

TRAVELLING
GRAND TRUNK RAILWAY SYSTEM
HUNTERS' EXCURSIONS
 Round trip tickets at **SINGLE FARE**
 October 15th to 31st to points in
 Tomaguan, Quebec, New Brunswick, Nova
 Scotia and Maine.
 October 21st to 31st to Muskoka
 Lakes, Midland, Lindsay,
 Cobocook and other Hunter's resorts.
 All tickets good to return until Decem-
 ber 4th.

LOW RATES TO PACIFIC COAST
 One way colonist tickets on sale daily,
 Sept. 15th to Oct. 15th, at following
 rates:
 Spokane, Wash. \$45.10
 Vancouver, B.C. \$47.05
 Victoria, B.C.
 Seattle, Wash.
 Portland, Oreg.
 San Francisco, Cal.
 Los Angeles, Cal.
 San Diego, Cal.
 Mexico, City, Mex.
 For full particulars, apply to J. V.
 HANLEY, Agent, Corner Johnson and
 Ontario streets.

KINGSTON & PEMBROKE RAILWAY
 IN CONNECTION WITH
Canadian Pacific Railway


Hunters' Excursion
 Round trip tickets at SINGLE FARE
 Oct. 13th to Nov. 6th, to all stations
 Mattawa to Fort Arthur, Temiskaming
 Northern Railway stations and points
 in Quebec, New Brunswick and Nova
 Scotia.
 Oct. 21st to Nov. 6th, to stations
 Sudbury to S. S. Marie, Havelock to
 Shantou Lake, Lindsay Branch, Severn
 to North Bay. All tickets good to re-
 turn until Dec. 4th, 1909.

Low Rates to Pacific Coast
 One way colonist tickets on sale daily,
 Sept. 15th to Oct. 15th at following
 rates:
 SPOKANE, WASH. \$45.10
 VANCOUVER, B.C. \$47.05
 VICTORIA, B.C.
 SEATTLE, WASH.
 PORTLAND, OREG.
 LOS ANGELES, CAL.
 SAN FRANCISCO, CAL.
 SAN DIEGO, CAL.
 MEXICO CITY, MEX.
 Full particulars at K. & P. and C. P.
 R. Ticket office, Ontario street.
 F. GOSWAR, Gen. Pass. Agent.

RAY OF QUINTE RAILWAY.
 Train leaves on station, Ontario
 street, & runs daily (Tuesday excepted)
 for Tweed, Sydneyham, Napone, Deser-
 on, Bennoeburn and all points north.
 To secure quick despatch to Bennoeburn,
 Maynooth, and points on Central
 Ontario, route your shipments via Bay
 of Quinte Railway. For further particu-
 lars, apply R. W. DICKSON, Agent,
 Phone No. 8.

**CRUISE OF THE "ARABIC" to the
 HOLY LAND and
 EGYPT**
 Sails Jan. 20, 1910, for 73
 Days, costing \$400 and up.
 Including all necessary Expenses.
 Cruise Dept., White Star Line,
 Toronto, or Agents.

A House In-Deed



is the house you'll get if you buy or rent
 from us. We are in the Real Estate busi-
 ness and buy, sell or exchange all kinds
 of town and country properties. We have
 plenty of desirable dwellings on our
 books and believe that you can select a
 bargain here if you are house-hunting.
 You will find us straight forward people
 to deal with.

Double Stone 10 rooms each, down in
 city, modern double house, new, west end
 city, modern single brick, 9 rooms, mod-
 ern single store, cheap, good situation.

Apply to
D. A. Cays
 57 Brock St.

Kellogg's Acid is Antiseptic

The Acid in Kellogg's
**Toasted Corn Flakes is
 Antiseptic, germicidal,
 and deadly to all disease
 producing germs, caused
 by impure foods you
 have been eating.**

Now you understand
 why the name on that
 delicious, appetizingly
 dainty Cereal Food you
 always wished for
 should be

COAL!
 The kind you are looking for is
 the kind we sell.
SCRANTON
 Coal is good coal and we guar-
 antee prompt delivery. Phone,
 133.
Booth & Co.,
 FOOT WEST STREET.

