

HOTEL DIRECTORI
DESERVING
 GO TO THE STEWART HOUSE, LEAD-
 ing Commercial Hotel. Rates, \$1.50
 per day.
 THOS. STEWART, Prop.

TRAVELLING.
GRAND TRUNK RAILWAY SYSTEM
VICTORIA DAY
 MAY 24th, 1911.

Round trip tickets will be sold be-
 tween all stations in Canada, also De-
 troit, Port Huron, Buffalo, Niagara
 Falls, etc.
SINGLE FIRST CLASS FARE.
 Good going May 23rd and 24th. Re-
 turn limit, May 26th, 1911.

Round Trip Homeseekers' Excursions
 TO WESTERN CANADA,
 TUESDAY, MAY 16th.

And every second Tuesday thereafter
 until Sept. 19th, at very low rates.
 Good to return within sixty days.
THE FINEST FARMING COUNTRY
 IN THE WORLD.
 Is to be found along the line of the
 GRAND TRUNK PACIFIC in the Pro-
 vinces of Manitoba, Saskatchewan and
 Alberta.

Descriptive literature with beauti-
 fully engraved maps, giving full in-
 formation about FREE HOME-
 STEAKS, and how to obtain them
 free of charge on application.

J. P. HANLEY,
 Corner Johnson and Ontario Sts.
KINGSTON & PEMBROKE RAILWAY
 In Connection With
CANADIAN PACIFIC RAILWAY

VICTORIA DAY
 One Way First-Class Fare
 Good going until May 23 and 24.
 Return limit, May 26th.

Homeseekers' Excursions
 To the Canadian North-West
 MAY 16th, 30th.
 JUNE 13th, 27th.
 JULY 11, 25th.
 AUGUST 8th, 22nd.

Tickets good to return within 60
 days.
 Full particulars at K. and P. and
 C. P. R. Ticket Office, Ontario Street
 Phone 59.
 F. CONWAY,
 Gen. Pass. Agent.

WAY OF QUINTE RAILWAY.
 Train leaves Union Station, Ontario
 Street, 4 p.m. daily (Sunday excepted)
 for Tweed, Sydenham, Navan, Deser-
 ving, Bannockburn and all points north.
 To secure quick despatch to Bannock-
 burn, Maynooth, and points on Central
 Ontario route, your shipments via Way
 of Quinte Railway. For further particu-
 lars, apply R. W. DICKSON, Agent,
 Phone No. 2.

ALLAN LINE
 Steamship Co'y. Ltd.
 OPERATING THE FINEST FLEET
 OF PASSENGER SHIPS ON THE
 ST. LAWRENCE ROUTE.

SUMMER SAILINGS.
Montreal to Liverpool
ROYAL MAIL SERVICE.
 "Cornwall," May 6th, June 2nd
 "Virginia," May 13th, June 9th
 "Trenton," May 19th, June 16th
 "Victoria," May 25th, June 22nd

Montreal to Glasgow
 "Ionian," May 6th, June 1st
 "Oranien," May 13th, June 10th
 "Scottia," May 20th, June 17th
 "Hesperia," May 27th, June 24th

Montreal to London
 One class (moderate rate). Steamers
 sailing at Havre, France.
 For full particulars of Rates and
 Sailing, apply,
 J. P. HANLEY, C. S. KILPATRICK
 G.T. Ry. Clarence St.
 THE ALLAN LINE,
 77 Yonge Street, Toronto.



DO YOU WEAR NEW SHOES RIGHT AWAY?

If you are not in the habit of
 wearing new shoes right away
 with real comfort, you are not
 buying the right shoes.
 New shoes that heat and pain
 your feet, simply do not fit
 you. That is the characteristic
 of cheap, badly made footwear.

Invictus Shoes
 Do not require you to break
 them in; for they have your
 foot-shape, combined with light
 of fashion.

Sold by
The Sawyer Shoe Store
 312 Princess St.



Take One
 Pain Pill
 then—
 Take it
 Easy

To get the best of Backache
 Get a Box of
Dr. Miles' Anti-Pain Pills

Otherwise Backache
 May get the best of you

Nothing disturbs the human
 system more than pain whether
 it be in the form of headache,
 backache, neuralgia, stomachache
 or the pains peculiar to women.
 Dr. Miles' Anti-Pain Pills are a
 standard remedy for pain, and
 are praised by a great army of
 men and women who have used
 them for years.

