

TRAVELLING.

GRAND TRUNK RAILWAY SYSTEM

Canadian National Horse Show
TORONTO, APRIL 26 to 29th.
Round Trip Ticket will be issued, including one admission to the Horse Show, at \$5.40.

First Annual Horse Show
OTTAWA, ONT., MAY 5 to 7th.
Round Trip Ticket will be issued, including one admission to the Horse Show, at \$4.20.

Home-seekers' Excursions

TO THE CANADIAN NORTH-WEST
Tuesday, May 3rd, and every second Tuesday thereafter during the summer.
Tickets good for 60 days. For full particulars, apply to

KINGSTON & PEMBROKE RAILWAY

In Connection With
CANADIAN PACIFIC RAILWAY.
HOMESEEKER'S
To Western Canada
Low round trip rates good April 6th, 16th; May 3rd, 17th, 21st; June 14th, 28th, July 12th, 26th; Aug. 2nd, 23rd; Sept. 15th and 20th. Good for 60 days.

KINGSTON—OTTAWA.

Leave Kingston 12:01 p.m., arrive Ottawa 8 p.m.
Leave Ottawa 10:45 a.m., arrive Kingston 2:55 p.m.
Full particulars at K. & P. and C.P.R. Ticket Office, Ontario Street.

BAY OF QUINTE RAILWAY.

Train leaves Union Station, Ontario Street, 4 p.m., daily (Sundays excepted) for Cayuga, Rydenham, Napane, Deseronto, Hammondsburg and all points north. To secure quick despatch to Blackstock, Bay, Hammondsburg, and points on Central Ontario route your shipments via Bay of Quinte Railway. For further particulars, apply R. W. DICKSON, Agent, Thos. No. 2.

\$20.00 AND UP ROUND TRIP TO Bermuda

New Weekly Service by 4,000-Ton R. M. S. P. "ORONTAVA."
Wireless Telegraphy—Blitz Keels.
From New York every Wednesday.
Five 5th, North River, 10 a.m.
Orchestra—High-class Cuisine—Electric Fans in all rooms.
SPECIAL TOURS OF 12 DAYS \$45

Spring and Summer Styles in Classic Footwear for Children

The Shoes are made of the best Calf and Dongolo Kid. We strongly recommend them to you. Made up in Shoes, ankle strap or pumps.

We want you to see for yourself how good they really are.

No changes in prices from last season.

H. Jennings, King Street.

Fix Up Your Lights

LET US
Fix Up Your Lights
AT THIS HOUSE CLEANING TIME.

Let us Wire your Home now.
We Clean and Tone Up Fixtures.
H. W. Newman Electric Co., 79 Princess Street. Phone 441.

HIGHEST GRADES

GASOLINE, COAL OIL, LUBRICATING OIL, FLOOR OIL, GREASE, ETC. PROMPT DELIVERY. W. F. KELLY, Chalmers and Ontario Streets, Toy's Building.

SKIN PURITY



Is Best Promoted by CUTICURA Soap and Ointment

The constant use of Cuticura Soap, assisted when necessary by Cuticura Ointment, not only preserves, purifies and beautifies the skin, scalp, hair and hands of infants, children and adults, but tends to prevent clogging of the pores, the common cause of pimples, blackheads, inflammation, irritation, redness and roughness, and other unsightly and annoying conditions.

Dealers: London, 27, Chatterhouse St.; Paris, 10, Rue de la Paix; New York, 15, N. 5th St.; Toronto, 10, Spadina Ave.; Montreal, 10, St. James St.; Boston, 10, State St.; Chicago, 10, La Salle St.; St. Louis, 10, N. 3rd St.; Philadelphia, 10, N. 3rd St.; San Francisco, 10, N. 3rd St.; Portland, 10, N. 3rd St.; Seattle, 10, N. 3rd St.; Tacoma, 10, N. 3rd St.; Vancouver, 10, N. 3rd St.; Victoria, 10, N. 3rd St.; Regina, 10, N. 3rd St.; Winnipeg, 10, N. 3rd St.; Edmonton, 10, N. 3rd St.; Calgary, 10, N. 3rd St.; Ottawa, 10, N. 3rd St.; Montreal, 10, N. 3rd St.; Quebec, 10, N. 3rd St.; Halifax, 10, N. 3rd St.; St. John's, 10, N. 3rd St.; Toronto, 10, N. 3rd St.; Montreal, 10, N. 3rd St.; Quebec, 10, N. 3rd St.; Halifax, 10, N. 3rd St.; St. John's, 10, N. 3rd St.



