



"BELIEVE me, boys, this B.D.V. is some smoke. No wonder it is the favorite in England. You're missing a treat if you neglect to try it." Thorough maturing makes B.D.V. dark in color, but deliciously cool, sweet and fragrant.



Medium in green label line. Medium in red label line.
2 oz. 20c. 4 oz. 40c.
B.D.V. Cigarettes, 15c.
GODFREY PHILLIPS Limited
London, England
F. W. DIMOCK, Direct Representative,
101 Pembroke Street, Toronto.

R R R RADWAY'S READY RELIEF

Cures Cholera Infantum

This complaint is chiefly confined to infants between the ages of six and twenty months, and occurs mostly in summer. Onward until the end of the fall to the region where the pain prevails, and doses of from five to ten drops, diluted with honey and water, given inwardly, will procure most beneficial results. The purging being checked and the pain alleviated, half a teaspoonful of this medicine or preserves may be given to produce a healthy evacuation and tone the bowels.

Ask for Radway's and Take No Substitutes

COOK'S FRIEND
"The Baking Powder With a Pedigree"
Has been over fifty years the only pure grass cream of tartar baking powder selling at a moderate price. There is no alum in it. You can pay more but you cannot buy better.
All Grocers Sell It.

Cuticura SOAP
Skin-Tortured Little Ones

Skin-Tortured Little Ones

Mother! Are your little ones suffering from itching, burning eczema, 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 **Cuticura Soap** and a gentle application of Cuticura Ointment bring immediate relief, the little sufferers sleep, tired, fretted mothers rest, and peace falls on distracted households.

Although Cuticura Soap and Ointment are sold by druggists and dealers everywhere, a postal order to "Cuticura," Dept. 238, Boston, U.S.A., will secure a liberal sample of each, with 25¢ book on the skin and scalp, and treatment of their affections.

MAN EATS TOO MUCH

INCLINED TO EAT MORE THAN IS GOOD.

Kansas State Board of Health Conducting Interesting Investigation Into the Relative Values of Food.

"Don't eat so much," is the new slogan sent throughout Kansas by the state board of health. For years the board has backed movements for "swatting the fly" and banishing the common drinking cup and the roller towel. Now it has begun to "swat the gourmand."

The board has just issued a bulletin on eating and the value of foods according to the work performed by the individual. The chief idea in the bulletin is that people eat too much most of the time, and that they waste a lot of good money by simply burning it up as food.

"One might just as well take a \$5 bill and light his pipe with it as to burn up that money by wrong eating," says Dr. S. J. Crumrine, secretary of the board of health. "And most people burn up a lot of real money every year, just because they do not know what is the best to eat or how to prepare it to get the most for their money."

"The food taken into the body is really burned up as the consuming process of the digestive organs perform their functions of changing the food into energy and power. It's just the same as coal to the furnace, and there must be oxygen to help burn both, and there are cinders in both instances."

It has been found that a pound of lean meat or a diet of eggs has the same food value as a pound of starch or sugar, and that a pound of fat or butter has about twice the food value as the others.

It requires about a certain number of heat units to keep each man going at his best gait, and a little study of the food value of different articles in the groceries and markets will show just what articles are best suited for a man in different walks of life to give him the needed energy and power and still prevent overloading the digestive organs.

The board of health is at work on a series of experiments to determine what the average man in Kansas ought to eat. The tests are to be conducted in nearly every county of the state, and will cover from three to ten persons in each occupation.

Anyone can go to a phenologist to find out how many heat units are necessary to keep one going in a healthy and happy condition, and how many heat units there are in a pound of steak.

But the Kansas board of health is going further. It is going to find out and then publish just how many heat units are necessary to keep a man in the coal mines or in a machine shop or in an office going at the best speed and still maintain his health and pleasant disposition, prevent a sour stomach and a grouch.

SAMSON'S MODERN RIVAL.
Woman Swings Her Husband in Hammock From Hair.
Frau Langer calls herself a hair athlete. She claims to have the strongest hair in the world. At a variety theatre in Berlin she has been astonishing the spectators by the extraordinary feats she performs with her hair.

CON THE ALPHABET.

And Pay Heed to What the Whig's Zachaeus Says.

- A—Au revoir.
- B—Be sure and come again.
- C—Canadian west, a promised land.
- D—Discretion, a rare gift.
- E—Eating to live, better than living to eat.
- F—Flirting, attention without intention.
- G—Gotham, a huge gambling den.
- H—Henri's tongue plays his many bad tricks.
- I—Intellectuality, without combat, a delight.
- J—Jean Baptiste not particularly proud of his federal-cabinet representation.
- K—Kingston's views O.K. and none more so than the graceful monument to the great chieftain, whose mantle has proven a little large for his successors.
- L—Lennieux, Laurier's worthy lieutenant.
- M—Microbe supposed by French savant to prolong life, is a myth, and Canadian ministers will find out.
- N—Not long ago two blind people were married and a paper spoke of it as though it were something new.
- O—Old heads to plan, young blood to execute.
- P—Politics, a bed of Procustes which, stretch as you may, will not make a stalwart of a nonentity.
- Q—Quite progressive enough for us in the little go-cart with one or two chubby little cherubs in it, pushed by a proud, loving hand.
- R—Rosenthal's blood crying for vengeance.
- S—Supremely silly, by comparison with true womanhood and motherhood, are those shameless, irresponsible suffragettes, who, in spite of sex and sense and decency, are wont to wear trousers.
- T—Take your choice.
- U—Uttering effort pit will conquer fate.
- V—Varily, Providence was with the old boys and girls, and with us all.
- W—We came, we saw, we were delighted.
- X—Xercise, good alike for body and brain.
- Y—Years should make us wiser and better.

