

The flavor, fragrance and deliciousness of



make it the favorite of all lovers of good tea.

Wah Long's Laundry First-class work guaranteed...

GRAND UNION HOTEL 1100 Broadway New York City

The Doctor's Question Much Sickness Due to Bowel Disorders.

A doctor's first question when consulted by a patient is, "Are your bowels regular?"

Recall Ordinaries are a positive, pleasant and safe remedy for constipation and bowel disorders in general.

Recall Ordinaries are eaten like candy, they act quietly, and have a soothing, strengthening, healing influence on the entire intestinal tract.

HOTEL DIRECTORY. Go to the STEWART HOUSE. Leading Commercial Hotel. Rates, \$1.50 per day.

GRAND TRUNK RAILWAY SYSTEM

REDUCED RATES—PACIFIC COAST. In effect from March 10th to April 10th inclusive.

TOURIST SLEEPING CARS. Leave Kingston for Chicago on Tuesdays, Thursdays and Saturdays at 7:45 a.m.

KINGSTON & PEMBROKE RAILWAY

CANADIAN PACIFIC RAILWAY

REDUCED FARES TO Pacific Coast

One way second class colonist tickets on sale daily March 10 to April 10th, at the following rates from Kingston:

SPOKANE, WASH. \$45.10 VANCOUVER, B.C. \$47.05 VICTORIA, B.C. \$47.05 SEATTLE, WASH. \$45.10 TACOMA, WASH. \$45.10 PORTLAND, OREGON \$45.10 LOS ANGELES, CAL. \$47.05 SAN FRANCISCO, CAL. \$47.05 SAN DIEGO, CAL. \$47.05 MEXICO CITY, MEX. \$47.05

Full particulars at K. & P. and C.P.R. Ticket Office, Ontario Street. F. CONWAY, Gen. Pass. Agent.

RAY OF QUINTE RAILWAY.

Train leaves Union Station, Ontario Street, 6 p.m. daily (Sunday excepted) for Toronto, Niagara, Niagara Falls, Ontario, Bannockburn and all points north.

ALLAN LINE Steamship Co., Ltd.

OPERATING THE FINEST FLEET OF PASSENGER STEAMERS ON THE ST. LAWRENCE ROUTE.

SUMMER SAILINGS.

Montreal to Liverpool ROYAL MAIL SERVICE.

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One class (moderate rate). Steamers calling at Havre, France.

For full particulars of Rates and Sailings, apply. J. P. HANLEY, C. S. KIRKPATRICK, G.T. Ry., or THE ALLAN LINE, 17 Yonge Street, Toronto.

THE FISHERS' PARADISE

BRITISH COLUMBIA SUPPLIES SPORT OR MONEY.

The Great Fretted Coast of the Pacific Province Has Everything From the Sardine to the Whale, and the Wealth That Swims Beneath the Waves is Almost Incalculable.

"If it's sport you want, good fishin' and huntin', you'd best come back with me."

The speaker was a fisherman from British Columbia, a man who had his sport and earned his bread in a little fishing smack on the Fraser River and along the Pacific coast. He had come back east to see "the folks," and they had expected him to stay, but he would not, no, not yet.

Many a tourist who has visited the Pacific coast and who has been fortunate enough to see the fishing boats leave Silexton on a Sunday evening will understand the desire of the fishermen to return to the life that would always be a-calling him.

Although fishing is spoken of as one of the leading industries of British Columbia, and there are some twelve thousand men engaged in fishing and in the canneries, the fringe of the industry has not yet been cut.

The reason that the salmon has fallen such an easy victim to man is due to its habits, and, by the way, the name salmon does not properly belong to any fish in the Pacific.

The sock-eye or blueback salmon is commercially the most important fish in British Columbia, and, like the other kinds of salmon, it generally deposits the spawn in lake fed or lake feeding streams, the first of the run pushing up to the extreme head waters.

As soon as the spawn is deposited the fish die, both male and female. Some mad impulse urges them on until they fulfill their mission in life, and then maybe they hear the call to the "fishes' paradise" where men do not fish.

No one has yet been able to tell the life history of the young. It is not known how long they live in the fresh water before going out to sea, nor is anything known of their feeding grounds in the salt water.