Sardines, 6 tins for . . . . . 25c
Sardines, 3 tins for . . . . . 25c
Sardines, 2 tins for . . . . . 25c
Salmon, . . . 10, 16, 20c per Tin.
Potatoes . . . . . 40c per Bag.
Apples 15, 20, 25, 30c per Pk.
Pure Milk and Cream delivered with milk wagons, also with grocery orders.

S. T. KIRK, 277-281 Princess Street, Phone 417, Agent for Asseltin's Yarn.

MOTHERS WHO HAVE DAUGHTERS

Find Help in Lydia E. Pinkham's Vegetable Compound

Winchester, Ind.—"Four doctors told me that they could never make me regular, and that I would eventually have dropsy. I would bloat, and suffer from bearing down pains, cramps and chills, and I could not sleep nights. My mother wrote to Mrs. Pinkham for advice, and I began to take Lydia E. Pinkham's Vegetable Compound. After taking one and one-half bottles of the Compound, I am all right again, and I recommend it to every suffering woman."—Mrs. MAY DEAL, Winchester, Ind.

Girls who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take immediate action to ward off the serious consequences and be restored to health by Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by its use.

FOR SCRANTON COAL, All kinds of Wood & Lumber, Try S. BENNETT & CO., Cor. Bagot and Barrack Sts., Phone 841.

EARLY RED RIVER DAYS

LORD STRATHCONA'S TRIBUTE TO THE SELKIRK SETTLERS.

Farmers on the Ten Chain Lots Along the River Did Most of Their Travelling by Water and Lived a Great Deal on Fish—Their Implements Were of the Oldest Description—Plants Were Used For Threshing.

For an account of the early growing times on the banks of the Red River one cannot do better than turn to that little book, "The Selkirk Settler in Real Life," by Rev. R. G. MacBeth, M.A., whose father was one of the people whose life the writer describes, says a writer in The Family Herald.

The introductory chapter of the book is written by Lord Strathcona, whose early years were spent in the Canadian West and who had personal experience of what Mr. MacBeth describes. One quotation will show the high esteem in which the Selkirk settlers were held by Lord Strathcona, who at one time practically lived among them.

The farms of the early Selkirk settlers fronted on the Red River, and in order that all might have a river frontage without being too widely scattered, the farms were only ten chains in width, extending back two miles. The owner of each lot had also the privilege of cutting hay over a certain area in rear of his land, and finally this area was annexed to his farm.

The original reaper was a heavy, crude affair. At its rear was a large platform on which a man stood when it was in operation, with the smaller grain in sheaves as it fell. The binding was subsequently done by hand. To put the reaper in or out of gear it had to be pried up by means of a fence-sail and the big wheel moved into or out of contact with the smaller cogged wheel. The threshing was done by means of flails and the grain was cleaned in the open air by whirling it about in winnowing riddles, or large land-sieves. The wheat was ground into flour by means of hand-mills. That flour made dark-colored bread, but it was sweet and exceedingly wholesome. The first windmill was put up at Point Douglas, now within the limits of Winnipeg, by the Hudson Bay Co.

When William Amhurst Tyssen-Amherst was raised to the peerage in the '60s, he had no sons but several daughters, all accomplished and all named Margaret after their mother. The eldest of these, who was married to Lord William Cecil of the Ezelet family, was granted special remainder to the barony, and on her father's death a few months ago became Lady Amherst of Hackney in her own right. She has four sons, but no daughters. The future succession is limited to heirs male.

In summer the farm stock ran wild on the prairies, the horses especially being out of control for months. Late in the autumn a general round-up took place, all the animals being brought in for shelter through the winter. Hay cutting in summer was a jolly affair, each farmer sending out his hall boys with their teams for days on the prairies where each party cut and stacked as much hay as their stock would require during the housing season. The prairies were practically great pasture and meadow commons upon which all had equal rights.

The settlement had its social customs some of which were quaint and primitive, and its social pleasures which were simple and unaffected, and in which all shared with heartiness and good will. As the farm houses were close together visiting back and forth was frequent. Hospitality was unbounded, and as no caste or color lines were drawn, not only was the white man made welcome, but the belated Indian, still far from his wigwam, was sure of a good supper and the warm corner by the chimney as a couch for his innocent sleep. Except in the evening time knocking at the door was dispensed with by near neighbors.