For Pickling
 We can supply you with strictly
Pure Spices
 Whole or ground, also Pure Vinegar.
D. COUPER,
 Dealer in Pure Food Groceries,
 Phone, 76. 841-3 Princess St.
 PROMPT DELIVERY.

WM. MURRAY, Auctioneer
 Furniture Sales given special at-
 tention, County Sales of farms,
 stock, etc. have been my specialty
 for long years. If farmers want
 the high dollar, get my services.
 MARKET SQUARE.

**Gains 30 Pounds
 In 30 Days**

Remarkable Result of the New
 Tissue Builder Protone.
 Cases of Run-Down Men and
 Women.

Prove It Yourself By Sending
 Coupon Below For A 50c.
 Package, Free.



By George, I never saw anything like
 the effects of that new treatment, Pro-
 tone, for the building up of weight and
 nerve force. It acted more like
 a miracle than a medicine," said a well
 known gentleman yesterday in speaking
 of the revolution that had taken place
 in his condition. "I began to think that
 there was nothing on earth that could
 help me do it, but I tried Protone, diges-
 tive, heavy eating, diets, milk, beer, and
 almost everything else you could think of,
 but without result. I had been thin for
 years, and began to think it was
 natural for me to be that way. Finally
 I read about the remarkable processes
 brought about by the use of Protone, so
 I decided to try it myself. Well, when I
 look at myself in the mirror now, I
 think it is somebody else. I have put
 on just 30 pounds during the last month
 and never felt stronger or more 'nervy'
 in my life.
 Protone is a powerful inducer of nutri-
 tion, increases cell-growth, makes perfect
 the assimilation of food increases the
 number of blood corpuscles, and as a
 necessary result, builds up muscles and
 solid, healthy flesh, and rounds out the
 figure.
 For women who can never appear
 stylish in anything they wear because of
 their thinness, this remarkable treatment
 may prove a revelation. It is a beauty
 maker as well as a form builder, and
 nerve strengthener.
 It will cost you nothing to prove the
 remarkable effects of this treatment. It
 is absolutely non-injuring to the most
 delicate system. The Protone Company,
 1213 Protone Bldg., Detroit, Mich., will
 send to anyone who sends name and ad-
 dress, a free 50c. package of Protone,
 with full instructions, to prove that it
 does the work. They will also send you
 their book on "Why You Are Thin," free
 of charge, giving facts which will prob-
 ably astonish you. Send coupon below
 to-day with your name and address.

FREE PROTONE COUPON.
 This coupon is good for a free 50c.
 package (all charges prepaid). If
 Protone, the remarkable scientific re-
 covery for building up thin people,
 together with our free book telling
 why you are thin, if sent with ten
 cents in silver or stamps to help
 cover postage and packing, and as
 evidence of good faith, to
 The Protone Company, 1213 Pro-
 tone Bldg., Detroit, Mich.
 Name.....
 Street.....
 City.....

Kellogg's Acid is Antiseptic

The Acid in Kellogg's
**Toasted Corn Flakes is
 Antiseptic, germicidal,
 and deadly to all disease
 producing germs, caused
 by impure foods you
 have been eating.**

Now you understand
 why the name on that
 delicious, appetizingly
 dainty Cereal Food you
 always wished for
 should be

10c. Kellogg's Made in Canada
Toasted Corn Flakes

KILL THE DANDRUFF GERM.
 Or Your Hair Will Fall Out Till
 You Become Bald.

Modern science has discovered that
 dandruff is caused by a germ that dig-
 up the scalp in scales, as it burrows
 down to the roots of the hair, where
 it destroys the hair's vitality, caus-
 ing falling hair, and ultimately bald-
 ness. After Prof. Unna, of Hamburg,
 Germany, discovered the dandruff germ
 all efforts to find a remedy failed un-
 til the great laboratory discovery was
 made which resulted in Newbro's Her-
 pacide. It alone of all other hair pre-
 parations kills the dandruff germ,
 without dandruff hair grows luxuriant-
 ly. "Destroy the cause, you remove
 the effect."
 Sold by leading druggists. Send 10c.
 in stamps for sample to Newbro's Her-
 pacide Co., Detroit, Mich. \$1 bottles guaran-
 teed. G. W. Mahood, special agent.

