

### You Know the Signs

of biliousness—the out-of-sorts feeling, headache, dull eyes, dizziness, bad taste, sallow skin, sick stomach. Get rid of these as soon as they show and you will be happier and feel all the better. You can do this easily and prevent return of the troubles.

## BEECHAM'S PILLS

are a natural, safe and reliable corrective. A few small doses of Beecham's Pills will prove their value to you—they will tone up your system, remove the signs of biliousness, help you out of stomach and liver disorders, keep your kidneys active and your bowels regular. Tried and always effective, Beecham's Pills are the family remedy which always

### Should be on Hand

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes 25 cents.

### 50 YEARS EXPERIENCE



EXTRA GRANULATED SUGAR IS ABSOLUTELY PURE

The first and great essential of a food product, is Purity; the Purity and Quality of our Extra Granulated have never been questioned.

Once make a comparison with other Sugars and you will not be satisfied with any but Redpath.

Dainty Tea Tables are always served with PARIS LUMPS to be had in RED SEAL dust proof cartons, and by the pound.

The Canada Sugar Refining Co., Limited MONTREAL, CANADA.

Established in 1854 by John Redpath

### Cured His Rheumatism In Three Weeks.

James LeB. Johnstone, a prominent member of the Citizen's Band, of Chatham writes:

"I contracted Rheumatism by exposure, five years ago, and was ailing for two months and in great pain all the time. I got Father Morrissey's No. 7 Tablets and took them for about three weeks, when the Rheumatism all left me and I have had no return of the pain since."

### Father Morrissey's "No. 7" Tablets

have cured thousands of this terribly painful disease.

Rheumatism is generally brought on by exposure, but is really caused by Uric Acid in the blood. This Uric Acid is an irritating poison, formed from the waste matter of the body. The kidneys should remove it, but when they fail it poisons the blood, and settling in the joints, causes Rheumatism.

"No. 7" Tablets clear out the clogged-up Kidneys and stimulate them to perform their task of filtering the Uric Acid out of the blood. When this is done the Rheumatism simply and naturally vanishes.

"No 7" Tablets cost 50c. At your dealer's. 28

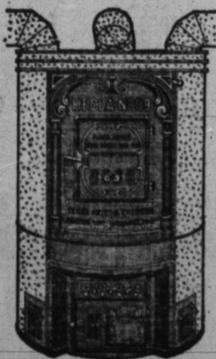
Father Morrissey Medicine Co. Ltd.

### Rev. Father Morrissey

Montreal, Quebec. Sold and guaranteed in Kingston by Jas. B. McLeod.

### Saves Labor as well as Fuel

Saves time in the morning when you are in a hurry, and at night when you are tired



Here is a furnace that is easy to attend— One you can clean out without using the poker.

The ashes at the side of the pot can be shaken down without losing good coals in the centre. The four separate grate bars do that.

The water pan, so essential to good heating, is placed where it can be easily filled and not so likely to be overlooked.

## "Hecla" Furnace

Six tons of coal instead of seven.

And this furnace which is so easy to run will save you one ton of coal in every seven.

It will give you pure air without gas or dust.

When you shake it down no ash dust can escape either in the basement or in the living rooms.

Sound interesting? Why not investigate?

### Get this Booklet.

It will be sent free, and it will tell you things you ought to know about heating. Write for it to-day.

NOTE THE FEATURES THAT MAKE FOR CONVENIENCE:

Water Pan Openings conveniently placed on either side of ash door.

Large Firing Door for wood or large shovels of coal.

Four Separate Grates to clean out ashes without using poker.

Common Sense Ash Pan fitting perfectly and catching all the ashes.

Large Door Handle which drops into place and locks the door securely.

CLARE BROS. & CO., LIMITED, - PRESTON, Ont. ELLIOTT BROS., Kingston.

### THE "GUNNERY JACKS"

IMPORTANT OFFICIALS IN THE BRITISH NAVAL SERVICE.

The Young Warship Officer Finds That One of the Most Important Items in His Education is the Handling of the Big Ordnance and He Spends a Long Time Acquiring the Science—War Time Methods.