ZACHAEUS.
WITH THE BOY SCOUTS
K. Light, A.S.M., has assumed the white shoulder knot. He certainly deserves his promotion, for no one has worked harder in the interests of St. George's troop.

Twenty-five Kingston scouts attended the cadet camp at Barriefield. All say they had an excellent time. The third troop met last Wednesday night, to discuss that all-important subject, the camp. The result of the meeting will be heard next week. The second troop also met on Friday night with the same object. Results later. It is probable that the scout camp at Brophy's Point will be of only one week's duration, instead of two. Shortage of funds is given as the reason.

Several city scouts intend going to the Toronto exhibition, instead of to the camp. While realizing the advantages of seeing such a magnificent sight, yet we advise that the camp on no account to be missed, as a camping trip is the one thing to set one up for work in the fall—THE SCOTT WATCHMAN.

Notice—Members of the Kingston Patrol Leaders' Association will hold a meeting next week about the camp. Date given later.—R. S. RAYSON, Secretary.

Taking Criticism.
It is a healthy sign in a man when he does not bristle all over the minute someone begins to criticize him. It is generally an indication that he has learned a few things in the fruitful school of experience, one of them being that nearly every man deserves criticism once in a while, and another that undeserved criticism cannot possibly do any serious harm. If your self-appointed critic lays an undeserved censure upon you, don't fling back at him, at least not until you have thought the matter over. If he does nothing else for you at least he may stir you up a little and thus prove your friend. Some folks who are denied the blessing of criticism go to sleep at their tasks. Really a critic is usually a very good friend and most of us would do badly without him.

One of Lipton's Tea Tales.
Sir Thomas Lipton, having made his fortune out of tea, tells some good stories about the beverage. One of them, illustrating the "canniness" of the Scotch, says the Popular Magazine, is as follows:
"An old farmer of Dumfriesshire was the guest of a fine lady in that country. When the afternoon tea was served the hostess observed that the old man gulped down his before she could serve the other guests. Again and again the farmer passed his cup to be refilled. At the ninth cup the lady, becoming uneasy as to the supply on hand, ventured to ask:
"How many cups of tea do you take, John?"
"How many do ye gie?" asked John wistfully.

Money in a Coop.
Ottawa Journal.
The late Samuel Nordheimer of Toronto has left \$500,000 tied up by his will for three generations. The late John Curry, of Windsor, has left a million tied up for 21 years. The once-human clay detaches from its grave what conditions shall prevail for a decade or a century with proceeds of human industry and sweat. It is law, but for the community it is foolishness. The community ought to charge for it. If an estate is left tied up beyond a possibility of full public usefulness, the community ought to tax it about fifty per cent.

THE CANADIAN STOCKS

FOUND IN FAVOR IN ENGLAND BY SIR W. MACKENZIE.

Says Congestion in London Could be Precluded if Proper Care was Exercised—Standard Oil to Cut Another Melon.

Montreal, Aug. 2.—On his return from England Sir William Mackenzie passed through Montreal en route to Toronto. Sir William continues to take a cheerful and healthy view of Canadian business relations with England. He stated that Canadian stocks were held in high regard in London, admitted that there was some congestion, and declared that a proper balance would always be maintained in our financial operations with the world's great money centre, if proper care was exercised in the presentation of Canadian stocks.

"Despite the frequency," said Sir William, "with which we have gone to London, I must say that Canadian securities are still the most popular of all the offerings made. Canada still needs large sums of money for all kinds of legitimate propositions, but I feel certain that we will continue to secure all the money we require from Great Britain. Of course, we may have to pay more for our loans in the future, but that will adjust itself."

Hill Wants More Money.
New York, Aug. 2.—For some time it has been rumored that James J. Hill, and his associates were contemplating raising a considerable amount of new money for the Great Northern railway. The strength of the stock and the report that Mr. Hill engaged in numerous conferences immediately upon arriving at his office in this city from his fishing trip on the coast of Labrador, have given rise to the rumor that a substantial increase in the share capital is about to be made.

It is naturally assumed that whatever additional stock might be authorized would be offered to the shareholders at an attractive price, but perhaps above par. Just what Mr. Hill would do with the money is causing some serious speculation, inasmuch as it is known that the Great Northern as it now stands has been put in excellent physical condition during the last three or four years. It is recalled, however, that he has been ambitious in the building of new lines to meet competition from the Canadian Pacific.

