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 Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.
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LONELY SABLE ISLAND
 VISIT TO CANADA'S GRAVEYARD OF THE ATLANTIC.

On the Approach of the Steamer the Place Presents a Picture of Desolation But When One Lands the Islanders Are Seen to Be Happy and Busy—Many Wild Horses Roam About—Total Population is 30.

I cannot imagine a more desolate picture than that presented by Sable Island from the deck of the steamer, says a writer in The Montreal Standard discussing the "graveyard of the Atlantic." Sand hills, averaging in height about forty feet above the sea level, covered with a heavy coat of brown grass which has on either side of the main station. Only a few houses were visible—the Marconi and one of two lifeboat stations and the two light-houses that tower up at the extremities of the island. For the rest one sees nothing more than sand and ever surging waves that break and toss against the island shore.

But upon landing my first impression of Sable Island were quite dispelled, and in their place came the conviction that "The Graveyard of the Atlantic" was far from being the forsaken spot which it has on either side of the main station. In fact, I like those who live there, found it decidedly fascinating, for there is a something that cannot be explained which charms and delights every visitor to the island. The climate is perfect, the thermometer reading is always five degrees higher than it does in Nova Scotia. Flowers of all kinds were growing in the garden that surrounds the superintendent's house, flowers that were as yet untouched by even the lightest frost.

The superintendent's home, a large and modern structure stands at the west end of a little hollow about the sides of which are to be found the houses of those who live at the main station—the lifeboat crew, the light keeper and the steablen.

The island is about twenty-eight miles long and one mile wide. The inhabitants number about thirty. Most of these are single men, though some of them are married and have their wives with them. In case of necessity, all the men upon the island are prepared to man the lifeboats and put out to sea.

The life-saving men receive the princely remuneration of \$300 a year, in addition to board and lodging, and uniforms. I believe that in the case of a married man the amount is increased to \$325.

There are four life-saving stations on the island, all of which are connected by telephone with the main station. Should a ship strand on the shoals that run out into the Atlantic for miles at either end of the island, the main station is communicated with, and the larger lifeboats (there are also surf boats at each station) with the crew and the rocket guns are rushed to the scene of the disaster, drawn by the sturdy Sable ponies that are always in readiness.

Not a tree is to be found throughout the length and breadth of the island. Some years ago no less than eighty-four thousand trees were planted there. To-day not one remains. The fierce winds that sweep over the island have blown them all out of the sand and carried them far out into the broad Atlantic.

The wild horses, of which there are about three hundred, roam from one end of Sable Island to the other, and subsist upon the grass that grows in the sandy soil, if soil it can be called. When horses are wanted on the mainland, they are rounded up, taken to the beach, and either carried off in boats, or forced into the water and towed to the ship by the launch. Once alongside the steamer a belt is slipped under them and they are hoisted aboard, or, as more often happens, a noose is caught round their feet, attached to the boom of the donkey engine started and they are swung aboard in this manner and placed in the holds.

Cranberries are the chief agricultural product of the island, and barrels of them are annually shipped to the mainland. Potatoes, also, are raised with considerable success.

The island is governed by Superintendent Boutlier, who for nearly 30 years has administered justice and directed the affairs of this interesting yet dangerous strip of land.

Of course, Sable Island is all well conducted islands, has its folk lore that has been handed down from father to son and from one boatman to another.
 Many have heard of the old man in the lifeboat, the man who mysteriously makes his appearance in the boat seat when the life-saving crew are putting out to the rescue. Some say he is always with them on these occasions. Others say the story is a myth. Some say they have seen him. Others, men who have rowed with the boat for years, disavow the statement. However, whether it be true or false, the story is an interesting one, as are many of the "yarns" that are told.

Maurice Newan, "the father of Sable Island" is a mine of information. For over sixty years he has lived there, and vivid are the stories he can tell regarding the angry nights, and the frightful wrecks that followed with death in the wake. He can tell you how in the days before steamers plied to and fro across the Atlantic, the sailing vessels dashed themselves upon the shoals and the crews made heroic rescues in boats that in the days of modern life-saving appliances, would be considered unsafe in the lightest winds.

