

# Stop! Think!

The rush and roar of deadly modern life is everywhere.

Your nerves are weak and worn, they are overtaxed, strained to the breaking point. Strengthen them, build them, vitalize them with a Food-Tonic.

## Scott's Emulsion

is one of the oldest, purest and best-known of FOOD-TONICS.



TRADE-MARK

ALL DRUGGISTS

## FEEDING JOLLY JACK

HOW BRITAIN'S NAVAL FORCES ARE PROVISIONED.

The Victualling Yard at Deptford Has Thousands of Tons of Food Supplies Passing Through It Every Day of the Year—Rice, Sugar, Etc., Are Handled in Big Bins From Which They Are Let Down Into Canisters.

There is no place in the world where anything like so large a quantity of food is stored and handled as at the Royal Naval Victualling Yard, at Deptford, through which is passed practically all the food supplied to the seamen in the royal navy. Every day thousands of tons of food supplies enter the yard, and thousands of tons leave it.

Take the sugar store, for example. About eight million pounds of sugar are passed in and out of the yard every year, and, as a rule, about 2,000,000 pounds are held in stock. The sugar is stored in a huge loft, and every day for a certain number of hours it comes pouring down a shoot in a great yellow cascade into a gigantic receiver or holding 200 pounds. By the receiver are ranged a number of sugar-cans, each can holding 200 pounds. Directly the receiver is full, it empties itself into one of the cans; the filled can is then passed on to be sealed up, and another "empty" is placed underneath the receiver.

When the whole battalion of cans is filled, they are despatched to be made up for transport, and in a few months' time, or perhaps in a few weeks, the contents of the cans will be sweetening Jack's tea, cocoa, or pudding in some part of the world. The rice store is but a few steps from the sugar loft. The rice is handled in much the same way as the sugar. It comes down from the loft where it is stored through a shoot, from which it flows into bags containing 300 pounds each, or more. It flows down the shoot every day, but sometimes it flows in greater volume than at others. For example, when the Home Fleet came recently to Portland to be provisioned, the rice came down the shoot in a perfect avalanche, and the floor of bags were filled in a couple of days, which, with thousands of tons of other foodstuffs, were despatched to fill the store-rooms on board the different ships of the fleet.

From the rice store you pass into a gloomy-looking storehouse, the immense floor of which is occupied by battalions of barrels of pickled beef, known to Jack Tar by the more familiar name of "Fanny Adams." There is not a daily delivery or despatch of these barrels of beef, but the demands for this article of food from our foreign naval supply yards, or from some ship sent suddenly home to take in provisions, is constant, and sometimes very urgent.

A request, for example, may come in suddenly from one of the five foreign yards at Hong Kong, Malta, Sydney, Cape of Good Hope, or Gibraltar, for a couple of thousands of barrels of beef, and the beef must be on its way out, if need be, within twenty-four hours from the receipt of the order.

Indeed, whatever may be the character of the demand, the authorities at the Victualling Yard are always able to meet it. It may be for a thousand pounds of candies, a hundred thousand pounds of beans, tons of chocolate nibs, ten thousand pounds of various jams, or just a few thousand tins of unsweetened milk. Whatever the demand may be, for the order causes no flutter of excitement at the Victualling Yard. It is simply passed to the warehouse where the particular commodity required is stored, and the stuff, whatever it may be, made up for transport, and despatched probably within a few hours.

The real emergency for which the Victualling Yard has to be prepared is a sudden outbreak of war between Great Britain and some other great Power.

The demand on the yard's resources in normal times would be little or nothing compared to what it would be in such an event. Probably then as much food would have to be passed out of the yard in a week as is normally despatched from it in several months.