As a rule the marriages were celebrated in the church, all the guests driving there in a long procession while shot-gun salutes were fired from the farm houses along the road. The drive back from the church was the occasion for displaying fast horses and the speediest animals in the settlement were brought out for such events. There was only one limit placed on this speeding, and that was that no one was to be on the bridal party on pain of social ostracism.

It's easier for the average girl to tie a bow than it is for her to get herself tied to a bean.

PEERESSES AND THEIR HEIRS.

Many Notable Englishwomen Hold Titles in Their Own Right.

While so many women are agitating for their "rights" it is of interest to know that a great many of the gentler sex hold exalted positions in their own right in England, and do not derive their titles from their husbands. At present there are a number of peeresses in their own right—sixteen to be exact, the one whose peerage is of the greatest antiquity being Lady de Ros whose barony—the premier barony of England—was created by Simon de Montfort when, after the battle of Lewes he summoned Robert de Ros by writ in the King's name, to Parliament.

Lady de Ros was the only child of the late Lord de Ros, who died rather more than two years ago. Her husband is a brother of Lord Dartrey, and she has three daughters—the Hon. Mrs. Ross, the Hon. Maude Dawson and the Hon. Mrs. Wade Palmer. Having no brother, these ladies are co-heiresses to their mother's barony, for it is a peculiarity of English baronies by writ that primogeniture among females is ignored. All daughters are equal in obtaining the title until she becomes the sole heiress.

But this is not all. Mrs. Ross has two daughters and the barony may remain in abeyance until the descendants of the original co-heiresses have dwindled to one person. Because of this peerages have sometimes remained in abeyance for centuries. However, the King has a prerogative. He can at any time he chooses confer the dignity on any one of the co-heirs.

Two peeresses are minors, Lady Beaumont and Lady Clifton of Leighton Bromswold. The first Baron Beaumont was the grandson of John de Brienne, who held the glorious dignity of King of Jerusalem. After being in abeyance for more than 300 years the barony fell in 1840 to a Yorkshire Roman Catholic gentleman, Miles Thomas Stapleton of Carlton.

His son and successor married a daughter of the late Sir Charles Tompsett and when he died, fourteen years ago, he left a little girl, who was scarcely more than a year old. Less than three weeks later another girl was born. The barony was called out in favor of the elder child before she was two years old.

But Lady Clifton is the baby among peeresses in their own right. She was born at the beginning of 1900, and before she was twelve months old her father's death made her a peeress. Her presumptive heir is her uncle, Lord Darcey.

On the death of the late Lord Lovelace, three years ago, his only child, the great-granddaughter of Byron, became Baroness Wentworth in her own right. This barony has been held by baronesses more often than any other. It first conferred on Sir Thomas Wentworth, Chamberlain to Edward VI, and a connection of the family of the same name settled at Wentworth Woodhouse, near Sheffield, and now represented by Lord Fitzwilliam, it passed in course of time to Henrietta, the only child of the fifth baron, when she was a child of ten.

Born during the Commonwealth, she fell a victim to the glances of the Duke of Monmouth, her rents, her jewels and her credit were lovingly given to forward his plots for usurping the throne. From Henrietta, the barony passed to an aunt, who was succeeded by her granddaughter. After the lapse of more than a century it fell again to a baroness, who was none other than the widow of Byron.

Lady Cromartie is the only living peeress in her own right. The peerage was first conferred on her grandmother, Anne, Duchess of Sutherland, mother of the Duke of Sutherland and Mistress of the Robes in the '70s. Her Grace was a descendant of the Mackenzies, the old Earl of Cromartie, and the inheritor of their estates. At her death she was succeeded, in accordance with the terms of the patent, by her second son. The late Lord Cromartie died when his elder daughter was fifteen, and she had to wait two years before she was confirmed in the title. She married Major Blunt-Mackenzie, and has a daughter and two sons, Viscount Tarbat, the heir, is five.

NATURE TELLS YOU

As Many a Kingston Reader Knows Too Well.

When the kidneys are sick, Nature tells you all about it. The urine is nature's calendar. Any urinary trouble tells of kidney ills. Booth's Kidney Pills cure all kidney ills. Kingston people testify to this. J. Johnson, of 330 Brock St., Kingston, Ont., says:—"I would leave my bed a number of times each night. The urine was unmanageable, and the secretions were uncontrollable. The urine was highly colored and contained deposits of sandlike sediment. There was a dull, heavy pain across the small of my back, and if I would do my stooping or lifting I would scarcely be able to straighten myself up again."