What is the cry heard all over England today? "More Dreadnoughts! Certainly. But what is a Dreadnought—whether she is a Dreadnought or not—minus her guns? And what are her guns without efficient gunnery officers? Not only is it important, but it is essential, that every citizen should know something of the fleet which is his safeguard and of the officers—especially the "gunnery Jacks"—who control it.

When a young naval officer has served three years' midshipman's term, passes various examinations and blossoms forth into a sub-lieutenant, with the privilege of choice in various subjects. If the officer wishes to become a gunnery lieutenant he is sent to a gunnery school or depot, such as H.M.S. Excellent (Whale Island), or the school at Devonport. In this school he is employed for a time covering three to six months.

Gunnery school life is strenuous, but pleasant. A large buildings forms the living quarters of the officers, while the "gunnery Jacks" and their quarters in spacious barracks. In the officers' mess billiard rooms, libraries, and smoking and reading rooms are plentiful, and the spare hours of the studying officers may be described as anything but dull. At nine o'clock (two bells), officers and men fall in in a large drill shed. The engine is hoisted, prayers are read, and all march off, accompanied by the strains of the "ship's" band, to their various drill sheds for instructions.

Gaiters are worn throughout by both officers and men. The rig for the officers at all gunnery schools is a sweater, white flannel trousers, brown service gaiters, a scarf (white) and jacket and cap—so that they are in no way hindered by white shirt cuffs and the like.

After the sub-lieutenant has "shaken down" in his abode he is placed in a class with some twenty or thirty officers similar to himself and taken over by an old instructor, and knowledge is literary "rammed home" into their brains and notebooks.

First the sub-lieutenant studies in the ammunition room, where he learns all about fuses, ammunition, shells—how to distinguish the various species at a glance—cartridges, charges, blank charges, percussion tubes, and many other weird-sounding objects which come under the heading of ammunition. He is next employed in a large drill shed, where guns and their appliances are the only objects visible. Here he learns the drills of the various guns, from the vicious little Maxim to the ponderous 9.2 inch. He covers himself in oil and grease from head to foot, and he can be seen crawling under mountings, dirty faced, dishevelled, and happy.

Later, after several examinations, we find him going out to sea every day in a gunnery-drill ship, learning how to control the ship under the supervision of the gunnery lieutenant. This trip lasts one year. At the end of it he again returns to the school to freshen his memory, passes more examinations, and becomes a "junior lieutenant under eight years' seniority."

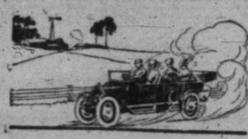
He is again given a ship—under the "gunnery Jack"—and he has eight years in which to imbibe knowledge of which his superiors are so overflowing. His duties are the same—or very nearly the same—as the "gunnery Jack" himself, but where as the "Jack" is independent of what he does, our lieutenant is not, and takes his instructions from his senior.

His duties are now many and grave. He is responsible to his senior for the guns in his ship, and not only for the guns, but for the crews of the guns, the men who man them. The turrets, casemates, ammunition rooms, shell rooms, magazines, hoists, hydraulic gear—in fact, everything appertaining to guns and gunnery he is responsible for. As for the crews of the guns, he must detail each man off for a certain number at a certain gun. Every man bearing a gunnery rating is some "number" at a gun, and the lieutenant must be responsible for them—one and all.

In the case of war, you may think, supposing certain numbers are "laid out," who is to take their place? Here is where our lieutenant has done his work. Each man is trained to do two things. Thus we get, for example, Leading Seaman Jones, foretop port, captain No. 4 6-inch port battery, and at the same time a No. 1 in the after-turret! In this manner each seaman is equally fitted to do the work of his comrade, and it is in this way that the "spare numbers" are obtained. When this source is exhausted the guns must be fought by means of "reduced guns' crews," which simply means that as the crew gradually drop out each man does twice or thrice his own duty, until there are no more men left to serve the gun.

