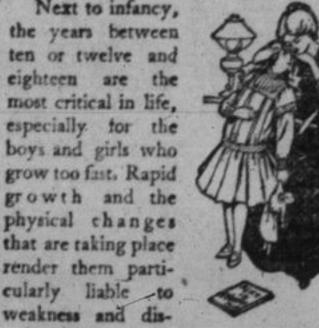
# Children Who Grow Very Fast

Need Careful Watching. Next to infancy, the years between ten or twelve and eighteen most critical in life. especially for the boys and girls who grow too fast. Rapid growth and the physical changes that are taking place render them particularly liable to



orders of the diges- Br. Morso's ladias Ross Pills would make ber tive system, kidneys bealthy and happy. or lungs that very

frequently, when allowed to run on, condemn them to a lifetime of suffering. It is most important that at this period of life those organs which carry off the men of the Pacific, there is always body's waste and impurities -- the bowels, to be seen trim little yellow-funnelled the kidneys and the skin - should be steamers cruising among the fishing kept active and vigorous.

directly on each of these organs, enabling them to do their work properly, and thus smudge of smoke smears the sea line, keeps the whole system pure and healthy. he prefers to abandon trawls, seines

as when our grandparents used them, for nothing better has ever been devised.

at 25c. a box.

### COWAN'S PERFECTION COCOA

Is good for Growing Girls and Boys-and they like it. It nourishes their little bodies and makes them healthy and strong.

Cowan's Cocoa, as you get a from your grocer, is absolutely pure. Its delicious flavor is obtained by the use of the highest grade of Cocea beans, skilfully blended. Nothing is added to impair the bealthbuilding properties of the Cocos.

> Do You Use Cowan's Cocoa?



#### Don't Persecute your Bowels





Agent, James McParland, 339-341 King Street E., Kingston,

### GUARD THEIR HEALTH! PROTECTING THE FISH

CANADA HAS A FLEET OF SIX-TEEN VESSELS

To Keep Foreign Fishermen From Overcrowding - Fish Poachers'

Work is Exciting. In order to protect Canadian fisheries from the encroachment of foreign fishermen, and to protect insular waters from poaching, illegal fishing, and the use of prohibitive tackle and gear, the Dominion Government maintain a little navy of some sixteen vessels, of which little is known to the ordinary citizen. Armed with one or two quick-firing guns and searchlights, these little craft patrol their respective waters, and, besides their fishery protection duties, they are also the embodiment of Dominion law among the many citizens of the ficating world. With the Grand Bank fleets, the seiners, and the lobstermen of the east coast, and the whitefish trawlers of the Lakes and the salmon, herring and halibut fishercraft pursuing their vocations. They are ubiquitous, and have an unhappy Nothing will do this more, effectively knack of turning up in unexpected than that good old-fashioned remedy, places-a fact which makes the fish him to keep a watchful eye upon the

Dr. Morse's Indian Root Pills are and gear, and fly, to ranging on and | still made from precisely the same formula trusting that the steamer's identity ing his wealth from Lancashire minmay be other than that of a fishery The finest vessel of the Protective Made by W. H. Comstock Co., Ltd., fleet is the "Canada"-a small, third-Brockville, Ont., and sold by all dealers | class cruiser. She was the first vessel of Canada's navy, and is a twin screw vessel. Her speed is 17 knots, which makes her especially feared, as no sailing schooner or fast steam trawler can get away from her, and,

esides, she has other arguments in the shape of four 1-1-2 pound automatic quick-firing guns. Her station is principally off the

of St. Lawrence. 30 officers and men.

tion and Cape Breton Island is pa- one casualty every day. trolled by the cruiser Petrel-a vessel of similar dimensions to the Curlew proached by a native, who had re- seasickness. The vessel will be fitted and Comminee. During the season of cently joined the expedition, and with a large tank occupying the bot-1909 she boarded American fishing requested to be allowed to go and tom and sides amidships, and it will vessels over one hundred and thirty stalk the stalker. This was readily be possible by means of a regulator,

Smaller vessels patrolling inshore waters of the east coast are the Hudson, 34 tons; Nelson, 19 tons; Thirty-Three, 79 tons; and the Ostrea, which you succeed in allencing the man?" cially constructed water passages." is employed in the Prince Edward "I know his ways, sahib," was the The tanks are partially filled with Island oyster culture service.