This was my condition at times for over a year. I had tried numerous remedies with little or no relief. Booth's Kidney Pills were advertised at Mr. Mahood's Drug Store. I tried them and found them to benefit me. I continued their use and in less than one month the urinary disorders were regulated. My back strengthened and the pain left. I have not been troubled since and can recommend Booth's Kidney Pills highly. Sold by Dealers. Price 20 cents. Thos. R. T. South, 101, Fort Erie, Ont., Sole Canadian Agent.

AN UNNATURAL PASIT.

Man Never Was Intended to Stand or Sit Erect All of His Waking Hours.

According to medical men we don't recline enough, and as a consequence we are tired and "worn out" much of the time. All through the ages the nations that are untainted with the ways of the white man continue to crouch about their fires and gossiping places. The desert Arab sits at his ease half crouched at the door of his tent, eating his evening meal and watching his camels feeding in the grassy areas of the desert. When the meal is over he reclines against his high saddle and horse gear that he has at the tent door and smokes his hookah and contentedly watches the great, bright stars of the desert. He is not bothered over whether or not he is going to grow stooped or not, and ill to look upon. The Turcoman is still an unspoiled child of the sand wastes. When he rests he rests. With him, as with the Arab, the pull of gravity on the vital organs is checked by his habits of repose. They have never entered an unwholesome civilization that forbids them from taking their ease in public places.

The poor white man is forced to hold himself as nearly erect as possible every minute of the day. If he slouches at his desk the chief clerk admonishes him to remember that the office is not a lounging-room. If he loafs at his case back of the counter for a needed rest of a minute or so, he fractures some iron-clad rule, and a great many department store managers are careful to see that the processes of civilization are not checked in any degree by the girls who sell the ribbons and the lingerie sitting down for a moment. Everyone must be "right on their toes," and squarely and uprightly on them at that.

Consequently, the earth pull, the forces of gravity, begin to weigh on the workers like lead, late in the afternoons and evenings of the busier seasons. When the lad or lassie of six years is started into the schools a considerable portion of the teachers' time is spent in keeping them sitting bolt upright at their desks. To "rest them" they are marched around the room at regular intervals, all marching as nearly erect as they possibly can. The boy is given physical culture at nausom to keep him erect and straight. The girl is sent away to some finishing school for young ladies, where she finds that to slouch ever so little from the prescribed attitude is one of the seven deadly sins. And all the time the grip of the ancestor who walked on his hands and feet is pulling against the hardening of the unnatural habit.

ODDLY IDENTIFIED.

Scheme Used by Dorman at Theatre In Place of "Pass-Out" Checks.

When some years ago one of the doorkeepers at a London theatre retired from his draughty calling and was pensioned off by the management it appears that this old man in all the years of his service had never given a "pass-out" check to any one of the thousands of men who must have passed his doorway.

But he never made a mistake, says The London Mirror. No one entitled to return was ever refused, and no one could pass in at the end of the interval who had not passed out at the beginning of it.

The secret of the old man's success was a curious one. He depended on his memory in a very curious way. He did not remember the men by their faces, their clothes, their hats, their boots, or by any peculiarity of gait or appearance. Manifestly such a feat would have been impossible, for ordinary "pitties" are very much alike in these details.

He took the one detail on which men do differ and remembered them by that—he recognized them by their neckties.

gaze around you in the railway carriage as you are reading this article and ask yourself if there is any time in your life when you have not recognized your fellow passengers that you could remember well enough to recognize again in, say, an hour's time.

You will find there are very few people you could be sure of. There may be one old man with a large and conspicuous beard or a very young man with a pair of spectacles of unusual size, but nine out of ten have the same sort of hat, the same sort of clothes and the same sort of figure.

Legates in Luck.

Rich titled people sometimes have extraordinary strokes of luck. Recently Lord Fingall found that a Mr. Joseph F. Lynch, whom he had never seen, had bequeathed him \$30,000, without giving a reason for his amazing action.

Ninety-six years ago, a Mr. George Wright, who had lived in Kingston, Ontario, died, leaving all his landed estates to Lady Alibury, \$20,000 to Lady Rosslyn, \$30,000 to the Speaker, and \$5,000 to the Chancellor of the Exchequer. Mr. Wright was not personally acquainted with any of the legatees, but he cherished a hopeless passion for Lady Rosslyn, whom he had seen at the opera.