During this eight years' our lieutenant has made several visits to the gunnery school, where he has refreshed his memory and acquainted himself with the new-fangled ideas and patents, which have been "brought out" during his absence. In time the eight years' term comes to an end, and the officer should be by now a walking gunnery manual. He is promoted lieutenant over eight years' seniority, and becomes known as a "gunnery Jack." Eight years of hard work training have taught him his job. May his efforts be repaid, for is certainly the hardest worked lieutenant in the service—D. L. B., in London Daily Express.

Cuts made by barbers are not satisfactory for illustrating purposes. It pays to be honest—but it is not always possible to name the one who gets the pay.



AFTER A MOTOR TRIP or after any occasion that means exposure to summer winds, dust, and sun, there is nothing so soothing, refreshing and cooling in its effect as SANITOL FACE CREAM. The throat, pores absorb it eagerly. It purifies, invigorates and nourishes the skin—and by its lasting antiseptic properties, keeps the complexion fresh and wholesome.

## SANITOL

Dr. de Van's Female Pills A reliable French regulator; never fails. These pills are exceedingly powerful in regulating the generative portion of the female system. Refuse all cheap imitations. Dr. de Van's are sold at all drug stores, or three for \$1.00, mailed to any address. The Sobell Drug Co., St. Catharines, Ont. For sale at Mahood's Drug Store.

### Crown Gypsum Hair Plaster

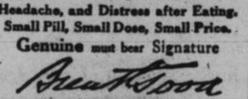
saves labor and will make your walls practically indestructible.

P. WALSH 55--57 Barrack Street

### Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right.

CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty. Cures Constipation, Indigestion, Sick Headache, and Distress after Eating. Small Pill, Small Dose, Small Price.



Genuine must bear Signature

### KEATING'S POWDER

KILLS MOTHS To keep moths out of furs, clothing, carpets and draperies use Keating's.

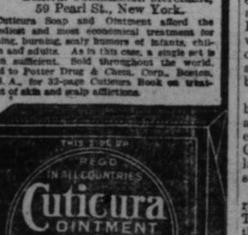
For sale by all Druggists. In tins only 10, 15, 20, 25c.

### Cured Eczema and Dandruff

"I am pleased to inform you that I have been cured by Cuticura Soap and Ointment. Since I was a boy I have suffered with dandruff, not only from the itching but from its disagreeable appearance in a scaly form all over my head. I had to brush it off my clothes all day long. I used every kind of preparation supposed to cure dandruff, also soaps and shampoos, but it seemed to me that, instead of improving with these remedies, the dandruff increased, even my hair began to fall out and the result was that two months ago eczema developed on my scalp.

"I suffered so from this that as a last resource I thought I would try Cuticura Soap and Ointment. They had the most gratifying results for I had used only one box of Cuticura Soap and a single cake of Cuticura Ointment when I was cured, the eczema and dandruff were gone and my head perfectly clear. "I can assure you that so long as I live no other soap than Cuticura will be used by me and all those near to me. I will also add that I will always use Cuticura Ointment as a dressing for the hair. I feel that you should know of my cure and if you desire you may use this as a true testimonial which comes from a sufferer of thirty years' standing. I will be happy to tell any one of my experience in order to assist those who may be suffering from the same disease." (Signed) J. ACARNO, General Commission Merchant, 50 Pearl St., New York.

Cuticura Soap and Ointment afford the simplest and most economical treatment for itching, scaly humors of infants, children and adults. As in this case, a single set is often sufficient. Sold throughout the world. Send to Potter Drug & Chem. Co., Boston, U.S.A., for 32-page Cuticura Book on treatment of skin and scalp afflictions.



The best way to induce people to respect your advice is to keep it to yourself. Bad habits cost money, but there are men who seem to think they are worth the price.

### CANADA'S GROWTH.

Nearly Two Million Immigrants Have Entered It In a Decade.

During the last 10 years Canada has received nearly 2,000,000 immigrants, of whom approximately 750,000 were from Great Britain and 700,000 from the United States. An immigration bulletin just issued gives the figures up to the end of the last fiscal year, March 31, as 1,714,326 for the decade. Since then nearly 200,000 more have arrived, divided about equally between British and American, writes an Ottawa correspondent.