maintains the fishery laws. Upon the Pacific waters of Canada are five fishery protection vessels, the largest of which is the wooden screw steamer Kestrel, built at Vancouver in 1903. She is 126 feet long, 24 feet beam, 12 feet deep, and 311 tons gross, with a mean sea speed of 10 the smaller steamers Falcon, Georgia, the owner of a magnificent service of Restless, and Alcedo, the Kestrel is gold plate, one of the heirlooms of the probably the hardest worked fishery Ormonde family, which was presented cruiser in the service. Not only em- to a former butler by Charles the little cruiser is kept busy preventing smuggling, assisting at strandings, locating sunken wrecks, and inspecting life-saving stations and local customs houses along a mighty stretch of dangerous coast. It is to the credit of her officers and crew that in all her seven years' commission she has never had an accident.-Canadian Cen-

'Twas His Brother.

Hon. J. J. Foy is Attorney-General for Ontario, and his brother, "Gus," is a police court clerk for Toronto. It came to the ears of the police officials of Toronto that some of the city's Jews, who got out summonses, were making offers to the summoned ones to not press cases if money were paid to those who had got out the much-teared papers. That using of the papers as a club had to be stopped. The police officials decided that summonses would not be issued unless there was some clear evidence of the need for giving out the papers.

To "Gus" Foy fell the duty of refusing some of the men who wanted a summons. To the ones who were refused, that looked like injustice, so they got a deputation together, saw Hon. Mr. Foy and asked him to remove "that man" who refused to ismove "that man" who refused to is-sue summonses. The Attorney-General silver thistless on the end of the listened carefully to the complaint handles.

and promised to look into it. "Jakie" Cohen, one of Toronto's best known Jews, is a police magistrate for the city and knows well the condition of the Jews who believe they have occasion to go to the police court clerk.

"By the way, who is 'that man'

they want recoved?" asked Mr. Foy. Mr. Cohen smiled. "Why," he said, "that's Gus."-Canadian Courier.

Moosejaw's Big Bill.

Four hundred thousand dollars for a small city like Moosejaw, Sask., seems a huge amount to expend on one civic improvement in one year. But that is the sum issuing out of the civic treasury for a new sewage sys-tem plant to be ready this fall, and guaranteed to make sewage water as pure as drinking water.

Would Have Been Just the Thing. Madge-You seem to be enjoying our vacation.

Marjorie-If I'd known there would have been so many young men to get ing it.
ingaged to I'd have brought along ing it.
I ner
imy card index system from the office.

#### FIRST SCOTTISH EARL

One of His Ancestors Retaliated on Wife Who Married Again.

The Earl of Crawford, who has completed his sixty-fourth year, is the premier Earl of Scotland, and one of the most interesting members of the

He is a keen scientist and bibliophile, an experienced traveler, and an enthusiastic yachtman, and he is the possessor of one of the finest stamp collections in this country. He is also a great authority on astronomy, having been for two years president of the Astronomical Society, and some years ago he took part in an expedition to Spain to observe a solar

As Lord Balcarres he sat in the House of Commons as member for Wigan, resigning the seat in 1880 on the death of his father, the twenty-

The earldom of Crawford was conferred so far back as 1398 upon David Lindsay, the ninth baron, who fought a passage-of-arms with Lord Welles in the presence of Richard II. and

Queen Anne of Bohemia. One of the present earl's ancestors was the Crusader Sir William Bradshaugh, of Haigh, whose wife, when been killed in Palestine, married again. But some time afterwards Sir William returned alive and well, and Dr. Morse's Indian Root Pills. It acts poacher's work exciting, and causes when he discovered what had happened, he slew his rival, and made the horizon. As soon as the tell-tale lady do penance by walking barefoot, once a week, from Haigh to Haigh

Lord Crawford is very rich, deriverals as well as from his broad Scottish acres. He has a beautiful place His lordship was once pointing out

to a country lady the Houses of Par-"Well, now," she exclaimed; "what a fine building that is i It ain't the

gasworks, is it?" "It is madam," he replied; "the gasworks of the whole British nation.