"A friend was down with LaGrippe
 and nearly crazed with awful backache.
 I gave her one Anti-Pain Pill and left
 her right away, and she says she will
 never be without them again."
 Mrs. G. H. Wain, Austsburg, O.
 At all drugists—25 doses 25 cents.
 MILES MEDICAL CO., Toronto, Can.



REGAL LAGER is made
 in the good old
 fashioned way that
 ensures zest, purity and a
 clear, perfect brew. Regal's
 tonic hops and rich barley
 bring appetite and good
 digestion. Try it.

J. McFarland
 Local Agent.



For Skin Sufferers

If you, or someone dear
 to you, have undergone
 the itching, burning,
 sleep-destroying tor-
 ments of eczema or
 other cruel skin erup-
 tion and have suffered
 from its embarrassing,
 unsightly disfigure-
 ment; if you have tried
 all manner of treatment,
 no matter how harsh,
 to no avail, and have
 all but given up hope
 of cure, you can appre-
 ciate what it means to
 thousands of skin-tor-
 tured sufferers, from in-
 fancy to age, when the
 first warm bath with
 Cuticura Soap and
 gentle application of
 Cuticura Ointment
 brings instant relief,
 permits rest and sleep,
 and proves the first
 step in a speedy and
 successful treatment.

It is as essential to pay as it is to
 pray.

FOUGHT LONG DUEL

BUT NO FATAL WOUND WAS INFLICTED.

Lieut. Segura and Senior Soria Used
 Points and Both Edges of Sabres
 —Fought Seventy-five Minutes.

Madrid, May 9.—Lieutenant Don
 Manuel Segura, who is on the editorial
 staff of the Debate, has just fought
 a duel with Don Luis Soria, vice direc-
 tor of the Compania Madrilenia de
 Urbanizacion. The encounter was with
 sabres and was a most determined one,
 lasting one hour and fifteen minutes,
 but owing to the skill of the combat-
 ants no fatal wound was inflicted.
 Though the principals were reconciled
 and received many congratulations
 for the bravery they exhibited, many
 protests have been made to the Bishop
 of Madrid against the editorial staff of
 the Debate, which is a Catholic news-
 paper, because one of its writers
 fought this duel.

The protestors ask the bishop to
 take measures against the Debate, or
 at least compel it to drop the conten-
 tion of being a Catholic organ, as ac-
 cording to the Roman church duelling
 is a deadly sin, and this is the second
 time a member of the Debate's staff
 has fought, the other occasion being
 the encounter between Senior Olmet
 and Senior Bueno, of the Radical.

Senior Soria was offended by an ar-
 ticle published some days ago in the



THE LATE ARCHBISHOP McEVY OF TORONTO.

Debate, but could not challenge its
 author, Father Basilio Alvarez, a
 Catholic priest. He replied, therefore,
 in the Ciudad Lineal, a weekly review
 stating his case and asserting that by
 such methods certain newspapers
 avoided personal responsibilities. This
 article prompted Lieutenant Segura,
 military editor of the Debate, to send
 his seconds, the officers Senora Gomez
 and Masquita, to Senior Soria, who
 immediately appointed as his seconds
 Marques de Altamira and Don Alonso
 Saavedra.

The seconds agreed upon an en-
 counter with sabres, "fio contralloy
 punta," according to the Spanish
 custom—that is to say, using the
 point and the two edges of the wrap-
 point. This kind of duel, which any one
 in France can refuse, according to the
 rules of duelling, if he is not a
 cavalry officer used to the sabre, is
 very common among the Spaniards.
 It is generally sanguinary.

The encounter between Lieutenant
 Segura and Senior Soria consisted of
 ten bouts. The courage shown by the
 duellists was only equalled by their
 dexterity, which, according to the
 seconds, was the reason that no mortal
 wound was inflicted. In the fifth
 bout Senior Soria's sabre was broken
 and a new one was provided.

Lieutenant Segura received a cut in
 the right elbow, a thrust in the fore-
 arm, a cut on the right knee, several
 cuts on the right arm, and one in the
 left hand. Senior Soria received cuts
 in the right wrist and forearm and a
 slight one on the right cheek. Both
 combatants bled profusely and were
 quite exhausted when the seconds in-
 terfered and declared that "honour
 was satisfied."

