Mr. Richmond Layton, of Halifax, spent the week-end with Mrs. George Sears, Earl street. He went down to Ottawa on Monday.

Mrs. H. F. Moores, Barrie Street, summering at the Sand Banks, was in the city yesterday, returning today to her cottage.

Mr. and Mrs. Stapley H. Weir, of Cobalt, are spending this week with Mrs. James Weir, Alfred Street.

Miss Lillian Kent, George Street, has gone to Brockville to make one of Mr. Beverley Jones' house party at "Rockford."

Miss Grace Hemming, "Martello Place," is staying with her aunt, Mrs. Frost at Rideau Ferry.

Mr. and Mrs. Cornelius Bermingham, Mr. and Mrs. Arthur Cunningham, Mr. and Mrs. Mulloy and Miss Mulloy, of New York, and a number of other visitors, have gone down the Rideau to Jones' Falls, for a fortnight's fishing.

Mr. and Mrs. W. J. Parker, Lincoln avenue, Montreal, are with Mrs. W. S. Parker, Colborne street, for a few weeks.

Mrs. H. W. Burnett and Miss Edith Burnett, Toronto, are visiting Mrs. R. H. Toye, Gore street.

Mrs. W. F. Coy, of Vancouver, who had intended leaving for home on Saturday, has been detained owing to a nasty sprain she gave her ankle while getting out of a launch last night.

Mrs. Peirce is going down to Ottawa.

Mr. and Mrs. R. Easton Burns, Frontenac street, have gone down the river in their yacht.

Colonel and Mrs. W. D. Gordon are back from Ottawa.

Mrs. Donald Caldwell, Appleton, Ont., is in the city with the Misses Shaw, William street.

Dr. and Mrs. J. A. Belch, visiting Mrs. James Reid, Princess street, left for their home at Syracuse, N.Y., today.

The marriage of F. M. Gibson, son of Sheriff and Mrs. Gibson, Picton, to Miss Pauline Grace Weir, daughter of Dr. A. S. Weir, was solemnized at Owensboro, Ky., on August 2nd.

On Saturday, July 31st, at the First Methodist parsonage, Rev. V. H. Emory united in marriage Lewis Minaker, South Marysburgh, to Amelia A. Wycott, Picton.

Amusements.

LAKE ONTARIO PARK

TO-NIGHT And every Night at 8.30.
MATINEE, WEDNESDAY, AT 3.30.

BIG FREE SHOW

VAUDEVILLE

Moving Pictures, Illustrated Songs. Pictures changed on Monday, Wednesday and Friday.

WEDNESDAY, CHILDREN'S 1 CENT DAY ON CARS.

BIJOU

TO-DAY AND THURSDAY.

2—CORKING DRAMAS—2

"PAT CORNER, THE MASTER DETECTIVE." A splendid drama, showing safe-breakers tunnelling their way beneath a bank—The Drinking Keg—The Bogus—Blindman—The Subterranean Tunnel—The Secret Vaults—Safebreakers at Work—Into the Money Vaults—On the Trail—The Secret Door—Bound and Gagged—The Dynamite Explosion—Other Great Scenes.

"A WOMAN OF THE PEOPLE"—Great Drama—The Mill—A Working Girl's Love—The Tempter—Punished—Discharged—A Villain's Repentance—Betrother—The Fire—A Noble Girl's Generosity—The Great Fire—Rescued From Ruin.

Hear James Douglas Bankier, in Illustrated Songs.

Str. America

BULLETINS:

TUESDAY—2.30 p.m., Tours the 1,000 Islands. Fare, 50c.

THURSDAY—2.30 p.m., Tours the 1,000 Islands. Fare, 50c.

FRIDAY—8.00 a.m., for Gananoque, Brockville and Ogdensburg. Fare, 50c. return.

SATURDAY—2.30 p.m., Tours the 1,000 Islands. Fare, 50c.

SUNDAY—Regular trips to Cape Vincent, 7.30 a.m. and 2 p.m. Fare, 50c. return.

MEALS ON ALL TRIPS.

DON'T READ THIS!
The People's Observation STR. STRANGER
CAPT. HAMMOND.
FOR KINGSTON MILLS

Every Monday, Wednesday and Friday, from Swift's Wharf, at 10 a.m. and 2 p.m. Returning in time for tea. Commencing Monday, August 2nd, until further notice. Fare, the same as usual, 25c. round trip. Plenty of deck room, no crowding. Str. leaves daily, except Sunday, for Gananoque: Monday, Wednesday and Friday, at 6 p.m.; Tuesday, Thursday and Saturday, at 8.30 p.m. Excursion every Saturday, one hour in Gananoque. Returning, at 9.30 p.m. Round Trip, 50c.

