

PERFECT PANACEA FOR RHEUMATISM

"FRUIT-A-TIVES" WILL ALWAYS CURE THIS TROUBLE

MCMILLAN'S CORNER, Ont. "Your remedy Fruit-a-tives is perfect panacea for Rheumatism. For years, I suffered distressing pains from Sciatic Rheumatism, being laid up several times a year, and not being able to work at anything. I went to different doctors who told me there was no use doing anything; it would pass away. Fortunately, about two years ago, I got "Fruit-a-tives" and they cured me. Since then, I take them occasionally and keep free of pain. I am satisfied that "Fruit-a-tives" cured me of Rheumatism and they will cure anyone who takes them." JOHN B. McDONALD.

Be Rid of the Pantry Pest

Keating's Powder may be freely used around the pantry to drive away cockroaches. Although Keating's is odorless and stainless, and harmless except to every form of insect life, it is as thoroughly efficient as the most potent and generally harmful exterminating compounds. Made in England and sold by druggists throughout Canada.

The Woman Alive

to her own best interests,—as soon as there is need, will help her whole system with the tonic action of

BEECHAM'S PILLS

All women should read the special directions with every box.

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



Cuticura Soap

Mothers! Are your little ones suffering from itching, burning eczemas, or other torturing, disfiguring skin troubles? Are you, yourself, worn out with long, sleepless nights and ceaseless anxiety in caring for them? Then you should know that, in most cases, a warm bath with

Skin-Tortured Little Ones

First Actor—How are the acoustic properties of the new playhouse? Second Actor—Fiered. Your voice carries finely out to the audience, but you can barely hear the applause!

Cuticura Soap

Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a postal "Cuticura" Dept. 234, Boston, U.S.A., will send a liberal sample of each, with a 25-cent book on the skin and scalp, and treatment of their affections.

COME IN TOOTHBRUSH

ARMY OF GERMS ARE MAKING TROUBLE.

Average Man Does Not Take Necessary Precautions to Clean Tooth Brush—If He Could See His Brush Under Glass Would Use New One Every Day.

More trouble has developed for those who fear germs—trouble which most of them are least able to bear, for they have ducked and dodged and sprinted so much to escape germs in the past that they are worn to nothing but skin and bone which leaves them easy victims. Evidence of this struggle to escape is to be found in the bath rooms of modern civilized life, where the shelves packed with various disinfectants give not only the appearance but the odor of a corner drug store. It is like being between the devil and the deep sea. To escape the danger from germs we stack up this array of disinfectants, and then when the old man goes pawing around in the dim light of early morning for a swallow of his favorite drop, he is liable to get the lodge-session taste from his mouth the chances are 99 to one that he gets laid out with a dose of 10 per cent. solution of carbolic acid or formalin. Well, may be that is an easier way out for "Pop" than becoming the victim of those horrible germs.

This last bit of trouble comes by way of the tooth brush. Some nice high-domed medical scientists are now advocating that we buy our tooth brushes by the dozen or even by the gross, use one brush for one day only and then throw it away. It might be said right here that real scientists would have said burn the old tooth brush, so the rubbish collector cannot sell it back. These learned men believe it would prove economical, too, instead of extravagant. They have figured it out that 365 tooth brushes a year at 10 cents each represents an outlay of only \$36.50. They argue that many persons spend much more than that each year for dental work, and as a new tooth brush every day will prevent much damage being done to the teeth, gums and mouth by germs which lodge in the bristles of a brush used often and repeatedly, the saving on the one hand will offset the expense on the other.

This whole matter was fully explained during the recent annual session of the British Medical Association, Dr. D. W. Carmichael and Prof. Herbert Small devoting their addresses chiefly to the advantages to be derived from following such a plan. It was shown that the precautions taken by the average man to clean his tooth brush after use are not sufficient. Enlargements of photographs taken under the microscope of disease germs were shown in support of their claims—pictures that were like looking into a snake den in an African jungle. Perhaps if every man could see his own pet brush under like conditions of magnification, he would be careful in using a new brush every day or none at all.

