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Clarence and Ontario Streets,
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Pride loses its flavor when you have
to swallow.



FOR lunch, dinner, or
on those occasions
when good fellows get
together, you can't find
better ale than

WHITE LABEL ALE

It has character, uni-
form, purity, and an un-
usual deliciousness to its
flavor.

ORDER FROM
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H. SUGARMAN,
Dealer in all kinds of New and Second-
hand Goods. Anyone having goods for
sale drop a card to 242 Ontario Street.

PRISON STILL EXTANT

IN WHICH THE APOSTLES WERE
CONFINED.

Visitors to Rome Shown Mamertine,
From Which St. Peter and St. Paul
Sent Out Many of Their Epistles.

The most famous of all prisons, to
students of secular as well as ecclesi-
astical history, is the so-called "Mamer-
tine prison," which is located beneath
the Church of S. Giuseppe dei Fale-
gnani, via di Marforio, Rome, which
is generally accepted as the prison in
the middle of the city overlooking the
Forum, referred to by Livy, in which
St. Peter and St. Paul were impris-
oned. It is, next to the walls of the
Roma Quadrata, the earliest building
extant.

The Mamertine prison consists of two
chambers, one above the other. The
lower, known as the Tullianum, was
probably built originally as a cistern,
whence its name, which is de-
rived from the archaic Latin word,
Tullius, a jet of water. The Tullianum
is a circular chamber, partly en-
caved from the rocks and partly
built of tufa blocks, and is a
masonry projecting a little over the
immediately below, so as to form a
conical vault.

When the upper chamber was con-
structed, the top of the cone was
probably cut off, and the present roof,
consisting of a flat arch of tufa blocks
substituted.

The upper chamber of this prison is
an irregular quadrilateral, and con-
tains an inscription recording a re-
stitution made in A.D. 21. Sallust de-
scribes the Tullianum, or lower cham-
ber, as a horrible dungeon, "repulsive
and terrible on account of neglect,
dampness and smell."

In the floor of the Tullianum is a
well, which, according to the legend,
miraculously came into existence while
St. Peter was imprisoned here, en-
abling the apostle to baptize his jail-
ers, Sts. Processus and Martinianus.
The well, however, existed prior to this
date, and there is no reliable evidence
that the chief of the apostles was
ever imprisoned in the Tullianum.

The acts of Sts. Processus and Mar-
tinianus are of the sixth century.

The two chambers are present-
ly connected by a stairway, but origi-
nally there was no means of communi-
cation between them save a hole in the
floor of the upper chamber, through
which such famous prisoners as King
Jugurtha and the Catiline conspira-
tors were thrown into the lower dun-
geon, where they died of starvation or
were strangled.

The name of Mamertine prison is
medieval, and is probably derived from
the Temple of Mars Ultor in the
vicinity. The medieval "Itinerary," of
Einsiedeln alludes to the "fountain of
St. Peter, where also is his prison."
From the eighth century the tradition
of the acts of Sts. Processus and
Martinianus, relative to the impris-
onment of St. Peter in the Tullianum,
was universally accepted.

When the upper chamber was built,
presumably for a prison, according to
Livy, the builders discovered the earlier
building below it and made an awk-
ward connection by cutting off the
upper part of the false dome and
covering the opening with flat slabs
which formed the floor of the upper
chamber, with a connecting trap door.

This floor was considerably above
the level of the forum on the declivity
and was reached by a flight of stairs
called the Scala Gentiana ("Stairs
of Sighs") where the execution of
important prisoners took place and
their bodies were exposed during the
triumphal processions before the ascent
to the Capitol.

The Mamertine prison itself is con-
nected with many of the most tragic
events of Roman history. Its horrors
were described by Sallust, King Ju-
gurtha was starved in it, and Lentu-
lus, Cethegus and others who had
conspired with Catiline were killed
here.

It was in this prison that Julius
Caesar, during his triumph for the
conquest of Gaul, caused his gallant
enemy, Vercingetorix, to be put to
death. The spot is more interesting to
the Christian world as the prison of
the two apostles, and for that reason
since the fifteenth century it has been
called San Pietro in Carcere.

BEST LANGUAGE FOR 'PHONES.