RISE OF THE United Empire Loyalists

An Informing Sketch of American History, Valuable for Libraries and Research.

By VISCOUNT DE FRONSAC.

Price, 50c.

Address British Whig, Kingston.

NOTICE

The smallpox fight is on. Meeting of all interested will be held at Iroquois Hotel, on WEDNESDAY EVENING, Aug. 4th, at 8 p.m.

ALBERT COLLEGE

BELLEVILLE, ONT.

Over 300 Students enrolled annually, ½ of whom are young ladies.
LITERARY. 52 STUDENTS wrote this year on Departmental and University exams! Senior Leaving 10! Junior Leaving 10! Senior Matriculation 6! Junior Matriculation 23! Commercial Specialist 2! Scholarship 1! Splendid science Laboratories.
MUSIC. Full conservatory and University courses are provided in vocal and instrumental Music Harmony, etc. New pipe-organ recently added. Piano and Vocal Departments in charge of male teachers of experience and ability. Over 300 certificates awarded.
FINE ARTS, ELOCUTION, PHYSICAL CULTURE, DOMESTIC SCIENCE, COMMERCIAL and Literary courses in charge of Specialists.
The College provides a two-story brick gymnasium and a five acre Athletic ground.
Will reopen Tuesday, Sept. 7, 1909.
For illustrated calendar address Principal Dyer, D.D.

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.

The People's Forum

CONDENSED ADVERTISING RATES

First insertion 1c. a word. Each consecutive insertion thereafter half cent a word. Minimum charge for one insertion, 25c.; three insertions, 50c. six, $1; one month $2.

WANTED—HELP.

GOOD OPPORTUNITY FOR SMART boy to learn Drug Business. Apply at Gibson's Red Cross Drug Store.

AGENTS WANTED TO HANDLE Remarkable money getter. Easy to sell. Easy to handle. Repeat orders at almost every House and Once. Write quickly. Thomas Manufacturing Co., P. O. Box 1,010, Montreal.

LEARN THE BARBER TRADE, NEW system, constant practice, careful instruction, few weeks complete course, tools free. Graduates earn twelve to eighteen dollars weekly. Write for catalogue. Moler Barber College, Queen and Spadina, Toronto.

YOUNG MEN TO LEARN AUTOMOBile business by mail and prepare for positions as chauffeurs and repair men. We make you expert in ten weeks; assist you to secure position. Pay big; work pleasant; demand for men great; reasonable; write for particulars and sample lesson. Empire Automobile Institute, Rochester, N.Y.

WANTED—GENERAL.

THE OPPORTUNITY TO FURNISH estimates on electric work. All kinds of work promptly done. F. J. Birch, Electrician, 206 Wellington street.

GENTLEMEN TO BRING THEIR cloth and have it made up into up-to-date suits. Price and workmanship guaranteed to please. Pressing and repairing done on the shortest notice. Thomas Galloway, 131 Brock St., next Bibby's Livery.

SITUATIONS WANTED.

BY AN EXPERIENCED HOUSEMAID. Private family preferred. Apply, stating salary, to 102 Queen St.

TEACHERS WANTED.

TEACHER, FOR S. S. NO. 1, SOUTH Fredericksburgh. Salary, $450. Apply Frank Van Dyck, Secretary, Conway, Ont.

TEACHER, FOR S. S. NO. 2, PALmerston. Apply, stating salary and qualification, to Jas. A. Miller, Ompah, Ont.

TEACHER, FOR S. S. NO. 3, STORrington. State salary expected. Apply Andrew McCallum, Sec.-Treas., Sunbury, Ont.

TEACHER, FOR S. S. NO. 10, STORrington. Duties to commence August 16th. Apply to Henry Scott, Secretary, Box 68, Battersea, Ont.

A FEMALE TEACHER, FOR SCHOOL Section No. 12, Hungerford, to begin after holidays. Answer, stating salary and qualifications, to James Brown, Secretary, Box 14, Marlbank P. O., Ont.

PERSONALS.