In case one still feels that he must use the old brush, however, the good doctors explained how there are still methods of ridding the much-used tooth brush of the germs which cling to every separate hair. First, boil it for five minutes before and after each use. Secondly rinse it in a one per cent. antiseptic solution and allow it to stand when not in use, in a 10 per cent. solution of formalin. Both of the drugs can be obtained at any drug store. The ordinary tooth powder and paste are said to be of little value in combating germs, for while they cleanse the teeth themselves they leave the gums and cavity of the mouth unbenefited.

Cat Beat Him Back

The grayness of evening was creeping over the little suburb. Far away the shrill voices of newspaper boys could be heard calling the 6.30 edition, and the moon cast its pale beams on the worried woman who stood anxiously leaning over her garden gate. "I can't make out where my husband has got to," she remarked to a neighbor. "He went out nearly three hours ago with our cat, a bag, two bricks and the clothesline. He was going to the river to drown the cat. Oh, what can have happened to him?" "Don't worry, dear," said the sympathetic neighbor. "Cats take an awful time to drown, you know."

A Tiring Task

Instead of reprimanding the office boy for soldiering over his work the manager unctuously requested him to count the ticking of the clock for five minutes. For five minutes the boy counted. At the last second he attacked his work with unusual earnestness, and for the rest of the day his interest never flagged.

Too Much Slang

They say Springley married his wife because she could understand baseball slang.

Not What She Meant

Physician (to patient's wife)—Why did you delay sending for me until your husband was unconscious?

Acoustics Bad

First Actor—How are the acoustic properties of the new playhouse? Second Actor—Fiered. Your voice carries finely out to the audience, but you can barely hear the applause!

Old Money (dying)—I'm afraid I've been a brute to you sometimes, dear.

Young Wife—Oh, never mind that, darling. I'll always remember how very kind you were when you left me.

WHO IS TO BLAME?

Usually the Mother Who Thinks Willie Too Good for Housework.

Man and selfishness are considered synonymous, and no one worries much about it but the immediate victims. Why should this unlovable trait be winked at when masculines?

A selfish woman is an abomination; so is a selfish man, but he is not made to realize it. Instead of deploring the selfishness of men, fight it. This may mean ructions, but it will polish up masculine manners.

Men are not born selfish, and it is the fault of someone else that a nice man becomes inconsiderate. Who is to blame? Generally everyone with whom the boy comes in contact. It is not the heathen parent only who is puffed with pride over that man-child. No girl baby ever causes the unctuous voice in which a young father says, "My son!" Even the mother has a longing that the first-born be a boy.

What follows? Spoiling. He is treated like a special being, though he may be trained in actual obedience. Less is required of him, more is excused him, because he is a boy. No wonder he exacts attention as a right.

When the cook leaves does brother wash dishes? Not he. He is at the ball field or at the cinema, or at the gymnasium, while sister must put her hands into the greasy dishwater. And the odd part of it is that, while little sister may murmur at her ungenial task, may even sulk or storm, she does not demand that little brother help.

The mother is to blame here. Why should housework be considered derogatory to boyish dignity? Why should a man let a delicate young wife work alone whenever the cook is out? He wouldn't if the boy had been taught to handle broom and duster, carpet beater, and even dishwasher every time the cook left.

Custom may be responsible for this form of selfishness, but the new mothers must override this bad custom. When a wife takes a hand it is too late; selfishness is secure.

If mothers only realized that they were training their sons for unhappiness they would take more pains to make them thoughtful. Half the unhappiness in marriage is caused by a selfish husband.

Paris May Become a Seaport

Paris is actively agitating the project of enlarging the bed of the Seine so as to bring sea-going vessels to the French capital, and Municipal Counselor Denis voices the general opinion that the scheme is entirely practical and is what Paris needs above all for its future prosperity. The \$25,000,000 which is annually paid for the transport of freight from Paris to London in order to be reshipped will be partly saved. Besides, the metallurgical and industrial eastern region will have direct connection with England.