Handsome Gift to President.
New York, Aug. 2.—Ransom H. Thomas, who held the office of president of the New York Stock Exchange for three terms in succession and was the exchange's hero of the panic of 1907, as well as of the investigation of the institution by Gov. Hughes, has been presented with a life-size portrait of himself, painted by J. R. W. Wood, and five pieces of fine old English silver, suitably inscribed. These presents were sent to Mr. Thomas by the members of the exchange in manifestation of their appreciation of his services. Each member was asked to contribute \$5. One thousand out of the 1,400 responded.

Dominion Coal Record.
Sydney, N.S., Aug. 2.—The Dominion Coal company has made a big record in their coal output during the month of July. The total amount of coal shipped was 1,000,000 tons, being an increase of 19,000 tons over the best previous month's output, 981,000 tons. The output shows that an average of 15,700 tons daily output was maintained during the month.

The total output for the first seven months for the year to the end of July was over 2,534,000 tons. This is 320,000 tons better than the seven months of last year, and 230,000 tons better than in 1908, which was the best previous record.

Ontario Tobacco Acreage Smaller.
Toronto, Aug. 2.—That the acreage of tobacco in the province of Ontario is smaller than in 1911, is shown in a report made recently. It is stated that the tobacco crop of 1911 was the largest on record (more than double the yield of any previous year) and is estimated to have amounted to a million pounds, for which the farmers received \$1,700,000. Some cultivators received twelve and a half cents a pound, which figure the farmers regard as a profit. Tobacco culture in Canada is confined almost wholly to the province of Ontario, but in parts of the province of Quebec the plant is grown mostly for home use.

In the fiscal year ending March 31st, 1912, the Dominion exported 58,809 pounds of beef, valued at \$25,944. Of this amount 8,761 pounds went to Great Britain, 40,856 pounds to the United States and 9,192 pounds to other countries.

New Million Bushel Elevator.
Montreal, Aug. 2.—The Canadian Pacific railway has awarded a contract to John S. Metcalf Co., Limited, Montreal and Chicago, for the design and construction of a one million bushel grain elevator at West St. John, N.B.



"Those who inherit Empires have others shave them— Those who create Empires shave themselves."
It's over a century since Napoleon Bonaparte evolved this bit of philosophy. While the first part no longer holds (Kings and Emperors now use the Gillette) the second part is truer than ever since the coming of the

GILLETTE Safety Razor

The busy men who are doing the world's big work to-day—who are creating Empires of commerce and finance—have little time to waste with the barber. They shave themselves with the GILLETTE, not because it saves them money, but because it saves them time and trouble.

Besides, there's a keen satisfaction, to the self-reliant man, in giving himself a clean, cool, comfortable GILLETTE shave in three minutes. Try it yourself.

Your Hardware Dealer, Druggist or Jeweler can show you a Gillette Set to suit your needs and fancy. Standard Sets \$5.00—Pocket Editions \$5.00 to \$6.00—Combination Sets \$6.50 up.

The Gillette Safety Razor Co. of Canada, Limited

OFFICE AND FACTORY
The New Gillette Bldg., Montreal.

Montreal-Canada's Metropolis

Take advantage of the first prices on this well located property—with river frontage, splendid car service, water, drains, etc., and in the most promising section of the whole city. Price, \$225 to \$500 per lot. Terms, 10 per cent. cash, balance quarterly for 4½ years.

WRITE US AT ONCE.
THE STERLING INVESTMENT CO., LIMITED
611 TRANSPORTATION BUILDING, MONTREAL, QUE.

WIFE GIVEN DAMAGES.

Awarded \$600, With Divorce, Under New Swiss Code.
Geneva, Aug. 3.—In a divorce case tried in Geneva the tribunal ordered damages to be paid to the wife of a guilty husband, giving a verdict according to article 151 of the new Swiss Civil Code, which came into force at the beginning of this year.

WOMAN ESCAPES DREADFUL OPERATION

How She Was Saved From Surgeon's Knife by Lydia E. Pinkham's Vegetable Compound.
Mogadore, Ohio.—"The first two years I was married I suffered so much from female troubles and bearing down pains that I could not stand on my feet long enough to do my work. The doctor said I would have to undergo an operation, but my husband wanted me to try Lydia E. Pinkham's Vegetable Compound first. I took three bottles and it made me well and strong and I avoided a dreadful operation. I now have two fine healthy children, and I cannot say too much about what Lydia E. Pinkham's Vegetable Compound has done for me."—Mrs. LEE MANGERS, R. F. D. 10, Mogadore, Ohio.

He Had No Choice.

One must learn to sympathize with domestic frailties. I was rebuking a man the other day for backing up his wife in what was not only an absurd story, but one in which I could see he had no belief.

Make Your Will To-day.

If you have not already made your will you should lose no time in doing so. The unexpected usually happens. The Trusts & Guarantee Co., Limited, 43 and 45 King Street West, Toronto, make a good executor under all circumstances, and at small expense to your estate. Appoint the company executor, and let them hold our will in their security vault, free of charge until required.

Many a Love Letter Has Come Home to Rest.

"You may do as you like," he said, mournfully, "but I've got to."

"A woman never overlooks an opportunity to put it all over her neighbors in some way."