HAIR, MOLES, BIRTHMARKS warts, etc., removed permanently without scar. Twenty years' experience. Dr. Elmer J. Lake, Eye, Ear, Nose, Throat and Skin Blemish Specialist, 258 Bagot street.

FINANCE AND INSURANCE.

O. S. KIRKPATRICK, FIRE, MARINE and Motor Insurance, 42 Clarence St., Kingston. 'Phone, 568.

GEO. A. BATEMAN, AGENT FOR THE Pacific Coast Fire Ins. Co., members of the board of underwriters. The Homouski, Established 1876. The York and Economical Mutuals, 67 Clarence St., Kingston. 'Phone, 396.

LIVERPOOL, LONDON AND GLOBE Fire Insurance Company. Available assets $51,187,215. In addition to which the policyholders have for security the unlimited liability of all the stockholders. Farm and city property insured at lowest possible rates. Before renewing old or giving new business get rates from Strange & Strange, Agents. 'Phone, 325.

ARCHITECTS.

ARTHUR ELLIS, ARCHITECT, office and residence, 181 University Ave.

HENRY P. SMITH, ARCHITECT, etc., Anchor Building, Market Square. 'Phone, 345.

WM. NEWLANDS & SON, ARCHItects, etc., Office, 258 Bagot street. 'Phone, 608.

POWER & SONS, ARCHITECTS, MERchant's Bank Building, corner Brock and Wellington streets. 'Phone, 212.

LOST.

PEARL CRESCENT BROOCH, AT Lake Ontario Park, or on Street Car, on Monday night. Reward for return to Whig office.

LADY'S COAT, COLOR FAWN, ON Friday, July 30th, along University Avenue, through Queen's University Grounds, Stuart St., around course City Park, Emily St., through Macdonald Park, King, O'Kill, George, Stuart, Lower Gordon, King Sts., to Alwington Avenue. Call at 115 Brock St., for reward.

TO-LET.

SUMMER COTTAGES, ON THE ST. Lawrence, furnished. McCann, Brock Cor. King street.

ONE REAR ROOM OFFICE, AT 84½ King street. Will be rented cheap J. P. Forrest, Gents' Furnisher.

DWELLINGS, FURNISHED AND UNfurnished, Stores, Storage for Furniture, etc. McCann's, Brock, Cor. King street.

BARGE STONE BUILDING, ON ONtario street, known as Ontario Hotel, suitable for boarding house. Apply to D. J. Millan, Cor. Ontario and Princess Sts.

DENTAL.

SPARKS AND SPARKS, DENTISTS 230½ Princess St., Kingston. 'Phone, 846.

DR. C. C. NASH, DENTIST; DR. M. J. Gibson, assistant, 183 Princess street. 'Phone, 735.

DR. W. R. GLOVER, DENTIST, D.D.C. Certificate, office ground floor, corner King and Johnson Sts., opposite St. George's Cathedral. 'Phone, 911.

OSTEOPATHY.

ROBERT GARSIDE ASHCROFT, D.O., Edna Earle Ashcroft, D.O., graduates of the American School of Osteopathy Kirksville, Missouri, 405 Princess street. 'Phone, 447. Office hours, 9 to 12 a.m., 2 to 5 p.m. Outside treatments by appointments.

HOTELS AND RESTAURANTS.

HUB HOTEL RESTAURANT NOW open. Service A-La Carte, open day and night. Up-to-Date service, at popular prices. Private dining room. Entrance on King street, next to Gibson's Drug Store. Con. Haag, Prop.

YOUNG COUPLES

are now looking for homes. If you have any nice houses for sale or to rent, better advertise them in the British Whig. Your chances of disposing of them are better through that course than any you could adopt, because it goes without saying they will be consulting its columns to tell them of the most likely houses.

FOR SALE

GASOLINE, 16c. YACHT CLUB YARD.

ANTIQUE WALNUT SOFA, $30, ALSO a Black Walnut Sideboard, costs $45, for $18, at Turk's, 'Phone, 705.

A NEW NINE ROOM AND W. C., frame dwelling, in good location, particulars at H. Watts, 107 York St.

SIX-ROOM AND W. C., FRAME DWELling, in good location. Particulars, at Godwin's Insurance Emporium.

BILLIARD TABLE, A. 1, CONDITION, practically new, formerly pool table; can be used for either. Set of pool balls, cues, racks and rests. Address Box "M. G.," care Whig office.