SANTAL-MIDY
 Standard remedy for Gleet,
 Gonorrhoea and Runnings.
 IN 30 DAYS Cures Kid-
 ney and Bladder Troubles.

Wah Long's Laundry Removed
 From 73 Clarence St., to 155 Wal-
 lington St., between Brock and Clarence
 Sts. Best laundry in the city. Goods
 called for and delivered.

THE SPORT REVIEW
**MORE POINTERS FOR RUG-
 BY PLAYERS.**

**Blocking and Making Holes—Pitts-
 burg Wins National Baseball
 League Pennant Four Times in
 Nine Years.**

Strong, active linemen can disor-
 ganize an offense in Rugby. Often
 they tackle the runner or block the
 wings so he is tackled before the line
 of scrimmage is reached. Breaking
 through does not necessarily depend
 upon brute strength. Mental ability,
 skill in avoiding attempts to block
 and rapidity of movement are neces-
 sary.

A defensive forward should aim to
 keep his opponent at arm's length un-
 till the ball is snapped. The defense
 may use hands and arms and should
 employ this advantage. Usually the
 line charges when the ball is put in
 play, arms stiff and body low. The
 opposition is brushed aside and the
 runner is unprotected. Another plan
 is to grasp the outside arm, when the
 referee isn't looking, when the oppo-
 nent will pull back, jerking his arm
 low he may be caught by the head
 and pushed or pulled either way.

Forwards should vary the attack.
 It is necessary to get the jump on the
 other fellow. Don't charge too high.

Learn to block and prevent the op-
 position getting at your backs.
 Either shoulder or hip can be used,
 and both have variations. Blocking
 with the arms borders on holding. To
 block effectively one must remain
 close to the man he is blocking.
 Knowing by the signal where the play
 will go the blocker has an advantage
 over the other fellow, which is of
 value.

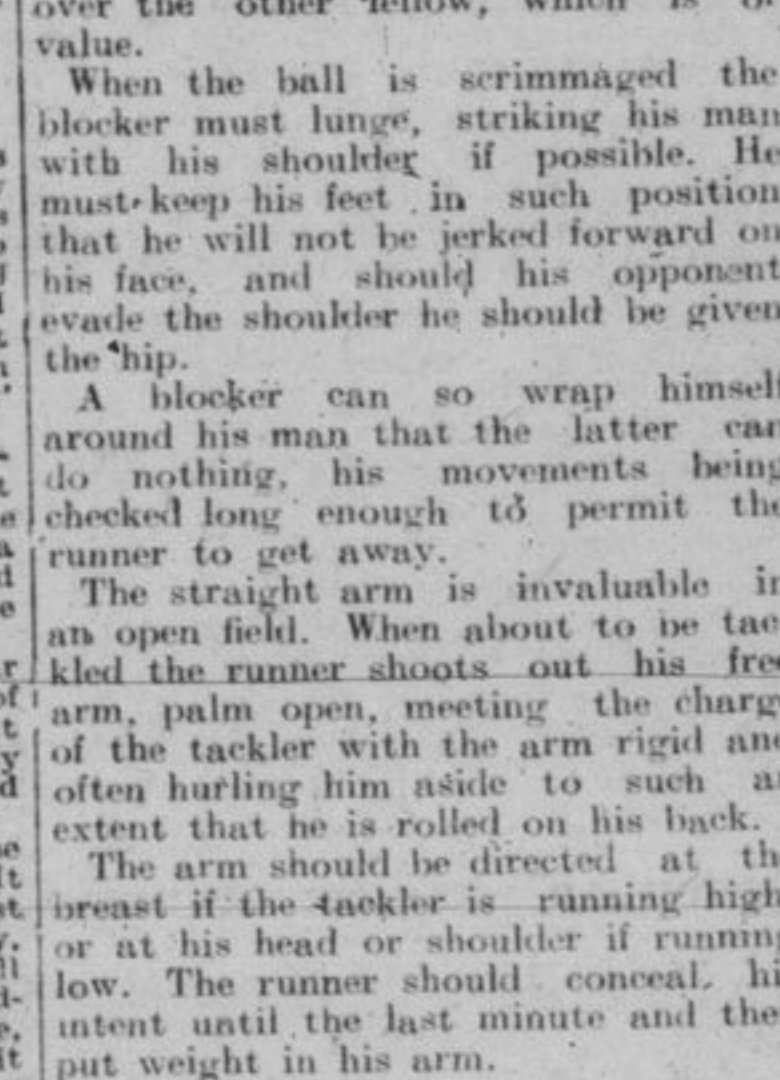
When the ball is scrimmaged the
 blocker must lunge, striking his man
 with his shoulder if possible. He
 must keep his feet in such position
 that he will not be jerked forward on
 his face, and should his opponent
 evade the shoulder he should be given
 the hip.