According to occupation about 65 per cent. of the immigrants arriving from the United States have been farmers or farm laborers who, for the most part, thirty-eight per cent. of the total number from across the line made entry for homesteads in the west. About 30 per cent. of the British and continental arrivals were farmers or farm laborers, while 25 per cent. were classed as general laborers, and nearly the same percentage were classed as mechanics. The influx of negroes has totalled only a little more than 400, while 5,200 Hindus have come. Of the British immigrants approximately 560,000 have been English and Welsh, 150,000 have been Scotch and about 45,000 have been Irish. Figures for other nationalities include these: Austrian-Hungarian, 121,000; Italian, 63,817; Jewish, 48,775; Russian, 39,950; Swedes, 19,340; German, 21,146; French, 16,236; Norwegian, 13,798; Syrian, 5,223.

The distribution of immigrants by provinces gives a good idea of their respective population growth. Saskatchewan and Alberta got a little more than half a million immigrants during the decade. Ontario came next with 403,898, Manitoba got 309,623, Quebec 238,530, British Columbia and the Yukon 188,399, and the three maritime provinces only 73,952. Western Canada, therefore, got some 300,000 more new settlers than eastern Canada.

### A Memory of Oronhyatekha.

In its department "Fifty years ago to-day" The Quebec Telegraph publishes the following:

Oronhyatekha, one of the most remarkable of North American Indians, was referred to at this time fifty years ago to-day in the newspapers of the period as engaged upon a work on the Mohawk language. He belonged to the Six Nations of Canada. His English education was begun at the Industrial School there, but his desire for knowledge became so great that he entered, soon afterwards, an academy at Wilbraham, Mass.

"His college education was begun at Kenyon, Ohio, where he studied for three years. He also spent three years at Toronto University, and when the Prince of Wales visited Canada in 1860, Oronhyatekha, then in his twentieth year, was selected by the chiefs of the Six Nations to present an address to the son of their "Great Mother." The impression he made on the young prince and his party was so favorable that he was invited to continue his studies at Oxford, where he did, under the care of Sir Henry Acland, the prince's physician, who was then Regius Professor of Medicine at Oxford. He commenced practice at Frankfort, Ont. but later moved to Toronto, where he built up a splendid practice, which he abandoned, however, when the rapid growth of the Independent Order of Foresters engaged more and more of his attention."

### Must Be Wrong.

Between Edward Arthur Lancaster and Sir Alan Bristol Aylesworth there is a feud of long standing. Years before the Minister of Justice was tapped on the shoulder and told to "rise Sir Alan," the energetic lawyer from St. Catharines was camping on his trail, and the mutual dislike sprang from the somewhat contemptuous treatment which the head of the country's legal department meted out to Mr. Lancaster's efforts to bring the railways to time in respect to the level crossing evil. It was under the circumstances a matter of astonishment to the House when Mr. Lancaster for the first time on record, agreed with the views of Sir Alan on the merits of a certain divorce bill discussed recently. The Minister of Justice had delivered a ponderous argument against granting relief to husband and wife on mere irretrievable evidence, and after he was through, Mr. Lancaster rose and supported the contentions made by his old time enemy. Hon. Charles Murphy, Secretary of State, who acts as reporter for the Minister of Justice when his desk mate, George Graham, is not there, leaned over and in a stage whisper said:

"Lancaster is agreeing with you." "Quick as a flash came the return whisper of Sir Alan, loud enough to be heard all over the House, "In that case I must be wrong!"

### A Popular Judge.

In a popularity contest somewhere near the top would be found Mr. Justice Teetzel. He was born "Teetzel," and christened "James V." He has been in the public eye of late as a member of the Divisional Court hearing the Michael Fraser case. But he needs no cause celebre to be remembered by the legal profession. "Most of us called him 'Jim' before he was elevated to the high court bench in 1904," recalls one barrister, "and, between you and me, he hasn't changed much since his promotion. His exalted position has failed to rob him of his individuality."

