

HOTEL DIRECTORY.

DESERONTO.
GO TO THE STEWART HOUSE, LEAD-
ING Commercial Hotel. Rates, \$1.50
per day.
THOS. STEWART, Prop.

TRAVELLING.

GRAND TRUNK RAILWAY SYSTEM

Pacific Coast and Return

VANCOUVER. --- \$95.80
 VICTORIA. ---
 PORTLAND. ---

SAN FRANCISCO. --- \$101.10
 LOS ANGELES. ---
 SAN DIEGO. ---

Good to return until October 31st.

Round Trip Homeseekers' Excursions

TO WESTERN CANADA.
 TUESDAY, JULY 11TH.

And every second Tuesday thereafter until Sept. 19th. Good to return within 60 days.

Through tourist sleepers, Toronto to Edmonton, via Chicago, St. Paul and Winnipeg. For berth reservations and further information apply to J. P. HANLEY, Cor. Ontario and Johnson Sts.

KINGSTON & PEMBROKE RAILWAY

IN CONNECTION WITH CANADIAN PACIFIC RAILWAY.

Homeseekers' Excursions

Manitoba, Saskatchewan and Alberta.

June 27th.
 July 11th, 25th.
 August 8th, 22nd.
 Sept. 5th, 19th.

Tickets good for 60 days.

Full particulars at K. & P. and C.P.R. Ticket Office, Ontario Street.

F. CONWAY,
 Gen. Pass. Agent.

LACK OF EXERCISE
Brings on Troubles which are Best Corrected by
Dr. Morse's Indian Root Pills

Man was intended to live an active, outdoor life, and his digestive system was modelled accordingly. Indoor-work with hands or head, long hours sitting or standing still, especially in air that's none too good, slow down the healthy activities of stomach, liver, kidneys and the millions of tiny skin glands.

Constipation, headaches, indigestion, biliousness, rheumatism and similar troubles follow.

Then the worth of that good old reliable family medicine, **Dr. Morse's Indian Root Pills**, is appreciated. Though it has been in use for over half a century, modern science has not been able to devise a safer or better cleanser for the whole system.

Dr. Morse's Indian Root Pills are largely vegetable in composition, free from any harmful drug, and mild yet most effective in their action. They are "Mother's standby" in hundreds of homes because they nip in the bud so many of the common ailments.

Made since 1857 by W. H. Comstock Co., Limited, Brockville, Ont., and sold everywhere at 25c. a box.

SOME JUICY PLUMS

ABOLISHES THE COMMISSIONS; CREATES POSITIONS.

Highway Board is no More—Road Superintendent, at Salary of \$8,000, to be Named This Week—Host of Candidates for the Job.

Albany, N.Y., July 13.—Governor Dix has signed the Murtagh bill abolishing the state highway commission and substituting a new commission to consist of a state superintendent of highways, the state engineer and surveyor and the state superintendent of public works.

The governor also approved the Wagner bill, consolidating into the state conservation commission, the present forest, fish and game commission, the forest purchasing board, the Black river power commission and the state water supply commission.

Both acts became effective at once. The superintendent of highways is to be appointed by the governor and is to serve during his pleasure at an annual salary of \$8,000.

"The conservation commission is to consist of three commissioners to be appointed by the governor for terms of six years at salaries of \$10,000 each. The commission is authorized to appoint three deputies at \$1,500 each; a chief engineer and a counsel at \$7,000 each, a secretary at \$3,500, and other necessary staff.

The commission is divided into three divisions, lands and forests, inland water and fish and game.

LAST OF THE PICNICS.

Princess Street Methodist Sunday School Event.

The annual Sunday school picnic of Princess Street Methodist church, the last of the season, was held, Thursday afternoon, at Brophy's Point. The steamer America took the merry crowd down at 2:30 o'clock, and called on her way back from the Cape. Going down it rained quite heavily, but by the time the picnic grounds was reached, the rain had cleared away, and the sun was shining brightly. Baseball games and races were the chief amusements.

The most amusing baseball game was between two amateur men and single men, which the latter won by the overwhelming score of 14 to 1, and the breaking of the bat terminated the game at the fourth innings. The juniors had a very interesting game also.

After supper the races were all fun off. They proved very interesting and the results are:

Boys, eight years and under—1st, Charles; 2nd, Norman Jones.
 Boys, twelve years and under—1st, Donald Robinson; 2nd, Gordon Black.
 Free-for-all—Ozell Rawson.
 Three-legged race—Croft Robinson and George Timms.
 Foot race—1st, Frederic Timms, 2nd, Ernest Wisken.
 Men's race—W. H. Woods.
 Girls, eight years and under—1st, Bertha Cliff, 2nd, Thelma Chen.
 Girls, twelve years and under—1st, Sophia Bain; 2nd, Evelyn Robinson.
 Free-for-all, girls—Evelyn Freeman.
 Women's race—Mrs. Lane and Mrs. W. G. Anderson.
 Needle race—Aleda Gardiner.
 Teachers' race—1st, Emma Peters; 2nd, Lizzie Gardiner.
 Girls, five years and under—Dorothy Jones.