From the Forge to Westminster.

A Snake Cure.

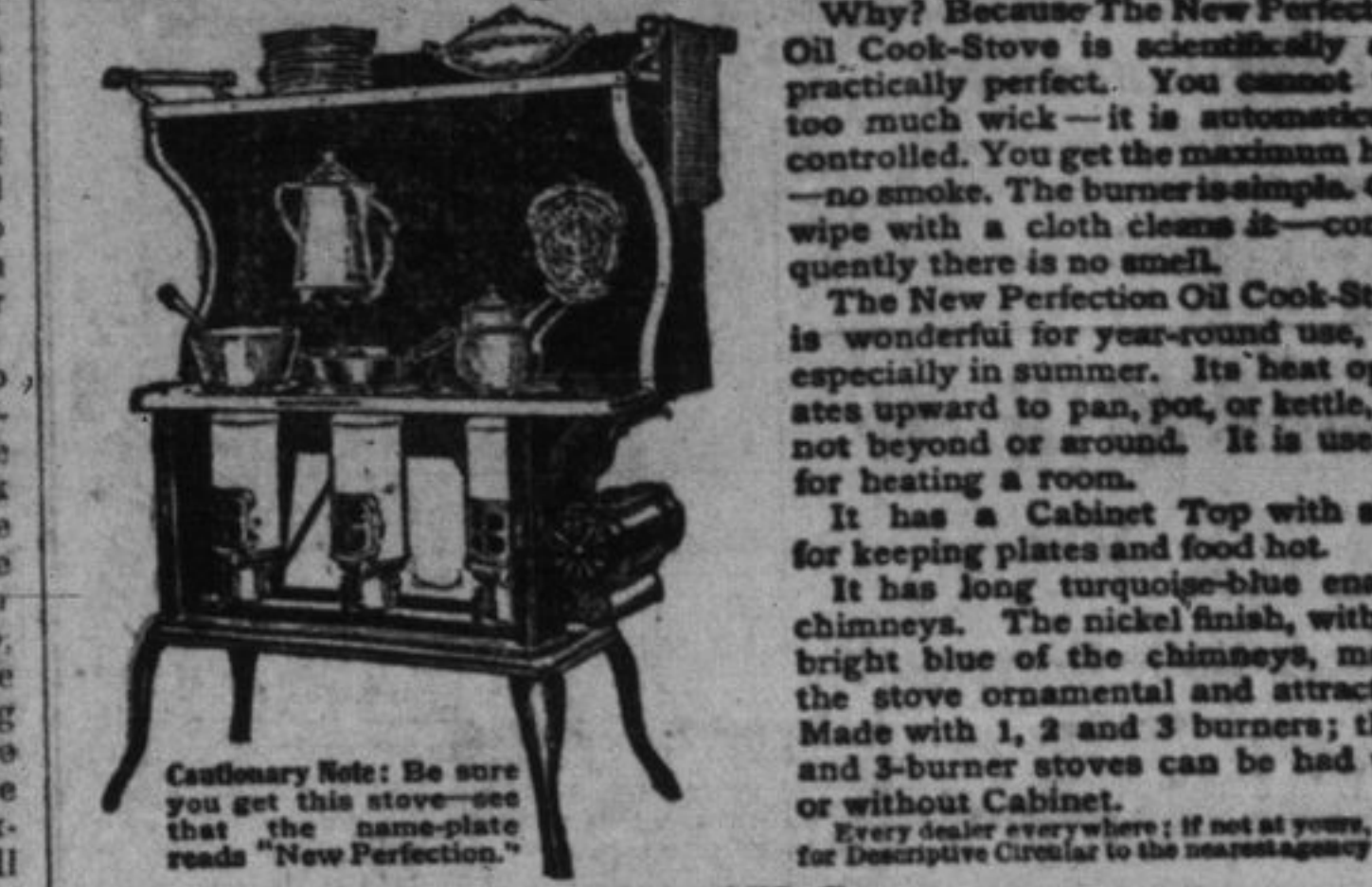
Chewing gum may not be a new habit, but most people would rather see you doing it than listen to you talk. If a girl can't marry her ideal she goes after some other girl's ideal.

Cook in Comfort

You no longer need wear yourself out with the weakening heat of an intensely hot kitchen. You can cook in comfort.