Echo Lake Echoes.
 Echo Lake, May 8.—R. Hamilton
 held a bee siding up his new barn.
 C. Cox is getting ready to build an
 addition to his house. Miss May
 Fly has returned to her school. Mrs.
 Almira Kuitan and her three sons
 have moved back on their farm. L.
 Schweizer has the misfortune of losing
 a horse. Angus McLeod, who has
 been very sick with pleurisy, is re-
 covering slowly. Mrs. Jacob Babcock
 is on the sick list. Visitors: Mrs.
 Simpkins and son, Fred, at D. Mc-
 Leod's; Miss Pearl Jeffrey, at H.
 Hicks'; William Velly, at John Swit-
 zer's; Mr. and Mrs. Vandewater, have
 come back to the farm again after
 spending the winter in Banquet. In-
 fant daughters have come to brighten
 the home of Arthur Beckley and J.
 Switzer. Thomas Beckley and Roy
 Leslie have gone to Halesbury. Ar-
 thur Beckley has gone to attend the
 funeral of his niece, Miss Dottie Mat-
 thews, of Erinville.

Is a Cornwall Boy.
 Washington, May 9.—Senator Gal-
 linger, of New Hampshire, was unani-
 mously nominated as president, pro-
 tem of the senate at republican sena-
 torial caucus. He is a native of Corn-
 wall, Ont., and a physician by pro-
 fession.
 As popular as ever, the seeds con-
 tain at "Gibson's."

VOICE WAS HEARD

By Telephone Two Thousand Miles
 Away.

New York, May 9.—For the first
 time in the history of mankind the
 human voice carried 2,000 miles
 direct last night when New York found
 Denver over the long-distance tele-
 phone wire. A group of Manhattan
 newspaper men in one of the top
 floors of a downtown skyscraper
 threw their voices across the plains
 and the mountains of nine states to
 another group awaiting the message
 in the Rocky mountain city, picked up
 Omaha on the way, and also gossiped
 with Chicago.

At Kaladar Station.

Kaladar Station, May 8.—E. Bow-
 erman, who has been attending Al-
 bert College, Belleville, is spending a
 few days at his home here before go-
 ing west. Mrs. Edward Berry left
 on Friday for Marlbank, to join Mr. Berry
 who secured a position there some time
 ago. Henry Alport spent Monday in
 Plinton on business. Mrs. and Miss
 Hughes of Arden, were over-Sunday
 guests of Mr. and Mrs. Henry Wood.
 The school is still closed owing to
 scarlet fever. Carman Thompson, of
 Marlbank, spent Sunday at his home
 here. The children of Mr. and
 Mrs. O. H. Dunn, who have been suffering
 from a severe attack of scarlet fever,
 are able to be around, excepting little
 Pauline, who is still very low. Robert
 Healy is spending a couple of weeks
 at the Carman house.



As a finishing touch to a careful toilette
 use Sanitol Face Powder. It en-
 hances a good complexion, elimi-
 nates blemishes, and remains undetected on
 the face. Soothing to a skin irritated by
 extremes of heat, cold and wind. A
 scientific antiseptic preparation, beneficial
 to sensitive skin. Made in three tints—
 flesh, white and brunette.

SANITOL
 Face Powder—25c.



WASHING COMPOUND
 will lighten your work.
 MOODY'S KLENZINE is
 the best cleanser on the market
 to-day for washing dishes, pots,
 pans, floors, sinks, clothes, etc., etc.
 it has no equal.

MOODY'S KLENZINE is pow-
 dered ammonia in its purest form,
 and has wonderful disinfecting prop-
 erties.

For sale by all First Class Grocers
 Large packet 10 cents.
 Do not accept substitutes

THE ALPHA CHEMICAL CO., LTD.
 BERLIN CANADA
 Sold by all Wholesale Dealers

JEW'S ARE REFUSED

SETTLEMENT IN WESTERN AUSTRALIA.

As They Want a Species of Au-
 tonomy—Australian Government
 Would Not Consent to This.

London, May 10.—Although the Brit-
 ish public bears but little of the work
 done by the Ito, that is the Jewish
 territorial organization, founded by
 Israel Zangwill, of London, it is
 nevertheless trying harder than ever
 to find a country in which Jews may
 settle down and call their own. Me-
 sopotamia was high in favor as the
 site of Jewish settlement on a con-
 siderable scale—the principal object
 of the organization. It seems, however,
 that this region has now fallen into
 the background, principally on ac-
 count of the opposition of the
 Turkish government. And Western Aus-
 tralia has come into favor. Western
 Australia is by no means a new re-
 gion so far as the Ito is concerned.
 Some years ago Mr. Zangwill was
 both directly and indirectly in nego-
 tiation with its government on the
 subject of a Jewish autonomous set-
 tlement within its boundaries, and it
 was understood then that the negotia-
 tions had broken down, not because
 the West Australian government had
 any objection to a Jewish immigra-
 tion, even on a large scale, but be-
 cause they could not consent to any
 species of autonomy.