Russia's Pet Aversien.

So Sir Francis Younghusband, who Nova Scotia coast and in the Gulf | recently met with a serious motoring accident in Belgium, might be de The cruiser Vigilant is employed scribed. He probably knows more upon the Great Lakes, and has been about the innermost parts of Asia the means of capturing many of them | than any other European living, and while fishing within the three-mile Russia has feared him to such an imits. The Vigilant carries a crew of extent that at one time his every movement was watched by In the Gulf and River St. Lawrence | spies and duly reported. Among the the cruiser Progress makes her pa-trols. The Curlew is also employed concerning a native who was with patrolling the Gulf of St. Lawrence him in the British expedition which and New Brunswick waters. And penetrated into Tibet. Sir Franc's the Constance wsimilar vessel to the | was extremely annoyed by the guer-Curlew-is employed around Prince illa tactics of the mountaineers, Edward Island She was built at especially by one determined sniper, whose aim was particularly good, The east coast of Nova Scotia sta- and who was responsible for at least

times, and steamed over five thous- granted, and the man went off. A to counteract the effect produced by day or two later he returned, bearing the consumption of coal, stores, etc. the sniper's rifle, and a grin of The water tank, which is divided into triumph on his dusty countenance. compartments, is covered with airreply. "I kill him easily." "Why, water, and the motion of the ship Upon the waters of Lake Winnipeg was he a friend of yours?" "No, is checked by a contrary movement of the screw steamer Lady of the Lake | sahib-only my father," was the illuminating rejoinder.

Commodore R.Y.S.

A leading figure at Cowes each year is the Marquess of Ormonde, Commodore of the Royal Yacht Squadron, and Hereditary Chief Butler of Ireland, an office which has been in the knots. Although she is assisted by family since 1177. The marquess is ployed in protecting the fisheries, the First. The plate is only used on state occasions and is of fabulous worth, being valued at over a million and a quarter sterling. Among other historical relics at the marquess's home, Kilkenny Castle, which is one of the oldest inhabited houses in the three kingdoms, some of the rooms remaining to-day almost exactly as they were in the year 1100, are official robes which have seen service at three coronations. They were worn the coronation of Queen Victoria, and appeared in the official picture of the ceremony.

In the fourteenth century thistles were used as food for cattle, and they were considered as a crop. In the old priory of Lindisfame there is a note in the archives of 1344-5 of thick leather gloves required for the harvesters of the thistle crop. It is cur-lous that, though the thistle is the emblem of Scotland, the Scot never seems able to say which kind of thistle is the true national emblem. It is said that a thistle which resembles Carduns marianus was figured on the old coinage of the day of James V., who was first to put thistles on the Scotch money. The horn spoons sold

A Gormandizer. Some years ago the late Marquis of guineas that he would produce a sman who would eat more at a meal than any Sir John Lade could find. The So the Attorney-General had bet being accepted, the time was appointed, but his lordship not being able to attend the exhibition he wrote to his agent to know the result and presently received the following note:

"My Lord,-I have not time to state

particulars, but merely to acquaint

your grace that your man best his

nist/by a pig and an apple-pie." 'Getting Up a Thirst. "What ye eatin'?" "A dime's worth o' salt wal som

peanuts in it." Subbubs-I'm going off on athunttrip to-morrow. Towne Game, house or cook?

People who try to be conspicuous It's the work of the brains that generally are so-by their foolishness. make the work of the hands success-Do not be mean enough to envy the ful. man who has secured success by earn-

BALFOUR'S MEMORY.

It Frequently Plays Him a Mean Trick While Speaking. Mr. Balfour, who has completed his

sixty-third year, is frequently the vic-tim of absent-mindedness. Once in a speech he referred to the late Sir Henry Campbell-Bannerman as Sir Henry Bannerman, Sir Charles Bannerman, and Mr. Bannerman. Not very long ago he spoke of Lord Northampton as Sir Henry Fowler and Sir William Fowler. There was another entertaining instance some time back at a Primrose League demonstration at the Albert Hall. "Where do sit?" asked Mr. Balfour, with a bland note of inquiry. A surprised official pointed to the chair. Mr. Bal-iour, seemifigly, had totally forgotten that he was to preside over the meet-