A blocker can so wrap himself
 around his man that the latter can
 do nothing, his movements being
 checked long enough to permit the
 runner to get away.

The straight arm is invaluable in
 an open field. When about to be tack-
 led the runner shoots out his free
 arm, palm open, meeting the charge
 of the tackler with the arm rigid and
 often hurling him aside to such an
 extent that he is rolled on his back.

The arm should be directed at the
 breast if the tackler is running high,
 or at his head or shoulder if running
 low. The runner should conceal his
 intent until the last minute and then
 put weight in his arm.

WHIG'S FASHION HINT.



University of Wisconsin baseball
 team beat Waseda University in Ja-
 pan by 7 to 5.

In the Inter-collegiate Rugby series,
 Varsity plays Queen's and Ottawa
 College meets McGill next Saturday.
 "Moon" Lee, of last year's Varsity
 team, is in Vancouver. He is playing
 with the Roving Club's team, of that
 city.

St. Thomas baseball enthusiasts are
 arranging to give Umpire Emslie a re-
 ception on his return from the seat of
 war in the National League this fall.
 It is the twentieth year of Emslie's
 umpiring.

Smiling "Bill" Donovan is being
 groomed for the Pirates, as Hugh
 Jennings figures that the veteran has
 both the nerve and the arm to make
 a killing next week on Barney Drey-
 fus' new ball park.

The Pittsburg Pirates are the best
 hitting team in either major league,
 having 1,282 singles to their credit,
 including 204 doubles, 88 triples, and
 24 home runs, and is second in field-
 ing, Chicago being first.

Jeffery's upper arm is one inch
 longer than Johnson's, which gives a
 far greater ratio of speed. Also the
 breadth of shoulders compared with
 Johnson's gives him greater power,
 especially when reimbursed by the
 depth of chest, as is Jeffery's.

Hans Holmer, of Quebec, defeated
 St. Yves, the French Marathon run-
 ner, in Montreal on Saturday at the
 National grounds. The race was the
 full Marathon distance, but St. Yves
 was unable to finish. He gave up in
 the twenty-third mile, dropping to the
 ground from sheer exhaustion.

Pittsburg won the National Baseball
 League pennant in 1901, 1902, and
 1903, this being the fourth time, and
 giving Manager Clarke the distinction
 of being the only man in the National

REPORTS FROM STELLA.

**The Orangemen Build an Addition
 to Victoria Hall.**

Stella, October 4.—During a heavy
 thunderstorm on Thursday, Sept. 23rd
 Flannigan's barn, Emerald, was
 struck by lightning and totally de-
 stroyed, together with the season's
 crops. He lost his horses and
 some pigs. His clothing took fire
 while trying to get a stall out of the
 burning building. His loss is partly
 covered by insurance. G. Howard has
 purchased the sloop Fleetwing and
 has commenced carrying freight to
 and from Kingston.

Mr. and Mrs. A. E. Howard intend
 taking in the excursion to New York
 on Oct. 5th. Hugh Marshall, King-
 ston, has moved to the Island, where
 he intends farming on the south shore.
 Threshing is about completed. Po-
 tatoes and apple picking are in or-
 der. The silos will be filled with
 corn next week if the weather is fine.
 J. Richards' silo was blown down
 some time ago during a heavy wind-
 storm.

The Orangemen have built a kitchen
 to Victoria Hall, which will be very
 convenient for lunches and dinners.
 The people are sorry to learn that
 Rev. J. E. Lindsay is about to leave
 for Carberry, Manitoba. Visitors:
 Mr. and Mrs. R. Fleming, Kingston
 Mills.

Still Newer Styles

We never rest on laurels won,
 however much they may be
 deserved.