Correspondents Transmit Messages
in Record Time.

Long distance telephoning has be-
come a little science of its own ac-
count, and has called into existence a
class of operators who are valuable
by reason of the clearness and sharp-
ness with which they can pronounce
words while speaking rapidly.

It has also developed the fact that
the French language is better adapted
to the purposes of the telephone than
the English. The ordinary business of
the long-distance telephone between
Paris and London is frequently car-
ried on in the French language.

It is stated that the considerable
proportion of hissing syllables in
English renders it a less easy and
accurate means of communication.
Certain English words are especially
difficult of transmission by telephone.
The word "soldier" is cited as one of
these.

Proper names frequently occur, in
the midst of an otherwise perfectly
audible and intelligible conversation,
which the ear cannot catch. These
must be spelled out, involving delay.

Expert phone operators in the pres-
ent service between Paris and London
have succeeded in transmitting messages
in the French language at the rate of
190 words a minute. This is at a
much swifter rate than ordinary
speech.—Scientific American.

All Right Without Assistance.

It is probably that many queens of
the kitchen share the sentiment good-
naturedly expressed by a Scandina-
vian servant, recently taken into the
service of a young matron.

The youthful assumer of household
care was disposed to be a trifle pa-
tronizing.
"Now, Lena," she asked earnestly,
"are you a good cook?"
"Ya-as, m, I tank so," said the
girl, with perfect naivete, "if you will
not try to help me."

When a man's wife tells another
woman that there are no secrets be-
tween herself and her husband, he
goes out on the back porch and winks
at the cat.

FOREST RESERVE.

Work Done in Organizing its Ad-
ministration.

The setting aside of the Rocky Moun-
tain forest reserve has been one of the
most important advances yet made in
the industrial history of Canada's cen-
tral west. Not only is it important for
the preservation of the forests along
the slope with a view to the future
supply of timber, but the preservation
of these forests and their proper man-
agement means much for the preserva-
tion of the water-powers and the
maintenance of that steady and per-
manent water-flow which means so
much for their value. Moreover, the
regulation of the water of these
streams, so as to provide a steady
flow throughout the year and not to
have a torrential flow in spring and
what is of even more importance the
drying-up (complete or partial) of the
streams in summer, is of the utmost
importance to the farms of the prairie
provinces. Were the rivers to run
short, the resulting lack of moisture in
the soil would seriously interfere with
the quantity of grain and other pro-
duce reaped from the fertile prairie.

During the whole of the past sum-
mer (1910) two parties of the Domini-
on Forest Service were in the field
making out the boundaries of the
reserve. Both these parties started
from Calgary; one worked south and
succeeded in getting as far south as
the international boundary, while the
other, working north, reached a point
almost due west of Lacombe, (Alta.)
During the coming summer the loca-
tion of the boundary will be continued
and it is expected that the entire east-
ern boundary of the reserve (which ex-
tends some forty to fifty miles north of
the latitude of Edmonton) will be de-
termined.

A full report of the operations of the
past summer is given in reports trans-
mitted to the minister of the interior
through the Superintendent of Forestry
by Messrs. G. H. Edgewood, B.
Sc., B.Sc.E., and P. Z. Caverhill, B.
Sc., who were in charge, respectively,
of the southern and northern parties.

The general principle governing the
fixing of the boundary of the reserve
was that only forest land should be
included in the reserve, all land fit for
farming (unless in area so small that
it was not worth while to make the
exception) being excluded from the re-
serve. The altitude, or height of the
country above sea-level, was one of the
chief considerations in fixing the line.

It was found that the boundary fixed
by the order-in-council by which the
reserve was set apart was to a con-
siderable extent, unsuitable. It in-
cluded, in the words of one of the writers,
"only alpine country, a large portion
of which is above the tree limit, and
the remainder unsuitable as regards
timber supply for years to come. Large
portions of it have been burned
over, leaving bare, eroded hillsides
which were formerly covered by a thin
soil and coniferous wood growth.

Much country east of the line has a
very thin soil and is at a very high
altitude and so is unfit for agricultur-
al settlement. Many valleys, how-
ever, were found which will be quite
suitable for grazing.