The right hon, gentleman was born in Scotland, eldest son of the late Mr. James Maitland Balfour, of Whittinghame, who married Lady Blanche Cecil, sister of the late Marquis of Salisburg. Educated at Eton and at Trinity College, Cambridge, Mr. Balfour entered the House of Commons in 1874 as M.P. for Hertford; from 1885 to 1906 he sat for East Manchester, and since then he has been she learned that her husband had one of the representatives of the City

For a few years he acted as private secretary to his uncle at the Foreign Office, and accompanied the mission of Lord Beaconsfield and Lord Salisbury to Berlin in 1878. His administrative experience commenced in 1885 as President of the Local Government Board, and he was Chief Secretary for Ireland from 1887 to 1891, when, on the death of Mr. W. H. Smith, he became First Lord of the Treasury and Leader of the House of Commons.

On Lord Salisbury's retirement in July, 1902, Mr. Balfour succeeded him as Prime Minister, in which post he continued until the Liberals regained power, in 1906.

The right hon, gentleman is Chan-cellor of Edinburgh University, an Elder Brother of Trinity House, and Grand Master of the Primrose League! He has been president of the British Association, and Lord Rector of Glasgow and St. Andrew's Universities.

Mr. Balfour is a very astute man of business, and a wealthy one withal. He has investments in real estate in many unlikely places, including New Zealand. His fortune originated with his paternal grandfather, James Balfour, an Indian civil servant, who afterwards made \$1,500,000 out of contracts for supplying the Indian navy with provisions.

No More Sea-Sickness.

The 'new Cunard liner Lakonia, which was launched recently on the Tyne, England, will be unique in the possession of an invention for which is claimed the remarkable virtue that One afternoon Sir Francis was ap- it will practically do away with the "Well," asked Sir Francis, "how did tanks, and at the bottom; are spethe water from one side to the other through the passages. To provide for changes in the movement of the vessel the water which is always under perfect control, can be regulated to suit circumstances. One or two of the compartments can be utilized as required by opening or closing the valves which are affixed to the air tanks, and by completely closing the valves the passage of air from the side of the ship to the other, is prevented. In this way the water in the tanks may be thereby keeping the vessel from rolling. The Lokonia will not only be the first Atlantic liner to be fitted with the anti-rolling tanks, but also the first British ship to be so equipped.

New Home for Roman Boat. The delicate operation of removing the Roman boat which was found in the bed of the Thames on the site of the new London County Hall to the orangery in Kensington Palace by Lord Ormonde's grandmother at Gardens was completed recently without misadventure.

The boat was found embedded deep down in the substratum of the river bed during excavations last year, and since it has been exposed to the air the beams have hardened, cracked, and shrunk. The whole structure; is so brittle that it was necessary to build a frame completely round it. The keel had to be enclosed in a box, as otherwise it would probably have dropped out altogether.

When the timbers came to be mov-'ed a quantity of bones were found in a very decayed and brittle condition. These have been enclosed in wire netting, and included the rib of a man and other human remains and also the jaw of a dog.

Time Would Tell.

Sir Thomas Gibson Carmichael has retailed a good yarn of a juryman, who one day rushed into a court and said: "Oh, my lord, if you can excuse me, pray do I don't know which will die first-my wife or my daugh-

"Dear me, that's sad," replied the innocent judge. "Certainly; you are The next day the juryman was met by a friend, who asked: "How's your

wife and daughter "They're all right, thank you. Why do you ask?" "Why, yesterday you said you did not know which would die first." "Nor do I. That is a problem that time alone can solve."

Britsh Coal Dwindling.

The London papers are impressed by the prediction in Sir William Ramsay's presidential address at a meeting of the British Association for the Advancement of Science secently. that unless the present rate of consumption is retarded England's coal elds will be exhausted in 175 years.

Twin tunnels for vehicles and pedestrians are being built under the I never knew a truthful man to be River Elbe by the German city of harmui in the least by being called a Hambury. The cost will be about \$2,-

### FOR USE AFTER MEALS

THERE is no soap equal to Sunlight Soap for washing dishes. It gets every particle of grease and dirtmakes all glassware sparkle like cut glass and leaves your dishes to be merely dried without the neces-

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# and dry with a dry towe

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