Mr. Newan, if you ask him, will narrate the story of the wreck of the German steamer in 1890, when Mr. Boutlier further demonstrated his bravery. For his heroic rescue he was presented with a gold watch by the German Emperor.

Biggest in the World.
 Montreal has the largest birth rates of any of the large cities of the world, and St. Petersburg is the only city whose death rate exceeds that of Montreal.

If you can't have your own way you can at least keep out of other people's way.
 An artist's eye would grant, and all right if it were not appraised at an artist's temperance.

LONDON STOCK EXCHANGE

Drastic Rules Regarding Solvency of Members Are Strictly Enforced.
 There are times of crisis and panic on the Stock Exchange when the excitement is so tremendous that prices fluctuate with epileptic suddenness; clients fail to "cash up"; fortunes are lost, and big firms are ruined in an hour.

It is in such a roaring maelstrom as this that hundreds of frustrated brokers live in haunting fear of that dread "hammer" by which those who "come a cropper" are summarily executed on the floor of the "House" by one of their menial servants. There is no more impressive or poignant canopy in the entire world of finance, no other Stock Exchange has adopted this curious disciplinary procedure.

The rules and regulations of the London institution, drastic in character, are enforced with remorseless severity, says Answers. Woe to the man who breaks them!

Curiously enough, the "waiter" is not a waiter, but a messenger, and the "hammer" is not a hammer, but a mallet. When a member notifies the committee—or his exasperated creditors—for him—that he cannot meet his engagements, his case is considered, and instructions are given to the executioner.

The following morning, soon after the "House" has opened, the roaring, hustling, gesticulating crowd of members observe the head-waiter pushing his way to the fatal rostrum. There is a sudden and ominous hush. Armed with the big wooden mallet, he removes his hat, and strikes three blows on the side of the rostrum.

At the third stroke he cries, "Gentlemen!" and then proceeds to notify "Mr. XX, begs to inform the 'House' he cannot comply with his bargains."

Then the hapless victim's name is posted on the notice-board. In former times, defaulters' names were painted on a big black board, and formed a permanent record of the disgrace. Nowadays, the name only remains on the notice-boards for a few hours.
 Then, again, the Stock Exchange used to hush up these little domestic scandals; they now publish broadcast the name of every defaulter.

No sooner has the victim's name been posted than the previous uproar ceases, and the man who has perhaps never to rise again, but his colleagues must continue the mad rush.
 As a rule, the "hammered" man does not assist at his own execution. But a waiter once announced the name of a creditor, instead of the debtor, the choleric and gentleman, happened to be standing by.

Purple with indignation, he hopped into the rostrum, grabbed the hammer from the bewildered waiter, viciously smote the rostrum, and roared: "Gentlemen, it's a lie!" And so it proved.

One of the most sensational "hammering" campaigns occurred as a result of the Whitaker Wright failure in December, 1910. The crash was sudden; the value of the shares of all the Wright companies was cut down by half in one day.
 The year-end festivities were overshadowed by the saddest scenes. In one day twenty-nine members were "hammered" amid deathlike silence by a waiter, who was pale as death, and shook like an aspen-leaf. Subsequent failure of other houses, however, many eminent firms were ruined; the honor of the Stock Exchange was involved; public and stockbrokers lost heavily.

Wright, after escaping to America, was brought back to London, tried, and convicted, and he terminated his meteoric but tragic career by poisoning himself immediately after the trial. Superstitious people will probably see something significant in the fact that the most disastrous "hammerings" have occurred on Friday.

Whistled the Tune.
 The death, at Snainton, Yorks, of Rev. Wm. E. Salmon recalls a curious custom that obtained in Elington Parish Church, near Welbeck, Notts. Eng. The church possessed no organ, and when the Psalm or hymn was announced the parish clerk used to stride over the pews to the chancel, and there, facing the congregation, gravely whistle the tune.

High Brow Prisoners.
 The program of a concert given by the Maidstone (Eng.) Orchestral Society to an audience of 200 convicts at Maidstone Prison included works by Mendelssohn, Grieg, and Schubert.