"He was born on March 6, 1853, educated at Woodstock College, Galt, and Toronto, and was called to the Bar in 1877. Made a Q.C. in 1889, he was elected a member of the Law Society of Upper Canada in 1891, 1896, and 1901. He was made Doctor of Law by McMaster University in 1907. His Lordship belonged to Hamilton before the high court plucked him away from mountain and mountains. He was major of the Ambulance Corps in 1899 and 1900, and in the latter year he contested a Federal seat there in the Liberal interest. Mr. Justice Teetzel plays golf and rides a horse. He is a member of the Toronto Club, the Hamilton Club, and the Toronto Golf Club.—Star Weekly.

Comfort Lye will clean that dirty cellar floor for you. Or, when the kitchen floor looks as if "some good hard scrubbing" is needed, put just a little Comfort Lye in the water, and you won't have to scrub. Comfort Lye "makes dirt run" so you can simply mop it up. Removes Paint. Take off the old paint with Comfort Lye. Far easier than scraping or blistering. Large Can 10c. At Grocer's. Valuable Premiums FREE. Each Comfort Lye label is worth THREE Comfort Soap wrappers toward beautiful free premiums. Premium Catalogue free at Grocer's.

NA-DRU-CO HEADACHE WAFERS are guaranteed to contain no morphine, cocaine or other poisonous drugs. Yet they stop the ache. 25 cents a box at all druggists. NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED 87

BAR SOLDER, BABBITT METAL and all INGOT METALS. Headquarters for Quality. Write for Prices. The Canada Metal Co. Ltd., Fraser Avenue, Toronto

Dare You Marry? SECRETS OF HOME LIFE Statements made by patients taking the New Method Treatment. They know it Cures! No Names or Testimonials used without written consent. CONSTITUTIONAL BLOOD DISEASE. VARIOUS VEINS CURED. Patient No. 16474. "The spots are all gone from my legs and arms and I feel good now. I am very grateful to you and shall never forget the favor your medicines have done for me. You can use my name in recommending it to any sufferer. I am going to get married soon. Thanking you once more, etc." SAYS TWO MONTHS CURED HIM. Patient No. 16763. Age 23. Single. Induced in immoral habits 4 years. Deposited in urine and drains at night. Various Veins on both sides pains in back, weak sexually. He writes—"I received your letter of recent date and in reply I am pleased to say that after taking two months treatment I would consider myself completely cured, as I have seen no signs of them coming back (one year)." THE WORLD SEEMS DIFFERENT. Patient No. 15233. "I have not had a regular emission I don't know when and am feeling fine. The world seems altogether different to me and I thank God for directing me to you. You have been an honest doctor with me." CURES GUARANTEED OR NO PAY. We treat and cure VARIOUS VEINS, NERVOUS DEBILITY, BLOOD AND URINARY COMPLAINTS, KIDNEY AND BLADDER DISEASES and all Diseases peculiar to men. CONSULTATION FREE. BOOKS FREE. If unable to call write for a Question Blank for Home Treatment. NOTICE All letters from Canada must be addressed to our Canadian Correspondence Department as follows: DR. KENNEDY & KENNEDY, WINDSOR, ONT. DRs. KENNEDY & KENNEDY Cor. Michigan Ave. and Griswold St., Detroit, Mich.

Order Some! Labatt's Ale and Stout When you are jaded—your appetite poor—your whole system weary—just try a glass of Labatt's Ale and Stout Pleases the palate, refreshes the body, agrees with the weakest stomach. A truly wholesome beverage that really nourishes. For a milder drink try Labatt's London Lager Equal to the finest German brews. Has the true smack of choice hops. Very light, palatable, satisfying. Look for the layablar label. Comet Beer (LAGER STYLE) A temperance brew—tastes and looks like choice lager, but has less than 1/2% of proof spirit. Quenches thirst, refreshes, gives appetite. Order some today. Premier Beer (ALE STYLE) The newest non-intoxicant, mild and delicious, with the real flavor and quality of good ale. Complies with local option requirements and may be openly sold anywhere. Order any Labatt product from your dealer. Ask For Labatt's Agent, James McParland, 339-341 King St. E., Kingston.