LUMBER: 8,000 FEET SOFT ELM, 1 inch; 8,000 FEET elm, 2 inch; 8,000 ft. white basswood, 1 inch; 50 tongues; 20 maple axles, 4 inch x 6 inch. Apply J. H. Babcock, Odessa, Ont.

FRAME DWELLING IN FIRST-CLASS condition, a choice property on York St., modern, good location. A quick buyer may secure this splendid home cheap. Apply to T. J. Boon, 159 Wellington street.

TWENTY-THREE FOOT MOTOR BOAT, beam 5 feet 10 inches, six horse power, Gray motor. Capacity from twelve to fourteen people. A good family boat. Near fast. Price, $300. D. J. Hay, 126 Clarence St.

BOATS OF ALL DESCRIPTIONS, Gasoline Engines, from $40, large 5 inch bore Palmer Engine a bargain. Agents for the Lockwood-Ash Engines. Call and see them at Coward's Boat Works, near Cotton Mill.

SPEEDY, ROOMEY GASOLINE launch, 26 ft. x 4 ft., with 2 cylinder, 8 h.p. motor speed of 12 miles an hour. Wicker chairs, lights, etc., good as new. Will sell at sacrifice price. Address Box 63, Whig office.

CARPENTERS AND BUILDERS.

DROP A CARD TO CHAS. W. KELLAR Carpenter and Builder, 255 Division St., for reasonable prices on all kinds of jobbing, all work done promptly.

LEGAL.

A. B. CUNNINGHAM, BARRISTER and Solicitor, Law Office, 79 Clarence St., Kingston.

TIGHT COLLARS DANGEROUS.

They May Help to Cause Prostration in Hot Weather.

One of the most common causes of hot weather discomfort; and danger too for that matter, is the tight neckband. Passing up and down the sides of the neck are two very important arteries, the carotids, and two large veins, the jugular veins. The carotid arteries carry blood up to head, while the jugular veins convey it back to the heart.

As elsewhere in the body the arteries are situated under the muscles and so are partly protected from pressure says a writer in Outing. The jugular veins, however, are quite near the surface, and a slight degree of pressure upon them is enough to impede the flow of blood away from the head.

This retention of blood in the head is a frequent cause of that headache peculiar to hot weather where the headache is accompanied by flushed face and feeling of fullness, often with buzzing in the ears. This condition is always present in heat prostration.

Now the tight neckband and the tight collar make pressure just over the jugular veins, and so by preventing free escape of blood from the head often produces heat headache and other discomforts as well as add to the risk of heat prostration. The neckband of the summer shirt then should be loose and the collar low and easy fitting.

As a rule you can form a fairly accurate opinion of what your neighbors think of you by what they say of others.

A woman says that parting may be a sweet sorrow if the alimony is satisfactory.

Established 1866.

"We Guarantee Every Load."

Figure It Out

Coal is expensive. Consider quality first when placing your order. The real saving is here.

Swift's.

Creamalt Contest.

Creamalt Bread is here and its popularity has been truly marvelous.

If you have been observant you will notice a little football label on the bottom of every Creamalt loaf.

To the boy or girl in Kingston saving the most Creamalt labels by Dec. 20th, we will give a prize of $10 in gold. To the one bringing in the second greatest number we will give a prize of $5.

The boy or girl who starts saving now has the best chance.

Entrance slips to the contest may be obtained free from Lackie, the Baker.

In our window we will give results of contest week after week.

J. J. LACKIE, PRINCESS ST.

Baseball On Tuesday.

National League—New York, 7; Cincinnati, 6. Pittsburg, 9; Brooklyn, 1. Chicago, 7; Boston, 1. St. Louis, 5; Philadelphia, 1.

American League—Boston, 2-8; Detroit, 1-7. New York, 5-3; St. Louis, 4-7. Philadelphia, 2-10; Chicago, 1-4. Cleveland, 6-2; Washington, 0-1.

Eastern League—Toronto, 3; Providence, 1. Newark, 5; Buffalo, 1. Montreal, 2; Jersey City, 1. Rochester, 3; Baltimore, 1.

Harry Walker, a G.T.R. locomotive foreman, Brockville, has resigned to accept a similar position in Costa Rica, Central America.

Loose-leaf and all other kinds of binding done at Whig office. Customers tell us that our prices are very moderate.

Donald McConnell, St. John's Industrial school, Toronto, was accidentally drowned.

The Detroit river tunnel is nearing completion.