All the foodstuffs passing through the yard are of the highest quality, and are thoroughly tested by expert analysts. The quantity of food rejected is enormous. The book in which the "rejects" are entered shows that every day large deliveries of foodstuffs are sent back to the contractors as not being up to the sample or to the standard required by the authorities. Ten per cent. of a delivery is examined, in most cases, and if three per cent. of the quantity of foodstuff tested, whatever it may be, is not up to sample, the whole delivery is sent back to the contractors. For example, presuming that, out of a delivery of 2,000 barrels of meat, 400 were examined, and out of the 400 12 barrels contained bad pieces, as a result, the whole delivery would be condemned and sent back to the contractors.

During the past four years many changes have been made in the victualling of the navy. Jack Tar's two chief complaints, used to be that his food was always the same, and that his food was vilely cooked. He has now no cause for complaint on either of these points.

A vastly more varied list of articles of food is now supplied to the ships of the navy, and Jack Tar's meals are different every day, and, in addition to this improvement, the meals are prepared by a skilled cook, who is trained at the Victualling Yard, at Plymouth, where a first-rate school of cooking has been established.

It would, of course, be impossible to go into all the details of the work carried on at the chief Victualling Yard of the royal navy.

There are over 900 men employed in the yard, which extends over thirty-five acres, and a light railway, eight miles long, runs through the yard for the carrying of stores from one storehouse to another, and for picking up goods for shipment from the pier.

## "OLD MORTALITY."

Statue to Scott's Character Has Been Erected at Garpel Glen.

Through the genius of Sir Walter Scott the name "Old Mortality" is known far beyond the bounds of Scotland, and everyone who has heard of the persecuted Covenanters is familiar with his real name. There are few churchyards in Galloway, especially in the County of Wigtown, where his handiwork may not still be seen.

A native of Dumfries, James Patterson was by trade a stonemason, but for the greater part of his life he exercised his craft without fee or payment.

His absorbing passion for the Covenanters led him to give up home and friends and to wander for 40 years over the wild moors, in the lonely glens, and from churchyard to churchyard, to erect a stone wherever a martyr of the Covenant lay.

A sincere devotion led this venerable renovator of tombs to dedicate so many years of his existence to perform this tribute to the memory of these suffering people. Wherever a grave existed "Old Mortality" was sure to be seen busily at work bent on his pious task with his chisel and mallet, and his old white pony grazing by his side.

His last peregrination was in the neighborhood of Bankend, eight miles from Dumfries, when he was suddenly taken ill and was found on the roadside in a lying state. Kind hands removed the old pilgrim to a friendly house, where he passed to his rest in a few days.

He was born in 1712 and died in 1801. The memorial of "Old Mortality" is in keeping with the simple tastes of him it was designed to commemorate. It stands near Garpel Glen, one mile away from the village known as St. John's Town of Vairy. This spot was chosen, as it was one of the chief hiding places of the persecuted "Nill Folly" of Galloway.

The statue represents him in his favorite attitude when at rest, but his chisel is useless in his hand and his mallet is broken. His old pony, the sole companion of his wanderings, stands besides him, "a mute witness of the patient toil of the aged Scottish pilgrim."

Cuttlefish Farms. At several points on the British coast there are located cuttlefish farms, where the little creatures are kept in tanks or ponds to be "milked" of their ink. The pond or tank is connected with the sea by a pipe, and a thousand or more cuttles are kept in a single one. They present a curious sight as they move about, trailing their long arms and staring out of their bulging eyes.

They are guarded by screens with a view of preventing fright, for, states a favorite in "The Scientific American," if they are suddenly scared, they emit their "milk" in the water, a dead loss to the cuttlefish farmer. The fluid, or milk, is very valuable, and each cuttle will yield about \$3.50 a year. It is secreted in a bag in a single one, and is closed at the end by a valve. The fluid is darkened the water so that it may escape unseen when attacked.

The best cuttlefish are obtained in China, where, for some reason or other, they produce the best quality of ink. When the farmer considers it an opportune time to harvest, he proceeds by opening the sluices of the ponds and gently agitating the water. The cuttles then swim around the pond, and as soon as one passes through the sluice is closed.