GRAND CELEBRATION

ON
VICTORIA DAY, MAY 24TH
 AT
KINGSTON

Morning Events:
 MOTOR BOAT RACES.
 Motor Boat Race, 12 miles and over 2 Cups.
 Motor Boat Race, 12 miles and under 2 Cups.
GRAND MILITARY REVIEW AND PARADE.
 In which American Soldiers will participate.
 Junior Baseball Game on Cricket Field.

Afternoon Events:
 HORSE RACES.
 2.15 Class \$200
 2.40 Class 300
 Running Race 50
 Two Senior Baseball Games 165
 Foot Races 35

MILITARY SPORTS (TWENTY NUMBERS).
 Music by three Bands, Morning, Afternoon and Night.
 We want everybody to keep May 24th open and come to Kingston
 for a day's fun. You will not be disappointed. Cheap Excursion
 Rates on all Trains and Boats.

C. J. GRAHAM, Mayor and Chairman. W. W. SANDS, Asst. Secretary.

LIST YOUR PROPERTIES NOW
FOR SALE OR TO RENT
 SALES NEGOTIATED. RENTS COLLECTED.
FIRE INSURANCE.
CONVEYANCING AND REAL ESTATE.
E. Blake Thompson,
 OVER NORTHERN CROWN BANK MARKET SQUARE,
 KINGSTON, ONT.
 Phone 286.

FROM THE COUNTRYSIDE.

Tichborne Tidings.

Tichborne, May 9.—A number at-
 tended the annual services of the L. O.
 O. F., in Parham, on Sunday. Thom-
 as Hempton sold a valuable horse re-
 cently. Arthur day was suitably ob-
 served by the teacher and pupils at
 the school house. J. Dermott has
 completed his contract of painting the
 school house. Mrs. T. Bridgen and Miss
 Marjorie Hilton have returned from
 Belleville. Visitors: Mrs. P. Rotting
 and son, Fernoy, at J. Hanna's; R.
 Howes and Miss L. Gray, at P.
 Ritchie's; Mr. and Mrs. James Kish
 have returned from visiting friends at
 Althorpe; J. Allison spent Sunday at
 Oconto.

At St. George's Lake.

St. George's Lake, May 9.—The
 cheese factory is again in full op-
 eration. A large congregation assem-
 bled on Sunday to hear Rev. Mr. Rich-
 mond, of Mountain Grove, Mr. and
 Mrs. G. McKivior have returned from
 attending the funeral of their niece
 at McLean. A young son has come to
 brighten the home of Joseph Barr.
 Visitors: Mr. and Mrs. Edward Bar-
 ker at D. Sly's; W. Kirkham, Maberly,
 at M. Asselstine's; F. Godfrey, Miss
 A. Hill and J. Clark, Mountain Grove,
 at G. McKivior's; Mr. and Mrs. Wil-
 liam Ruttan, Harrowmuth, at Mr.
 and Mrs. Arnold McGinnis, at Alexan-
 der McGinnis'; Rev. Mr. Richmond, of
 Mountain Grove, at G. Goudy's; Miss
 P. McKivior, spent Sunday at home.
 Miss Jennie Bell Davis, is spending a

Budget From Parham.

Parham, May 9.—Rev. G. E. Rich-
 mond, of Mountain Grove, preached in
 the Methodist church on Sunday
 evening. The Oddfellows and Ice
 breaks marched to St. James' church
 on Sunday afternoon, where the an-
 nual sermon was preached by Rev.
 Mr. Cox, of Wolfe Island. Goldie, the
 youngest daughter of Titus Wagar,
 of Wagarville, passed away on Sat-
 urday, May 6th, after a very short
 illness. The funeral took place from
 Wagarville church on Sunday after-
 noon, and was very largely attended.
 Rev. A. W. Stewart took charge of
 the services. Visitors: Mrs. Simon
 ette Harrowmuth, at C. Barr's; E.
 D. Bertram, at William Bertram's;
 Misses Lillian Black, Sydenham, and
 Mildred Godfrey, Godfrey, with Mrs.
 W. D. Black; Mr. and Mrs. M. Cronk,
 Wagarville; at the parsonage, Miss
 Jennie Belle Davidson; Oconto, at G.
 W. Killins'; Miss Nellie Smith, Sy-
 denham, at her father's; J. N.
 Smith's; B. Charlton and family, Long
 Lake, at E. Charlton's; Mr. and Mrs.
 Roy Wagar, Wagarville, at G. A.
 Smith's.