Fishermen claim that fish have been marked in the big year when on their way back to the ocean and that the same fish have been caught the fourth year after.

A peculiar thing about the salmon is the distortion of the heads of the males undergo when going up the rivers. The dog salmon and the humpback get their names because of this distortion.

British Columbia cannot help having a large fishing industry for it has a coast line, including Vancouver Islands and the Queen Charlotte Islands, of 15,000 miles, protected from the ocean storms by thousands of islands and all the coast waters are teeming with life.

Henry Floyd, remanded at Wilkesden, Eng., on a charge of embezzlement, had not been in bed for twelve months. No one has quite sinned away the day of grace who remembers that there is such a day.

DRIVING OUT DISEASE DEVIL.

Ceremony of Mangs, One of Lowest Indian Castes.

One of the lowest castes in India is the Mang, concerning whom a writer says: "Of all the practices in which the Mangs have a part perhaps the most significant is that which has reference to ceremonies of 'ridance' in connection with epidemics."

"A male buffalo, purchased by the contributions of the village, is led to the temple of Mar Ai, the goddess specially associated with epidemic diseases. A Mang woman is then dressed to represent the goddess, red paint is applied to her forehead and the horns and flanks of the buffalo and a procession is formed, headed by the woman and by the buffalo, which is usually led by Mangs.

"The buffalo is cut with a sword and a hole is pierced in one after another of the jars, so that as the procession circulates the village its passage is marked by a trail of blood and of the liquid droppings from the jars. On reaching once more the temple of the goddess the buffalo is killed and the woman, who all the time is forbidden to look behind her, drinks of its blood. The head of the buffalo is then buried before the goddess."

Friend of Kings.

Lord Farquhar, who, as chairman of the League of Mercy, has received a letter from King George expressing his interest in the good work which the League is doing was for many years King Edward's adviser on all matters relating to His Majesty's private, financial, and business affairs.

The fact that just before the end of the session, Hon. Mr. Haldane celebrated the twenty-fifth anniversary of his Parliamentary connection with East Lothian is a reminder of the long career of the British House of Commons whose career at Westminster dates back to the 'eighties.

Flower, March 4.—Wilfred Jackson has returned from the west, where he was working since fall. Mrs. Armstrong, Arrprior, was the guest of Mrs. James Love for a few days this week.

Well to do is he who does well.

INFANTILE PARALYSIS

A Germ Disease Which is Baffling the Doctors and Alarming the People Generally.

It may be said that doctors are only agreed on two points regarding this much-dreaded disease.

Rich, red blood is a deadly foe to disease germs whether they are germs of infantile paralysis, of colds, of consumption or any other disease.

They stood staring for some moments at this terrible beetle, one of the length of the ram. Then as they snatched away the young engineer voiced his pent-up feelings, "My, that would tear a fellow's pants, wouldn't it?"

The United States is using to recover Colorado coal lands, alleged to have been acquired fraudulently by means of dummy entries.

Get new energy and vigor into the system by using Dr. Chase's Nerve Food. 50 cents a box, 6 boxes for \$2.50; at all dealers or Edmondson, Bates & Co., Toronto.

R. K. TO MEDICINE HAT.

Author is Against City Changing Its Fine Old Indian Name.

Rudyard Kipling has written a characteristic letter to the citizens of Medicine Hat on being informed that the city contemplated changing its name.

A resident wrote Mr. Kipling telling him of the proposed change and setting forth that the name was a translation of the old Cree name of the place and rich in Indian tradition.

But it is people and not prospectuses that make cities, and time has sanctified the queer syllables with memories and association for millions of our fellow creatures.

Believe me, the very name is an asset and as years go on will become more and more of an asset. It has no duplicate in the world. It makes men ask questions and, as I knew more than twenty years ago, draws the feet of the young men toward it.

It has the quality of uniqueness, individuality, association and power. Above all, it is the lawful, original sweat and dust won name of the city, and to change it would be to risk the luck of the city, to disgust and disenchant old-timers not in the city alone, but the world over, and to advertise abroad the city's lack of faith in itself.

Many western towns are getting tired of the old names given them by the frontiersmen, and many outsiders are afraid they will adopt new names.

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Slandering Kingston.

The residents of Kingston always resent the title "Kingston Penitentiary," which the Dominion Government has bestowed upon one of its famous institutions. The Penitentiary is not now, nor has ever been, in Kingston.