The cuttle passes down a small channel, and as soon as it is secured there the water is drained off. It is then frightened, and at once squirts the fluid from the bag. When it is exhausted it is lifted out, the milk is collected, and the basin is prepared for another.

The Threepenny Doctor. Seven thousand people recently assembled to give Dr. Jelly, the threepenny doctor of Homerion, a rousing "send off" on the occasion of his marriage. For Dr. Jelly is one of the most popular men in that part of London. For seventeen years he has worked among them. To quote his own words, "They have given me of their best, and I have charged them for advice and medicine at the lowest possible rate. I did not fix on threepenny and fourpenny as my prices, but because I saw good business in it. I did so because I felt that these sums represented what one guinea and five guinea fees would mean to others; and I have been surprisingly rewarded, for my income runs into about \$6,000 a year. I see as many as 100 and 150 patients a day. On one or two occasions, when children's troubles have been rather prevalent in the district, I have treated as many as 300 in one day, and my hardest working days have been the happiest."

Publican's Pride. The St. Leger (pronounced Selliger) at Doncaster, is the great race of the year to sporting Yorkshiremen. Sir Tatton Sykes, the first father of the present baronet, is said to have seen seventy-six St. Legers, the last being in 1881, just fifty years ago. A stranger once in Doncaster during the races asked a landlord what there was worth seeing. "Hast seen Sir Tatton?" queried Boniface. "Oh, yes," was the reply. "And hast seen Volpi?" (Voltegeur, a popular Yorkshire horse, winner of the St. Leger.) "I have," replied the guest. "Then," said the landlord, with a sigh, "there's naught else worth troubling about."

The Difference. The seriousness of Mr. Gladstone prevented him from introducing into social converse any of those lighter touches for which the flamboyant Disraeli was famous. The difference between the two was, perhaps, never more finely indicated than by the lady who said: "After I had talked with Mr. Gladstone for a while, I thought he was the greatest man I had ever met; but after Lord Beaconsfield had been talking to me for ten minutes, I was sure I was the most wonderful woman he had ever known."

Some men are born great, some shrink, and others never find out how small they really are. Everybody gets a make-up, but the consumer. Moral—Don't be a consumer.

## ABSENTMINDED.

Men of Genius Whose Thoughts Were Went to Wander Astray.

Absorption in their work is often carried to such extremes as to make men of genius strangely oblivious to what is going on around them. Many amusing stories are told illustrative of this tendency to "absentmindedness." According to Sir David Brewster, when Newton left a room to get anything he usually returned without it.

The physicist Rouelle was notoriously absentminded. One day while performing a laboratory experiment he said to his students: "You are gentlemen, this caldron over the flames? Well, if I were to cease stirring it an explosion would at once occur that would make us jump."

As he spoke he involuntarily ceased stirring, and his prediction was fulfilled. The explosion took place with a frightful noise, every window in the laboratory was broken, and Rouelle's audience fled wildly outside.

It is related of a gifted ecclesiastic, Bishop Munster, that, returning home and finding his door placarded with the announcement, "The master of the house is out," he calmly remained in front of the door, awaiting his own return.

Buxton, the mathematical prodigy, during a visit to London was taken to see Garrick in "King Richard III." Afterward, being asked how he liked the play, he said he really did not know what it had been about, as he had been too busy counting the words spoken by the different actors and the number of times each went in and out.

Amperé, in a moment of preoccupation peered at a room on the back of a cab standing in the street and was vastly astonished when the starting of the cab caused his problem to disappear. Lombroso says that much the same thing happened to Giola, who, in the excitement of composition, wrote a chapter of his book on the brain instead of on paper.—Ainslie's Magazine.

Hall Caine's Role. Hall Caine, with his long hair, his beard and his bowing cape, is fairly well known to everybody, if only from photographs. This fact encourages one to tell a story.