PORTSMOUTH SCHOOL BOARD.

Matters Taken Up at the Regular Meeting.

The regular meeting of the Portsmouth school board was held on Thursday night. The chairman, Thomas McManion, was in the chair, and the other members present were W. B. Kerr, H. E. Barkley and William Halliday.

The board found that it would be necessary to secure a new junior teacher, and it was decided to advertise for such a teacher.

The board will ask the council for the sum of \$1,000 this year. Last year the amount asked for and received was \$900, but this year the board has some extra work, and an extra amount will be necessary.

Rideau Lakes Nav. Co., Limited.

Steamers leave for Ottawa every Monday, Wednesday, Thursday and Saturday, at 6 a.m.

For Clayton—Every Tuesday, Wednesday, Friday and Saturday, at 6.15 a.m.

Jones' Falls and return, every Wednesday and Saturday, 6 a.m. fare for round trip, 50c.

Jas. Swift & Co., agents.
 J. P. Hanley, agent.

Knock Arden.

No poem of Tennyson's is more widely known than this one. It will be illustrated at the King Edward, to-night and Saturday in over 2,000 feet of film, which will be lucidly explained by a competent lecturer. This is the most interesting film since the tale of two cities was shown, and not understanding that it was secured at double the cost of ordinary pictures there will be no extra charge for admission.

Was Burned to Death.

A telegram was received, at Queen's university, on Friday morning, from the Porcupine Relief committee saying: "John Winterburgh was burned to death in the forest fire, on Tuesday, at Dome. Please advise relatives."

G. Y. Chown says no person of that name is on the college registers. It may be that he was a former resident of Kingston.

\$1.65, Watertown and Return, \$1.65

Good going Saturday 5 a.m. and 2 p.m. and Sunday 7.30 a.m. and 2 p.m., returning up to Monday evening.

Mystery surrounds the disappearance of R. F. Hall, a Boston man, whose sister, Mrs. W. J. Welch, lives at Carleton Place, Ont. He was last heard of at Swift Current, Sask., on September 22nd of last year, and his wife believes that he has met with foul play somewhere in Dakota. When you lay your head at a girl's feet she expects you to put a ring on her fingers.

It's poor policy to turn a deaf ear to the telephone.

Bibby's mobby outing trousers, \$2.50

Sunlight Soap
 cleans, freshens and preserves oil-cloths and linoleums. Common soap may fade the colours and injure the surface. Why take risks?

SUNLIGHT
 contains nothing that can injure fabric, clothes or hands. Just pure soap—perfectly made.

We will give \$5,000 to anyone who can find adulterants in Sunlight Soap.

Use Sunlight Soap according to directions—try it just once—and convince yourself that it will do twice as much as other soaps.

BICYCLES
 BICYCLE BUNDRIES BICYCLE MUNSON
 at Cut Prices 249 Yonge St. Toronto

BIBBY'S CAB STAND
 DAY OR NIGHT
 Phone 201

For Health
 Drink McCarthy's Ale and Porter. It's the best.
 Agent, R. J. LAWLER

Cook's Cotton Root Compound
 The great Uterine Tonic, and only safe effective Monthly Regulator on which women can depend. Sold in three degrees of strength—No. 1, \$1; No. 2, 10 drops stronger; No. 3, 20 drops stronger. \$5 per box. Sold by all druggists, or sent postpaid on receipt of price. Free pamphlet. Address: J. M. Cook Medicine Co., Toronto, Ont. (formerly W. W. Cook)

KINGSTON BUSINESS COLLEGE
 (Limited)
 "Highest Education at Lowest Cost"
 Twenty-sixth year. Fall Term begins August 30th. Courses in Bookkeeping, shorthand, Telegraphy, Civil Service and English. Our graduates get the best positions. Within a short time over sixty secured positions with one of the largest railway corporations in Canada. Enter any time. Call or write for information. H. F. Metcalfe, Principal, Kingston, Canada.

FOR FALLING HAIR
 You Run No Risk When You Use This Remedy.

We promise you that if your hair is falling out, and you have not let it go too far, you can repair the damage already done by using Rexall "99" Hair Tonic with persistency and regularity for a reasonable length of time. It is a scientific, cleansing, antiseptic, germicidal preparation, that destroys microbes, stimulates good circulation around the hair roots, promotes hair nourishment, removes dandruff and restores hair health. It is as pleasant to use as pure water, and it is delicately perfumed. It is a real toilet necessity.

We want you to try Rexall "99" Hair Tonic with our promise that it will cost you nothing unless you are perfectly satisfied with its use. It comes in two sizes, prices, 50c. and \$1. Remember, you can obtain Rexall Remedies in this community only at our store—The Rexall Store, G. W. Mahood.

THE NEW FRENCH REMEDY, THERAPION
 No. 1, No. 2, No. 3. Used in France for many years with great success. Cures blood poisons, bad humors, discharges, rheumatism, weakness, neuritis, neuralgia, sciatica, etc. Either No. 1 at drug stores, or No. 2 and No. 3 at 50 Beakman St., New York City, or Lyman Bros. Co., Ltd., Toronto. If in doubt No. required, send self addressed envelope for free book to Dr. Le Clerc, Med. Co., Haverstock Rd., Hampstead, London, Eng. Try new Dragee (Tasteless) Form of Therapion, easy to take, safe, lasting cure.