The Last Luxury

Ten-year-old Arthur had been telling impressively of the number of servants employed in his home. He continued, "And our house is fixed so that if you want a drink or a window raised or to go upstairs or anything all you have to do is to pull a chain."

Why Not Remember This?

"The worst trouble about a life preserver," said an old sailor, "is that few people know what to do with one when it is thrown to them. Many a man would drown in trying to get a life preserver over his head. The average person struggling about in the water would try to lift up the big ring and put it over his head. That only causes the man to sink deeper and take more water into his lungs."

The Terrible Handy Man

"After you've been two weeks in the house with one of these terribly handy men that ask their wives to be sure and wipe between the times of the forks, and that know just how much raising broom ought to have, and how to hang out a wash his real joy to get the best sun, it's real joy to get back to the ordinary kind of man. Yes, 'tis so!" Mrs. Gregg finished with much emphasis. "I want a man who should have sense about the things he's meant to have sense about, but when it comes to keeping house, I like him real helpless, the way the Lord planned to have him!"

Her Second Marriage

Just as the preacher had finished marrying a couple that had gone to the parsonage for that purpose, the bride gave her head a toss and said: "My first husband, a pretty good sort of a man. I don't know how this here fellow will turn out—though he recommends himself very highly."

Her Position

"You know," said Mr. Meekton, "if you secure the franchise you'll have to go to the polls and vote."

Cynical

"I think it's absurd to say kissing is dangerous," gushed Miss Rosebud. "What possible disease could be spread by kissing?"

Marriage, madam,

"Marriage, madam," granted Grumbly.

LIKE THEM BETTER FOR IT.

Down With Masculine Beauty and Up With Ugly, Brainy Men.

Inquiries made by English authorities have gone to show that whatever man is to-day, however brilliant, manly and business-like, he is nothing if not homely. Every year he degenerates in looks, while lovely woman, on the contrary, grows more beautiful—at least that's what the

stagnant English highbrows claim to have discovered. In the search after the truth in this great matter. But, cheer up, ye disheartened members of the sterner sex, for there never was a time when a plain man, with a goodly share of brains, couldn't "put it all over" a handsome numskull.

Scientists gravely mcke all sorts of suggestions for the alleged decline of masculine good looks. Says one: "The noise and rush and incessant hurry of modern life are largely responsible for the increasing plainness of our men. Another factor that has to be remembered is the circumstance that the towns are not being recruited from the country districts."

You observe, he speaks only of the town men, but when you get right down to it one can travel a good many miles through any rural district before one comes to a man who overcomes by the fine proportions and handsome countenances of his male inhabitants. So you see, that's really a very inadequate reason. If all the men from the farms and villages should move right in to town in one full swoop—j's, safe betting that city folk wouldn't be dazzled by the result.

As we said before, however, the plain man, even the ugly man, need not be in the least cast down. Says one famous English beauty: "The homely man never was more popular than he is now. The reason is plain—that he is so often not self-centered, he is more courteous, more considerate and chivalrous toward women."

"The shy man, too, when once the evil of reserve has been torn aside, is often found to be a delightful companion, and in many cases, perhaps the majority—proves a dutiful and affectionate husband. Good-looking men are seldom shy."

"No, let the plain man take heart of grace. If he has a personality we women like him just the same—perhaps the better—for his looks."

A Neighboring Hint

"No," said Eben Slocum, "we aren't much given to surprise parties or combination gifts here in our little town, but once in awhile we do band together when we see real need. For instance, we gave Lem Fowle a load of good shingles last spring—seven or eight of us neighbors did."

"How did that happen?" asked the summer resident.

"It happened after more or less talk about the way Lem's roof leaked," said Slocum, "and considerable feeling about the way that boy of his cut up in school and in church."

"We sent the load with a kind of an explanatory note to Lem, and he took the shingles and made good use of 'em—both ways."

"Best ways?" echoed the listener.