It happened when one of Mr. Caine's plays was running at the Wild-horse-wagon-drag-it's name-from-us theatre. The author decided that the least he could do after the performance was to go round and congratulate the leading lady. So when the curtain fell he went round behind and tapped at the lady's dressing-room door.

The lady sent her maid to see who it was. The maid went. Now, the passage outside was rather dimly lit, and when the maid opened the door and saw a strange-looking figure standing outside she promptly ejaculated "Oh!" in a tone of extreme surprise, shut the door and returned to her mistress in a state of some bewilderment.

"Well," asked the leading lady, "who is it?" "I—I scarcely know, miss," gasped the maid, then, as a brilliant afterthought, "unless it's the bearded lady!"—Tatler.

A Clerical Pun. On one occasion at Athy, where Canon Stewery, the English divine, was then stationed, he was visited by the archbishop, whom he induced to visit a new coffee house which had just been opened in the interests of temperance. Naturally the distinguished guest was served with a sample cup of coffee. He tasted it, while Canon Bagot and the manager waited in complacent expectancy of commendation.

They were disappointed. The cup was hardly set aside by the bishop, who ejaculated, with prolonged and ungrammatical emphasis: "A-bom-bable!"

Then the manager suddenly remembered. "Oh, your grace," he explained, "a box of matches fell into the coffee tank this morning, and I did not think it right to waste all the contents of it." "If your grace will come again," promised Canon Bagot, interposing quickly. "I faithfully promise you a matchless cup of coffee."

An Earl's Adventures. The Earl of Ranfurly, who recently celebrated his fifty-fifth birthday, has had an adventurous and interesting life. Governor of New Zealand from 1867 to 1869, he was one of the most popular men that colony ever had, and his term of office was prolonged by the unanimous wish of the people. He holds considerable tracts of land in Australia, where he spent some years at fruit-growing. He is a keen yachtsman, and in his college days used to keep a steam yacht, in which he always traveled from Cambridge to London by way of the Guse, the Wash, and the East Coast. He has had quite a fair share of narrow escapes. On one occasion, when he was playing polo, he was nearly killed by some marksmen practicing at a neighboring range; another time he was knocked down by a couple of runaway horses, and had a third escape when he had to jump from the windows of Government House, Wellington, when a fire occurred there.

Needed a Week's Notice. It is now fifty years since the British postoffice bank was established. In the early days there were some hazy ideas as to the rules of the bank. "Shure," said an old woman at an Irish branch, "I want to bank five pounds. Can I draw it out quick if I want it?" "Indade Mrs. O'Brady," replied the postmaster, "you can draw it out to-morrow if you give me a week's notice."

The Lost Train. An Irishman got a job as a porter on one of the English railroads. Shortly after he began his duties a woman went up to him and said: "I have just lost the train. How long shall I have to wait for the next?" "Be jabers, you had better go and find the one you lost, else the company will be after you," returned Pat.—London Answers.

My idea of an optimist is a young man who has been turned down by his best girl, yet realized how happy he was when she had to know much to know how little he knows.

# "THE ONE THING THAT DOES ME GOOD"

## At 60 Years Of Age, Gin Pills Give Me Perfect Relief"

As one begins to get along in life, the vital organs grow less active and need assistance. Men and women of 50, 60 and 70 should read the following letter very carefully. It points the way to a happy, healthy old age and long life.

"You are, gentlemen, this caldron over the flames? Well, if I were to cease stirring it an explosion would at once occur that would make us jump." As he spoke he involuntarily ceased stirring, and his prediction was fulfilled. The explosion took place with a frightful noise, every window in the laboratory was broken, and Rouelle's audience fled wildly outside.