Na-Dru-Co. Ruby Rose Cream.

Na-Dru-Co. Ruby Rose Cream, Na-
 Dru-Co. Royal Rose Toilet, Na-Dru-
 Co. White Tooth Paste, mint flavor,
 all new; price 25c. each. McLeod's
 drug stores. Ask for samples.

Can't Get Away From It

Is it possible to nourish, strengthen and
 rebuild the Brain by Food?
 Every man who thinks uses up part of
 the brain each day. Why don't it all disappear
 and leave an empty skull in say a month of
 brain work? Because the man rebuilds each
 day.
 If he builds a little less than he destroys,
 brain: fat and nervous prostration result sure.
 If he builds back a little more each day,
 the brain grows stronger and more capable. That
 also is sure. Where does man get the ma-
 terial to rebuild his brain? Is it from air,
 sky or the ice of the Arctic sea? When you
 come to think about it, the rebuilding ma-
 terial must be in the food and drink.
 That also is sure.
 Are the brain rebuilding materials found in
 all food? In a good variety, but not in suit-
 able proportion in all.
 To illustrate: we know bones are made
 largely of lime and magnesium taken from
 food; therefore, to make healthy bones struc-
 ture we must have food containing these
 things. We would hardly feed only sugar and
 fat to make healthy bone structure in a
 growing child.
 Likewise if we would feed in a skillful
 manner to insure getting what the brain re-
 quires for strength and rebuilding, we must
 first know what the brain is composed of and
 then select some article or articles (there are
 more than one) that contain these elements.
 Analysis of brain by an unquestionable
 authority, Geoghegan, shows of mineral Salts,
 Phosphoric Acid and Potash combined (Phos-
 phate of Potash) 2.91 per cent. of the total,
 5.33 of all mineral Salts.
 This is over one-half.
 Beaudin, another authority, shows "Phos-
 phoric Acid combined" and Potash 73.44 per
 cent. of total of 101.07.
 Considerable more than one-half of Phos-
 phate of Potash.
 Analysis of Grape-Nuts shows: Potassium
 and Phosphorus (which join and make Phos-
 phate of Potash) is considerable more than
 one-half of all the mineral salts in the food.
 Dr. Geo. W. Carey, an authority on the
 constituent elements of the body, says: "The
 gray matter of the brain is controlled entirely
 by the inorganic cell-salt, Potassium Phos-
 phate (Phosphate of Potash). This salt un-
 ites with albumen, and by the addition of
 oxygen creates nerve fluid or the gray matter
 of the brain. Of course, there is a trace of
 other salts and other organic matter in nerve
 fluid, but Potassium Phosphate is the chief
 factor, and has the power within itself to at-
 tract, by its own law of affinity, all things
 needed to manufacture the elixir of life."
 Further on he says: "The beginner and
 end of the matter is to supply the lacking
 principle, and in molecular form, exactly as
 nature furnishes it in vegetables, fruits and
 grain. To supply deficiencies—this is the
 only law of cure."
 The natural conclusion is that if Phosphate
 of Potash is the needed mineral element in
 brain and you use food which does not con-
 tain it, you have brain: fat because its daily
 loss is not supplied.
 On the contrary, if you eat food known to
 be rich in this element, you place before the
 life forces that which nature demands for
 brain-building.
 Mind does not work well on a brain that is
 broken down by lack of nourishment.
 A peaceful and evenly poised mind is ne-
 cessary to good digestion.

Worry, anxiety, fear, hate, etc., etc.,
 directly interfere with or stop the flow of
 Pylalin, the digestive juice of the mouth, and
 also interfere with the flow of the digestive
 juices of stomach and pancreas.
 Therefore, the mental state of the in-
 dividual has much to do (more than suspected)
 with digestion.
 Brain is made of Phosphate of Potash at
 the principal Mineral Salt, added to albumen
 and water.
 Grape-Nuts contain that element as more
 than one-half of all its mineral salts.
 A healthy brain is important, if one would
 "do things" in this world.
 A man who sneers at "Mind" sneers at the
 best and least understood part of himself.
 That part which some folks believe links us
 to the infinite.
 Mind acts for a healthy brain upon which
 to act, and Nature has defined a way to make
 a healthy brain and renew it day by day as it
 is used up from work of the previous day.
 Nature's way to rebuild is by the use of
 food which supplies the things required.
 Brain rebuilding material is certainly found in
Grape-Nuts
 "There's a Reason"
 Canadian Postum Cereal Co., Ltd.,
 Windsor, Ontario, Canada.