A Regular Fresher.
 Rev. Leonard Wood, who died at Singleton Vicarage, Lancashire, Eng., aged 92, had been absent from his parish and pulpit on only two Sundays throughout his sixty-seven years' incumbency.

The Quickest Cough Cure—Cheap, But Unequaled

Sixteen Ounces of it for 50c. Saves You \$2. Does the Work Quickly or Money Refunded.

For quick, positive results, the 16 ounces of Pinex that you make with a 50-cent bottle of Pinex, cannot be equalled. It takes hold instantly and will usually stop the most obstinate deep-seated cough in 24 hours. Even a croup and whooping cough yield to it quickly.

The user of Pinex mixes it with homemade sugar syrup. This gives you sixteen ounces of a healthy, refreshing, better cough remedy than you could buy ready mixed for \$2.50. Easily prepared in 5 minutes—full directions in package.
 Pinex soothes and calms the inflamed membranes with remarkable rapidity. It stimulates the appetite, is slightly laxative, and causes good children like it. Excellent for hoarseness, asthma, bronchitis, and other throat troubles, and has a wonderful record in cases of incipient lung trouble.
 Pinex is a special and highly concentrated compound of Norway White Pine extract, rich in ginseng and other natural healing pine elements. Simply mix with sugar syrup or strained honey, in a 16-oz. bottle, and it is ready for use. Used in more homes in the U.S. and Canada than any other cough remedy.

Pinex has often been imitated, but never successfully, for nothing else will produce the same results. The genuine is guaranteed to give absolute satisfaction or money refunded. Certificates of guarantee are wrapped in each package. Your druggist has Pinex or will gladly get it for you. If not, send to The Pinex Co., Toronto, Ont.

REFORMS IN CALENDAR.

Changes in Months and Holy Days Before British Parliament.
 Some novel proposals are contained in the fixed calendar bill presented by Sir Henry Dalziel and supported by Mr. Willer, Mr. Fringle and Mr. Munro to Ferguson. The memorandum accompanying the text of the bill, explains that the measure purports to substitute for the present irregular calendar a fixed calendar having regular periods, of which the week is a common measure, says The London Globe.

It differs in some important features from the calendar reform bill introduced on March 25, 1908, by Mr. Robt. Pearce. That bill sought to make the months as uniform in length as possible, but as a difference in this respect is unavoidable in a year with twelve months it is thought better to increase that difference so as to allow of the week being a common measure of all the months. This arrangement makes it possible for each month to begin on a Sunday and end on a Saturday.

The memorandum points out that although the making of a definite regular difference between the lengths of the months does not introduce any new element into the meaning of the word "month," seeing that the months already differ in length, it has been thought well to codify the present rule determining monthly periods and to make a rule regarding the computing of the monthly salaries. The bill provides that the conditions of labor on New Year Day and Leap Day, and also the remuneration thereof shall conform as far as possible to what prevails on Sundays.

In meeting the desire for a fixed date for each of the movable holy days it has been thought sufficient to enact a fixed date only for Easter, which is to be upon April 15, as all the others are calculated from the date of Easter. As in Mr. Pearce's bill and in the calendar act of 1751, provision is made regarding the coming of age and other events which may be affected by the passing of this bill.
 The bill, if passed by Parliament will not become operative until the crown decides or at sufficient international concurrence has been secured.

A table giving the proposed fixed calendar shows that the months of January, February, April, May, June, August, October and November would each consist of twenty-eight days, while the remaining months of March, July, September and December would each have thirty-five days. New Year Day is set apart, thus bringing the total of days up to the requisite number of 365, while for leap year a special day is set apart as Leap Day, which is to be intercalated between the last day of June and the first day of July as reconstituted by the bill.
 A clause of the bill lays down that the New Year Day and Leap Day shall neither of them be accounted days of the week, and shall not, except where specially mentioned or provided or held to be included in any computation of days, but shall otherwise be public bank holidays.