New Perfection Oil Cook-stove

entirely removes the discomfort of cooking. Apply a match and immediately the stove is ready. Instantly an intense heat is projected upwards against the pot, pan, kettle or boiler, and yet there is no surrounding heat—no smell—no smoke.



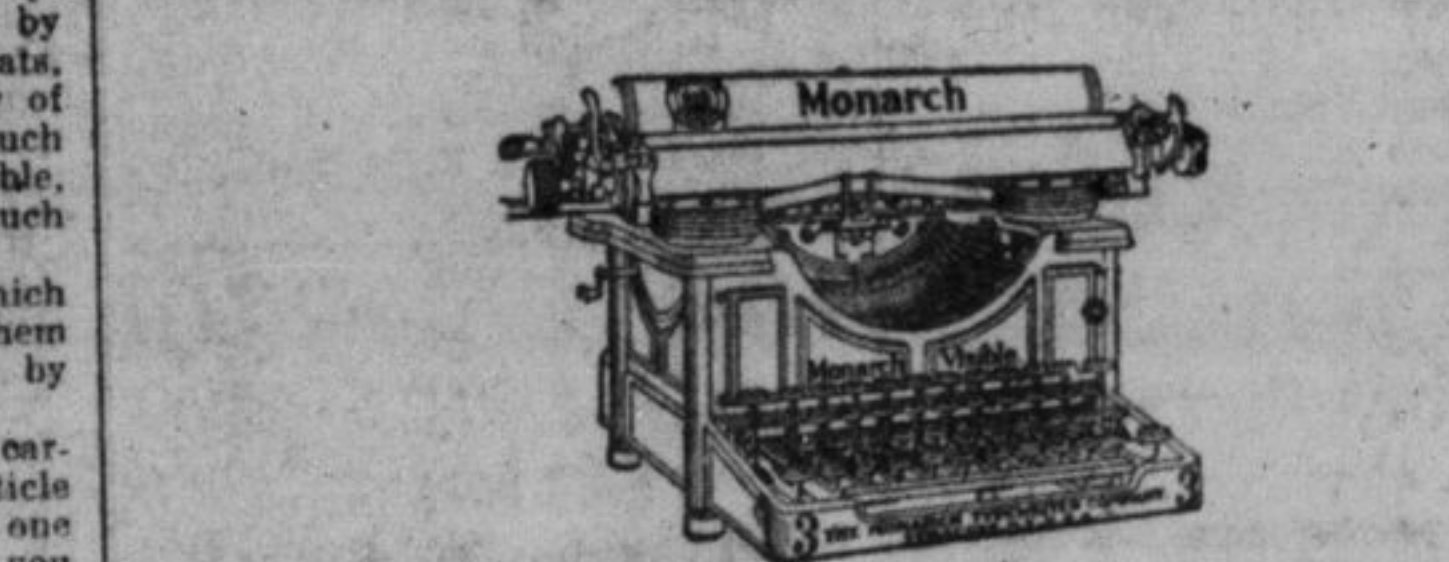
The Queen City Oil Company, Limited, Toronto.

Kellogg's

Buy Kellogg's and try Kellogg's—then you'll buy it again. You won't tire of it. There's the welcome toothsome in it, you'll like. With sugar and cream, Kellogg's is the daintiest morsel ever rolled under your tongue—with the healthful strengthening qualities your body ought to have. A dime will prove its worth.

TOASTED CORN FLAKES

AT ALL GROCERS. "THE SWEET-HEART OF THE CORN"



MONARCH

The name in the typewriter using world that stands for honesty of manufacture, perfection of mechanical principles, uncompromising durability, enjoyable ease of operation, and marvellous adaptability to all nature of office detail are considered as factors.

THE MONARCH TYPEWRITER COMPANY, LIMITED

98 KING STREET WEST, TORONTO. Kingston Representative, W. J. B. WHITE, 254 Bagot Street, Kingston.

TRISCUIT

Simply delicious with cheese or marmalade.

A wholesome luncheon, made from the whole wheat, steam-cooked, shredded and baked. Triscuit, the Shredded Wheat Wafer, is the food for health and strength.

ALWAYS READY TO SERVE. At all grocers, 13c a carton, two for 25c.

Brass Castings, Bronze Castings, Aluminum Castings.

WHITE FOR PRICES. THE CANADA METAL CO., LTD. TORONTO, ONT. Long Distance Phone, M.1728.