We are constantly striving to
 better the service that we offer
 those who appreciate the finest
 in hand tailored garments.

Have you seen
 the new Fit-
 Reform creations
 in Fall Suits and
 Overcoats?

FIT-REFORM
CRAWFORD & WALSH
 Sole Agents for Kingston

**Emerald rod
 and Towel
 drier—found
 Only on Pandora**


**McClary's
 Pandora
 Range**

When a knife is dull a
 Pandora owner never
 wastes time hunting for
 a "steel." She just
 walks over to the
 emery rod attachment
 to Pandora, gives knife
 six or eight passes over
 the high-grade emery,
 which puts on the
 keenest kind of an
 edge.

This combined emery rod
 and towel drier is a patent
 attachment you cannot
 secure on any other range.
 Just one of the many im-
 provements that go to
 make Pandora the handiest
 range you can buy.

For Sale by Lemmon & Co.

**PURITY, BRILLIANCY
 AND UNIFORMITY**



CARLINGS
**ALE
 PORTER
 AND LAGER**

FALL FURNITURE

We are kept busy furnishing for stu-
 dent's coming.
 Bedding—Iron Beds, Spring and
 Mattress and Pillows.
 Dressers—White Enamel, Oak and
 Mahogany Dressers.
 Bookcases—Sectional Bookcases
 or Stationary Shelves.
JAMES REID
 Our Ambulance for private work
 The latest improvements. Electric
 Lights Marshall Sanitary Mattress
 Personal services.

Chocolates!
FRESH ARRIVAL GANONG'S CHOCOLATES
 1 lb. Fancy Boxes, 50 cents.
 " " " " 25 " "
 In Bulk put up to suit anyone, 50c per lb.
A. J. REES, 166 Princess St
 Phone 58.

**All Ready
 For His Bath!**

If the bath tub is a late, modern,
 porcelain lined one, 'twill indeed
 be a pleasure.

How about your home, Mr.
 Houseowner? Is it provided with
 a tub of late design, and is there
 in the bath room all the little
 comfort accessories that there
 should be?

Want to Talk
 With Us About It?
David Hall
 66 Brock St.
 Phone, 335.

**Men's
 Walking
 Shoes**

Good solid wear and real com-
 fort in our Men's Heavy Street
 Shoes. Built to wear and stand
 the walking which you will cer-
 tainly feel like doing when you
 wear them.

The best makes in all shapes
 sizes and widths are here. Easy
 to get a fit, easy shoes to wear,
 and hard to wear out.

The Frank W. Slater
 John McPherson
 At \$4.00, \$4.50 & \$5.00

H. Jennings King St

"Light in the Darkness"
 That is what we give.

Prompt in Electric & Gas Repairs
 Quick in Executing Contracts
 Reasonable Prices

Beautiful stock of Gas and
 Electric Fixtures.

H. W. Newman Electric Co.,
 79 Princess St.
 Phone, 441.

**Asphalt Roofing
 Gravel and
 Sand Surfaced**

**P. Walsh,
 Barrack St., Kingston**

EVERYBODY.
 Has stores to sell, but nobody
 can give that value that we can.
 We have all kinds, cheap for cash.
 We have all kinds of House Fur-
 nishings, from the lowest grades
 to the most beautiful Antique
 Furniture.
 Don't fail to come and see our
 stock before you buy elsewhere.

L. Lesse,
 Cor. Princess and Chatham Sts.,
 Kingston, Ont.

**Ignition Dynamos,
 Storage Batteries, Spark Plugs,
 Carburetors, Etc.**

TRY OUR DRY BATTERIES.

Turnbul Electrical Mfg. Co.
 Phone, 872. 873 Bagot St.

M. P. KEYS
 Antiseptic Barber Shop
 Hair Dressing and Shaving parlor,
 Three Chair. Quick service. Your pa-
 tronage solicited.
336 KING STREET
 Next Door to Wade's Drug Store

Builders and Contractors

Use Sashweights made in King-
 ston at Angrove's Foundry.
 Special prices for large quantities.

When a farmer begins to call him-
 self an agriculturist it's a time for him
 to sell the farm and move to town.

CHARLES CHERRY AND ANNIE BUCKLEY.
 In "The Bachelor," at The Grand, on Saturday, Oct. 9th,
 and Night.