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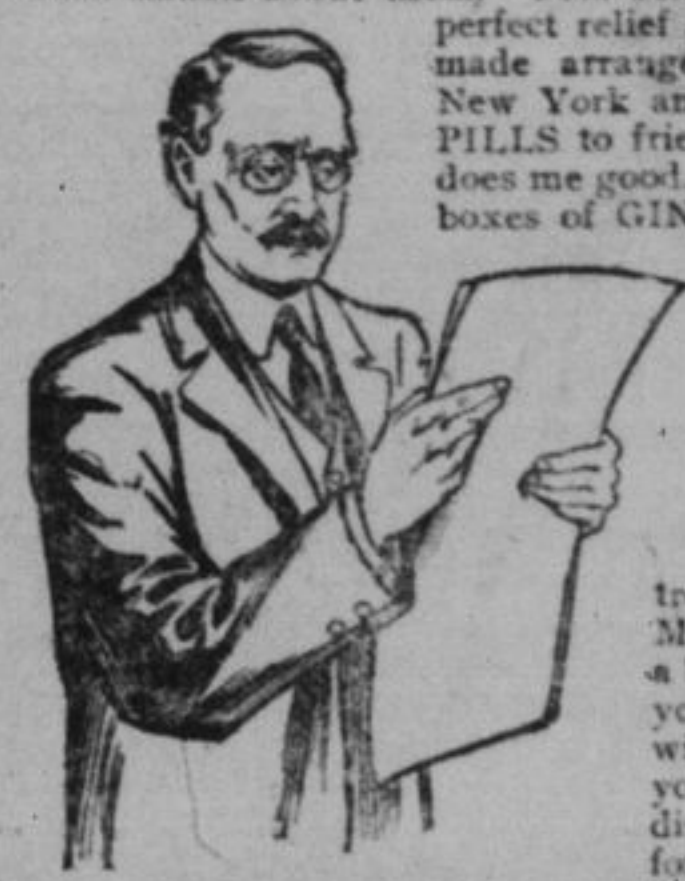
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A MAN, WHOSE CHIEF ASSET IN BUSINESS, IS HEALTH.

MANGA-TONE BLOOD AND NERVE TABLETS build up the system and purify the blood. Ask your druggist. 50c. a box. 110

## THE ROYAL MANISH SHOES

There are many Young Women who are learning the value of Royal Mannish Shoes. The last and patterns are constructed to give the greatest comfort, and at the same time present a stylish and natty appearance.

We have them in all Leathers. Sold only by REID & CHARLES.

## BIBBY'S CAB STAND

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THE NEW FRENCH REMEDY. THERAPION No. 1, No. 2, No. 3. It is a blood purifier, and is used in the treatment of all skin diseases, such as eczema, psoriasis, etc. It is also used in the treatment of rheumatism, etc.

## For Pickling

Pure Vinegar, all kinds of whole and Ground Spices. D. COUPER, Phone 76. 341-3 Princess Street. Prompt Delivery.

## Removal Notice!

W. C. Bennett, Tinsmith and Plumber, has Removed his place of business from 273 King St. to 191 Princess Street, next door to the late S. J. Hogg's Hardware Store, where he will be pleased to meet all his old customers and to meet all new ones as require first-class Tinsmithing and Plumbing done; also agent for the Souvenir Range. Phone 1033

## Don't Persecute your Bowels

Cut out cathartics and purgatives. They are brutal-hard-unnecessary. Try CARTER'S LITTLE LIVER PILLS. Fully vegetable. Act on the liver, stimulate bile, and soothe the delicate membrane of the bowels. One Complete Dose. Small Pills, Small Dose, Small Price. Genuine and bear Signature. Second Hand Furniture

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## Second Hand Furniture

Large Stock of New and Second-Hand Furniture; also all kinds of Preserving Jars. Call at H. Sugarman's, 242 Ontario Street.

## TRAVELLING. GRAND TRUNK RAILWAY SYSTEM. Low Rates Pacific Coast

One way Second Class Colonist tickets on sale daily until October 15th, at the following rates: SPOKANE, WASH., VANCOUVER, B.C., VICTORIA, B.C., SEATTLE, WASH., PORTLAND, ORE., \$45.10. SAN FRANCISCO, CAL., LOS ANGELES, CAL., SAN DIEGO, CAL., MEXICO CITY, MEX., \$47.05. And rates in proportion to all Pacific Coast Points. For full particulars apply to J. P. HANLEY, Agent, Corner Johnson and Ontario Streets.