THE CLUB HOTEL
 WELLINGTON STREET.
 (Near Princess)
 There are other hotels, but none approach the Club for homelike surroundings. Located in centre of city and close to principal stores and theatre.
 Charges are moderate. Special rates by the week.
 P. M. THOMPSON, Proprietor.

The Army of Constipation
 Is Growing Smaller Every Day.
CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation, Biliousness, Headaches, Indigestion, Sick Headache, Sallow Skin. Small Pill, Small Dose, Small Price.
 Genuine must bear Signature
 Carter's Little Liver Pills

THE ARMY OF CONSTIPATION

THE CLUB HOTEL

The Army of Constipation

COWAN'S PERFECTION COCOA

Cowan's seems to hit the right spot. It is a great food for husky young athletes: satisfies the appetite: easy to digest; and delicious

DO YOU USE COWAN'S COCOA?

LAKE ONTARIO AND BAY OF QUINTE STEAMBOAT CO., LTD.

STEAMER NORTH KING

1000 ISLANDS AND ROCHESTER, N.Y.

Steamer leaves Kingston Sunday and Friday at 10.15 a.m. for 1,000 Islands, calling at Alexandria Bay, Rockport, and Gananoque. Returning leaves at 5 p.m. for Charlotte, N.Y. (Port of Rochester), calling at Bay of Quinte, etc.

For full information, apply, J. P. HANLEY, Ticket Agent, Kingston, Ont.
 H. FOSTER HANLEY, A.G.P.A., Toronto, Ont.

When Company Drops in you don't have "to turn the house upside down" to make something cool to drink—if you have

Dalton's Lemonade
 CONCENTRATED
 in the house. Just add water and serve. It's a pure lemon product and contains no other acid.

A bottle makes 12 glasses and costs only 10c. Keep it handy.

At all Grocers and Druggists.

Beware of the Imitator—Insist on Dalton's

NA-DRU-CO DYSPEPSIA TABLETS

tone up weak stomachs—supply the digestive juices which are lacking—ensure your food being properly converted into brown and sinew, red blood and active brain. 50c. a box.

National Drug and Chemical Co. of Canada, Limited

Honest Tea is the best policy

LIPTON'S TEA

OVER 2 MILLION PACKAGES SOLD WEEKLY

Regal spelled backwards spells Lager

Regal Lager

Users of Regal don't get less than the best. We take care of that.

JAMES McPARLAND, REGAL AGENT.

Regal spelled backwards spells Lager

WILSON'S FLY PADS

kill all the flies and the disease germs too.

American and Canadian Scientists tell us the common house fly is the cause of more disease and death than any other agency.

Mr. Perley is Simply Off.

Manitoba Free Press.

Mr. Perley, one of the Borden speaking party, is credited with having declared on various platforms that the old reciprocity treaty which from 1854 to 1896 gave Canadian products free access to the United States markets was of no value to Canada. Yet when congress was about to abrogate the old reciprocity treaty the Canadian government declared that "it was impossible to express in figures the extent to which it had contributed to the wealth and prosperity" of the country, and that "it would be difficult to exaggerate the importance which the people of Canada attached to the continued enjoyment" of the right to reciprocal trade.

Brantford Satisfied.

The Expositor.

Kingston and Stratford have appointed "school nurses" for the purpose of medical inspection. While the principle was approved in these cities, some doubt was expressed as to whether or not it would be practicable in operation, as much depended on the tact, judgment and common sense of the official. In Brantford the system certainly gives entire satisfaction.

Censure is the tax & man pays to the public for being eminent.—New York Herald.

The girl who delights in keeping a man on the rack may find herself later on the shelf.

Bibby's sale of summer suits.

QUALITY

in the flour means quality in the bread and the pastry you bake. Without quality behind your efforts, no knowledge or skill can bring good results. Better be without the skill than without the quality.

"BEAVER" FLOUR

is the highest development of blended wheat, embracing the rich health-giving properties of Manitoba Spring wheat and the carbohydrates of Ontario Fall wheat, which make delicate, white, light bread and pastry.

Remember, it is for bread and pastry, both. With BEAVER FLOUR in the house, you only need one kind to attain the best results in every form of baking.

BEAVER FLOUR means economy as well as efficiency. Ask your grocer for it to-day.

DEALERS.—Write for prices on all Fresh, Choice Grades and Canada.

E. B. TAYLOR Co., Ltd., Chatham, Ont.

Mid-Summer Sale

Men's Fine Oxfords

25 Per Cent. Discount

On all our Men's Oxfords, Tan Gun Metal and Patent Colt.

Everything must go.

\$5.00 Oxfords, NOW \$3.75
 \$4.50 Oxfords, NOW \$3.40
 \$4.00 Oxfords, NOW \$3.00

All Goodyear Welt Goods and made by best makers.

Hell's, Hart's, Invictus, Walker, Whitman.

The Sawyer Shoe Store
 212 Princess St.

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