Fires have created terrible havoc
with the forests of the region. In the
part from Calgary north Mr. Caver-
hill estimates that eighty per cent. of
the territory covered has been burned
over within the past fifty years, and
that even within the last twenty-five
years forty-eight per cent. of the en-
tire area has been devastated. Mr.
Edgewood estimates that at least
sixty per cent. of the area from Cal-
gary southward has been fire-swept.
Even last summer Mr. Edgewood's
party lost three weeks through hav-
ing to fight fires.

The nature of the timber found on
the slope has been directly determined
by this repeated firing. The abun-
dant lodgepole pine (a species near-
ly related to the jack pine so often
found in the west) is the most abun-
dant timber, and much
poplar (of two or three species) is
found. These trees are the first to
spring up on burned-over land, and by
their vigorous growth get far ahead of
the slower-growing spruce and red fir.
In the northern part of the region re-
ported on about seventy per cent.
of the area is covered with lodgepole
pine in pure stand, that is, without
the mixture of any other tree.

In the southern part Mr. Edgewood
found that the lodgepole pine required
thirty years to attain a diameter of
five inches and sixty years to reach
the diameter of nine inches. The
spruce (Engelmann) and red (Dou-
glas) fir took, respectively, ninety and
one hundred and ten years to reach
the diameter of twelve inches.

Of an area of eight hundred square
miles covered by the "southern" party
the land was distributed as follows:
Timber, nine per cent; spruce and
pine poles (a tree of "pole" size is
from four to eight inches in diameter)
thirty-one per cent; pine and poplar,
twenty-six per cent; poplar, ten per
cent; open-bearing land, fourteen per
cent; bare rock, ten per cent.

Both gentlemen remark on the dan-
ger to the reserve from forest fires,
and make recommendations as to the
protection of the areas traversed.

Through all the territory reported
on game was plentiful. Special men-
tion is made of the bull, cut-throat
and grey trout, among the fish, and
among the game birds and animals,
in their respective districts, ducks,
grouse, and prairie chickens, deer,
moose, elk, and sheep and many
kinds of fur-bearing animals.

Among the mineral resources of the
area are the coal beds, oil fields (in
the south), and quarries of building
stone.

DIED OF HEART FAILURE.

Mrs. S. J. McCrudden, Cobourg,
Dropped Dead.

Cobourg, Ont., July 7.—Mrs. Mc-
Crudden, wife of S. J. McCrudden,
superintendent of the Provincial Steel
Works, fell unconscious at her resi-
dence here, Wednesday afternoon. Phy-
sicians were summoned but she had
passed away. She had suffered from
heart disease for some time. Mrs. Mc-
Crudden was forty-six years of age.
Mr. and Mrs. McCrudden came here
from Montreal a couple of years ago.

There are many different kinds of
liars. Some men tell fish stories and
some rave about classical music.
Sunshine and cleanliness are safe
companions for your children.



Oranges are
more delicious
served with

Allow half an orange for each person;
slice thin; arrange around edge of plate;
fill centre with Corn Flakes and serve
with powdered sugar.

10c.
per pkg.

Kellogg's

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CORN FLAKES

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according to GORDON STABLES, M.D., the well known
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of the Chemical Laboratories of Rhensish Prussia, says,
"As regards the proportion of flesh-forming albumi-
noids and bone-forming salts, there exists a perfect
uniformity between Neave's Food and mother's milk."

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That's the real test for durability

When your furnace is not in use, the cool, damp air in the cellar, coming into contact with the steel or iron dome and radiator, causes the metal to "sweat." This "sweat," or moisture, attacks the metal and quickly makes it rust. It's an actual fact that most furnaces would give TWICE as many years of service if they did not have their long summer vacations but were in use continually.

However, the Sunshine furnace is now equipped with a Nickelled Steel Dome and Radiator. Nickelled Steel is an exclusive McClary invention. It has been subjected to the most severe tests and has demonstrated it is absolutely rust-proof. It does not gather rust during the "idle" summer. The Sunshine is built to give you lasting service.

You pay no more for the durable Sunshine than for an ordinary furnace. Besides, the Sunshine is guaranteed by us. Phone or call on our agent in your locality and get further interesting information.

Rust-Proof Nickelled Steel Dome and Radiator

McClary's Sunshine Furnace

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