Porcelain Walls.
 Walls of porcelain at a comparatively cheap cost, have been made possible by an English pottery expert, W. H. Turner, who has been working out his patent for many years, and now has succeeded. The material is simply glazed slabs of pure porcelain, the material commonly known as "china," so translucent that light can be seen through its half inch of thickness. Any size up to that of the largest sheets of plate glass, and "set" so strong that an elephant could stand on one without breaking it.
 It is said to offer a means of imperishable decoration, which "in color, grace and brightness, rivals the painted wall decorations of Pompeii," for there can be printed on the slab in its "bisquit" or porous stage of manufacture designs or pictures with such gradations of coloring that any masterpiece can be faithfully copied.

To line the walls of a room with this everlasting covering costs no more than ordinary panelling, and architects believe that these plates will solve the problem of housing in the tropics, since a house built with walls, floor and roof of these plates, will resist damp, heat, disease and white ants.

Salt in the Beer.
 Some curious superstitions are gathered round even so eminently practical a thing as beer. In Scotland it used to be the custom to throw a handful of salt and a little dry malt into the mash to keep the witches from it, and the cautious housewife in houses where they brewed their own beer used to throw a live coal into the vat to save the liquor from the troublesome interference of fairies.
 The addition of salt, by the way, to beer in the course of brewing was supposed to be for the unholy purpose of exciting thirst. It may possibly have been used to this end, by the unscrupulous, but the real reason was legitimate. Salt moderates the fermentation and makes the liquor fine.—London Chronicle.

"Nice and Snug."
 Duckworth was such a delicate courtier he could afford to jest with a queen on a very unpleasing subject even. Once he was showing Queen Victoria over Westminster Abbey. When they came to the spot where kings and queens lie Queen Victoria shivered a little and said, "I should not care to be buried here—it seems so cold and damp." "Madam," replied Duckworth, "I assure you it is perfectly dry. You would be quite nice and snug."—London Saturday Review.

Cemetery for Pets.
 The picturesque village of Molesworth, Huntingdon, Eng., possesses an unusual cemetery. It has been established about seven years, and up to date there have been interred about 200 pets, mostly dogs, although there are a few birds, about fifty cats, a marmoset, and four monkeys. The place is beautifully kept, the graves being planted with flowers, while the stones and curbs are principally of white marble with suitable inscriptions.

Having a pull helps a lot, but please see a hard time of it.
 Office looking seems to be chronic with some men.
 Every man can be wrong, but not every man may be president.

PURITY QUALITY UNIFORMITY
 you get all three in
Seal Brand Coffee
 —the favorite in a million homes
 In 1 and 2 pound sealed tins only.

QUALITY IN SUGARS
 All Sugars do not look alike, if placed alongside each other. Every Grocer knows this. We want the Consumer to know it. Insist on having
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EXTRA GRANULATED SUGAR
 You will not only have a good Sugar, but the best on the market. The clear white color proves the superiority of "Redpath" Sugar.
 When buying Loaf sugar ask for REDPATH PARIS LUMPS in RED SEAL dust proof cartons, and by the pound.
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THE ORIGINAL AND ONLY GENUINE.
 The Most Valuable Medicine ever discovered. The best known Remedy for
COUGHS, COLDS, ASTHMA, BRONCHITIS.
 Acts like a charm in
DIARRHOEA, DYSENTERY & CHOLERA.
 Effectually cuts short all attacks of SPASMS, Chills and aches those too. The only palliative in NEURALGIA, GOUT, RHEUMATISM.
 Chlorodyne is a liquid taken in drops, graduated according to the nature. It invariably relieves pain of whatever kind, creates a calm refreshing sleep, allays irritation of the nervous system when all other remedies fail. It acts in bold effects—and can be taken when no other medicine can be tolerated.
INSIST ON HAVING Dr. J. COLLIS BROWNE'S CHLORODYNE.
 The immense success of this Remedy has given rise to many imitations.
 N.B.—Every bottle of Genuine Chlorodyne bears on the stamp the name of the inventor, Dr. J. Collis Browne.
CONVINCING MEDICAL TESTIMONY WITH EACH BOTTLE.
 Sold by all Chemists. Prices in England: 1/11, 2/0, 4/6
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 One-third of the Towel Bar consists of high grade Emery. A few passes across its surface will put a keen edge on your knife blade. Unlike the easily misplaced steel, you cannot lose the Pandora Emery. It is always on the range ready for instant use.
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