"Why, yes," and Slocum looked rather tried at such an exhibition of dullness. "We wrote him that we called by the way his roof leaked and his boy acted that he was out of shingles and couldn't afford to buy any. I should think 'twas plain enough. 'Twas to Lem anyway."



ZAM-BUK CURED US! WHY NOT YOU?

Injury to Foot Healed. Mr. Reuben Atherton, of 367 Ferguson Ave., Hamilton, says:—While employed with the Otis Elevator Co. a heavy plank fell and severely crushed my big toe and right foot. The nail had to be removed from the toe when the doctor came to dress the injured members. The flesh was terribly bruised, turned very black, and the foot and leg became much swollen and painful. I was laid off work for some eight weeks. The doctor attended regularly at first, but the wounds did not heal. At last I heard of Zam-Buk and began using this ointment. It really seemed to act like magic, cleaning all unhealthy matter from the wounds, and drawing out all discoloration, inflammation and soreness. In two weeks the toe and foot were well again. Zam-Buk being, certainly, a wonderful healer, and I would not be without a box in the house.

Poisoned Sore Cured. Mrs. D. S. Green, of Kingston, Ont., writes:—My daughter Hazel sustained a poisoned wound on her heel. She had chilblains and when the skin broke some poison got into the wound and made a terrible place. It was painful, much swollen, and made her almost unable to move about. For a long time she could not bear to put a shoe on. I tried several things, but there was no trace of improvement. At last a lady friend recommended Zam-Buk. I left off the ordinary salves and applied this herbal balm to her heel. In a few days Zam-Buk had cleaned and healed the sore so well that she was able to put on her shoe, and a few days later the wound was healed and Hazel was back at school. I shall always keep Zam-Buk handy in future.

Obstinate Skin Rash Ended. Mrs. H. Burdett, of 198 Simcoe St., East- Hamilton, says:—I was cured by Zam-Buk of an obstinate skin rash which had defied all previous remedies. This eruption broke out on my face in the form of red pimples and blotches. Various remedies one after another were tried, yet nothing permanently removed this eruption until I used Zam-Buk. After each application of this herbal ointment my skin became clearer, and in a week my face was as smooth and white as before the rash broke out, thanks to Zam-Buk. Since then our home is never without it.

For all skin injuries & diseases Zam-Buk is best. All druggists and stores 50c a box or post free for price from Zam-Buk Co., Toronto, and receive free trial box. Send this coupon and stamp to Zam-Buk Co., Toronto, and receive free trial box. Mention paper.

LABATT'S STOUT. The very best for use in ill-health and convalescence. Awarded Medal and Highest Points in America at World's Fair, 1893. PURE—SOUND—WHOLESOME. JOHN LABATT, LIMITED, LONDON, CANADA. 29. Agent, James McParland, 339-341 King St. East.

Sweet Cider Figs New Choice Apples Coast Sealed Oysters D. COUPER, Phone 76. 841-3 Princess Street, Prompt Delivery.

CRANBERRIES The Finest Cape Cod Cranberries. 2 Quarts for 25c.

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The 'Royal' is the king of the Souvenir series—fine in appearance and a splendid investment.

Both 'Royal' and 'Champion' Souvenirs are fitted with the AERATED OVEN—an exclusive feature, while they possess every other modern improvement.

Meat cooked in an AERATED OVEN isn't burnt to the bone—it retains its juices—remains wholesome and nourishing.

You buy range satisfaction when you buy a Souvenir range.

N.B.—Come in and talk the matter over. Over One Thousand Souvenir Ranges are in use in Kingston.

W. C. Bennett, 191 Princess St. Telephone 1033.

Removal Notice! W. C. Bennett, Tinsmith and Plumber, has removed his place of business from 375 King St. to 191 Princess Street, next door to the late S. J. Horsey's Hardware Store, where he will be pleased to meet all his old customers and as many new ones as require first-class Tinsmithing and Plumbing done; also agent for the Souvenir Range. Phone 1033.

The new Lutheran seminary at Waterloo was dedicated.

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. F. H. THOMPSON, Proprietor.

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