"Kingston," answered the young man, with pardonable pride. "The latter brightened up and said, 'My father live dere. Did you know my fadder?'"

"Oh, he kill a man. He go dere for five years—been dere two now."

A New Impresario. R. K. Sandwell, of Montreal, is the publicity agent of the Montreal Musical Society, the only thing of its kind in Canada and the pioneer opera company north of the boundary.

During the summer of 1907 the German armored cruiser Bremen visited Montreal, remaining a week or two, and many citizens took advantage of the opportunity to see what this sample of Germany's sea-going fighting machinery looked like.

Among them was one of Canada's leading civil engineers with a companion. They were particularly impressed by the massive and wicked looking solid steel ram that projected from the bow, coming to a point just at the water line.

Building Activity. Tremendous building activity in some cities of the west is shown in a comparative table covering 27 cities, which appears in the January number of Construction.

To Cure a Cold in One Day. Take Laxative Bromo Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature is on each box, 25c.

Shipping in New Brunswick. People should not forget that New Brunswick has more than one port. St. John is so well boomed that the other ports are often overlooked.

Nothing Better Than Our Cream Caramels. Purest of their kind. Have you tried them?

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A WESTERN FARMER.

R. Mackenzie of Grain Growers Went West Originally as Druggist.

One of the last of the big farmers' migration from the West to leave Ontario and the East for home was Mr. R. Mackenzie, secretary-treasurer of the Manitoba Grain Growers' Association.

Mr. Mackenzie, like many more of the most prosperous men of the recent big deputation, did not go West originally with any intention of engaging in agriculture, the industry which has brought him comfort and distinction.

Mr. Mackenzie merely started farming as a side line, but the lure of the country proved stronger than that of the town, and won his undivided attention, and conferred upon him his independence.

Mr. Mackenzie completed his pharmaceutical studies in a larger town, passed the necessary examination, and opened up a store at Lucknow. In 1877 the far West was beginning to appeal to the more adventurous among the youth of Canada, and that year, selling out his drug store, he moved to Winnipeg, thinking that he might open up a store there, if the opportunity offered, but ready to seize any chance he might see to make money.

Mr. Mackenzie obtained employment with him, eventually changing his status from that of employee to subcontractor. For years he was engaged in various contracting jobs. In 1892 he was living at Brandon, and seeing the handsome returns yielded by the grain fields, he took up farming in addition to his operations as a contractor. But very soon he got completely weaned away from his contracting work, and he is today a farmer, purely and simply, with a full section and a half of land under cultivation.—Chesterfield, in Family Herald and Weekly Star.

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STROH'S BOHEMIAN BEER For The Home The Most Expensively Brewed Beer In America. GEORGE THOMPSON, JR. Distributor, 202 PRINCESS ST. Phone 304 for C.S.S. The Stroh Brewery Co., Detroit, Mich.

Make the Liver Do its Duty. CARTER'S LITTLE LIVER PILLS. Drop a card to 15 Pine Street when wanting anything done in the Carpenter line. Estimates given on all kinds of repairs and new work also. Hardware Floors of all kinds. All orders will receive prompt attention. Shop, 40 Queen Street.

Harris Heavy Pressure Babbit Metal is Perfection. For all machinery bearings. THE CANADA METAL CO., LTD., - TORONTO

Nothing Better Than Our Cream Caramels. Purest of their kind. Have you tried them? SAKELL'S ICE CREAM PARLOR Next to Opera House. Phone 640

A Great Investment Offering For Homeseekers. GRAND TRUNK PACIFIC—Townsite Lots at Rivers, Watrous, Crystal Springs, Tofield, Edson and Scott. CANADIAN PACIFIC Land, irrigated, at Bow River and within a radius of from five to one hundred miles of Edmonton, Alberta.

J. O. HUTTON, - Agent 18 Market Street, Kingston, Ont.

Our New Spring Shoes. Are arriving daily. As usual you will find us with all the new Fads and Fancies of Fashionable Shoedom. Our buyer was successful in picking up many novelties in the Boston and New York markets. By watching our window displays from now on you will notice smarter shoes than the ordinary dealer can.

J. H. SUTHERLAND & BRO. THE HOME OF GOOD SHOES