## KINGSTON & PEMBROKE RAILWAY

IN CONNECTION WITH Canadian Pacific Railway Hunters Excursion. Round Trip Tickets at SINGLE FARE. October 9th to Nov. 11th at all stations. Peleawata to Port Arthur, Temiskaming Northern Railway Stations and points in Quebec, New Brunswick, and Nova Scotia. Oct. 19th to Nov. 11th at stations Sudbury to S. S. Marie, Havelock to Sharnot Lake, Lindsay Branch Severn to North Bay. All tickets good to return until Dec. 14th, 1911. Full particulars at K. and P. and C.P.R. Ticket Office. F. CONWAY, Gen. Pass. Agent.

## BAY OF QUINTE RAILWAY.

Train leaves Union Station, Ontario Street, 4 P.M. daily (Sundays excepted) for Tweed, Sydneyham, Napanee, Deser-Ohio, Bannockburn and all points en route. To secure quick despatch to Bannockburn, Maynooth, and points on Central Ontario Route your shipments to Bay of Quinte Railway. For further particulars, apply, H. H. Ward, Trk. Agent, 2421 St. H. Sugarman's, Phone No. 8.

## 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 theatres. Charges are moderate. Special rates by the week. P. M. THOMPSON, Proprietor.

## OUR CRYSTAL BRAND

Of Standard Granulated Sugar has been tried and found excellent for preserving and table use. Price is always light. ANDREW MACLEAN, Ontario Street.

John Labatt London ONT. Agent, James McParland, 339-341 King Street E., Kingston.

## Highest Grades

GASOLINE, COAL OIL, LUBRICATING OIL, FLOOR OIL, GREASE, ETC. PROMPT DELIVERY. W. F. KELLY. Clarence and Ontario Streets. Tovey's Building.

## TALK TO THE COOK WHO HAS TRIED IT

She has had experience, and will tell you in her own way. The many advantages derived by the use of Gas For Cooking. There is no denying the fact that for Cheapsness, Cleanness and Convenience, Gas for cooking can't be beat. A card addressed to the Office of the Works, Queen Street, or Phone 197, will bring the Necessary information. Light, Heat and Power Dept. C. C. FOLGER, Gen. Mgr.

## 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?

## OPEN SORE Baffles Doctors.

Morriscy's No. 4 Eczema Ointment Healed Like Magic. Nauwigawauk, N.B., Oct. 3, 1910. "I can gladly recommend dear Dr. Morriscy's Eczema Ointment because it cured me of a sore which I had on my ear for over 3 years. I did everything to have it cured, and had the most skillful doctors treating it, but it would not heal up. I went under treatment with Father Morriscy's Ointment, and in a short while it was cured. That was 3 years ago, and I am sure the cure is permanent. When I think how quickly No. 4 Eczema Ointment cured me it seems wonderful indeed, because you know I doctored with several skilled physicians who could not help me. You surely must have a big demand for this wonderful Salve. My only regret is that I did not use it at first, as it would have saved me over 3 years of pain, to say nothing of an unwholesome and expensive doctor bill." John Ryan.

## A Shoe True To Nature

Art and science, when true to nature, are judged correct. "Invictus" Footwear is true to natural conditions—to the shape of the foot, and to the use to which the Shoes are put.

## "Invictus"

Shoes fit because they are built on scientific, natural shaped lasts, the material and workmanship are adapted to meet all the demands of wear. In GUN METAL, PATENT COLE, BOX CALF TAN, and WINTER CALF, BUTTON, LACE, or BLUCHER.

## "Invictus"

The Sawyer Shoe Store AGENTS.

## The Sawyer Shoe Store

AGENTS.