

Only the finest selected Canadian Barley goes in

WHITE LABEL ALE



then Kent hops and water that is positively pure.

Taste the flavor of this ale—master-piece.

Sold by **RIGNEY & HICKEY**,
136-138 Princess Street, Kingston.

Produced only by
DOMINION BREWERY COMPANY, LIMITED, TORONTO

Canada Life Assurance Company
The only Canadian Company whose policies have doubled through profits. Figures show a policy will share for you cheerfully given by
J. O. Hutton, 18 Market Street.

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SMOKED FILLETS**

DOMINION FISH CO.
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BAKING POWDER
The Baking Powder With a Pedigree
is made from pure grape stems of tartar and for over fifty years has safeguarded food against alum and phosphate of lime.
All Grocers Sell It

FREE



We will give—ABSOLUTELY FREE—this complete Scholar's Outfit containing two hundred pieces:

- Waterproof School Bag
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- Eraser
- Scissors
- Knife
- Whistle
- Map
- Compass
- Ruler
- Eraser
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- Knife
- Whistle
- Map

Think of it, Boys and Girls
WHAT A CHANCE!

MARVEL PLUING COMPANY
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TIME for SHREDED WHEAT

WITH SLICED PEACHES

A delicious, wholesome combination for the Summer days when the appetite craves relief from heavy meats and canned vegetables. Nothing so healthful and nourishing and nothing so easy to prepare.

Heat one or more biscuits in oven to restore crispness; then cover with sliced peaches or other fruit and serve with milk or cream and sweeten to suit the taste. A refreshing, strengthening dish that requires no baking or cooking.

Health and Strength in every Shred!
Try it To-day!

Made by
The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ont.
Toronto Office: 49 Wellington Street East

NOW IN LIMELIGHT

BUT NEW ONTARIO IS AN OLD ONTARIO.

Traders Have Known This Clay Belt for Hundred Years While Redman Lived and Died There—A Country Which is Now Known all Over the Continent.

People speak of New Ontario today as if it were a newly-discovered country. True, it is only within the past few years that they have wakened up to the fact that in time it will probably be the richest part of the province. But it is old, very old indeed, and to the redman there is nothing new about it. His father's father lived and hunted, fought and died in its forest fastnesses and there passed to the happy hunting grounds long before the "Shogons" stranger came upon the scene. And it could have remained terra incognita to the white man to-day but for the discovery that it possessed much valuable agricultural and timber land. Then the Government began the building of the Timiskaming and Northern Ontario Railway, to open up these lands to settlement, and as construction proceeded they tumbled upon the rich mineral deposit in Cobalt. And so one fine morning Old Ontario awoke to the realization of the good things that lay just outside its door and hastened to possess itself of them. It followed, and soon the name of Cobalt was known at every cross-roads on the continent.

This country is new enough to retain some at least of the landmarks of long ago, for the axe of the lumberjack and the plow of the settler have not had time as yet to obliterate many of the old trails. From time immemorial these have served as highways for the Indian and the voyageur of the ubiquitous Hudson Bay Company. Take the Montreal River above Elk Lake for instance. The same river routes and portage trails are used by the Indians to-day that served their ancestors and the Jesuit missionaries of two hundred years ago when they carried the gospel far inland to the shores of Hudson Bay.

The Hudson Bay Company know it to their advantage to continue many of their posts in this country. Of course these posts are separated by many weary miles of forest, lake and stream, that are only to be negotiated, as they were in the long ago, by paddle and portage. One of these posts is Fort Matachewan, on the Montreal River. It is a three-days' journey above the Elk Lake post, and for nearly thirty years has been in charge of Steve Lafrean, an ex-soldier of the war of the Rebellion. Years ago he secured the entire confidence of the Indians as well as their trade by marrying one of their women, and has raised a family, some of whom have married Indians. He is the one "Shogon" friend they implicitly trust, and the right man in the right place, and the great fur company know it.

The only innovation in the method of transport in New Ontario, as compared with the old days, is that the long boat of the white man is now used instead of the birch bark. Another old canoe route is that from Stony portage, on the Montreal River, to Gowganda and to Porcupine. During the Gowganda boom of three years ago this route was crowded day and night by prospectors and other representatives, both male and female, of the heterogeneous crowd that go to make up a mining town. Today that trail is deserted, but for many years to come one may easily recognize it by the empty bottles, barrels, tin cans and canoes that mark every mile of it. Just such trails are to be found all over this country.—Toronto Globe.

TEA! TEA! TEA!

From the Finest Tea Gardens of Ceylon, uncolored, of the Green, Oolong, Green and Black at 25c per pound, and.

ANDREW MACLEAN'S,
Importers, Toronto.

Electric Restorer for Men

Phosphonal restores every nerve in the body to its proper tension; restores vision and vitality. Promotes energy and all-around weakness averted at once. Phosphonal will make you a law man. Price \$1 a box, or two for \$1.50. Mailed to any address. The School Drug Co., St. Catharines, Ont.

For sale at Mahood's drug store.

QUEEN'S CAFE

Lunches served on the shortest notice.

REGULAR DINNER, 25c.

W. PAPPA & CO.
124 Princess Street.

Good and True

Safe and reliable—for regulating the bowels, stimulating the liver, toning the stomach—the world's most famous and most approved family remedy is

BEECHAM'S PILLS

Sold everywhere. In boxes, 25c.

A LOVELY BABY BOY.

This Mother is quite Enthusiastic over a well Known Food.

Mrs. J. W. Faleman, 34 Harriet St., Toronto, in writing about Neave's Food says: "When I first knew one of my friends, her baby Jack was eight months old and dying by inches. She had tried three foods because her Jack could not digest milk. At last, I fetched her a tin of Neave's Food. At the end of a month, Jack was rapidly gaining flesh and was bright and happy. He is a lovely boy now and she declares Neave's Food saved his life. And it did."

Then I recommended it to a friend on Victoria Avenue. She had a baby 6 months old that was not thriving a bit. She put the baby on Neave's Food and at the end of three months, the baby was twice the size.

I have never seen two bigger, stronger boys than mine for their ages and we owe it all to Neave's Food. I have the utmost faith in Neave's Food."

Mothers and prospective mothers may obtain a free tin of Neave's Food and a valuable book "Hints About Baby" by writing Edwin Utley, 14 Front Street East, Toronto, who is the Canadian agent. (Mention this paper.) For sale by all druggists.

Electric Restorer for Men

Phosphonal restores every nerve in the body to its proper tension; restores vision and vitality. Promotes energy and all-around weakness averted at once. Phosphonal will make you a law man. Price \$1 a box, or two for \$1.50. Mailed to any address. The School Drug Co., St. Catharines, Ont.

For sale at Mahood's drug store.

THE IDEAL BEVERAGES

ALE STOUT LAGER

John Labatt

JAMES McFARLAND, Agent.
339-341 King Street East.

FREE ADVICE TO SICK WOMEN

Thousands Have Been Helped By Common Sense Suggestions.

Women suffering from any form of female ill are invited to communicate promptly with the woman's private correspondence department of the Lydia E. Pinkham Medicine Co., Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence. A woman can freely talk of her private illness to a woman; thus has been established a confidential correspondence which has extended over many years and which has never been broken. Never have they published a testimonial or used a letter without the written consent of the writer, and never has the Company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experience which they have to draw from, it is more than possible that they possess the very knowledge needed in your case. Nothing is asked in return except your good-will, and their advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Lydia E. Pinkham Medicine Co., (Confidential) Lynn, Mass.

Every woman ought to have Lydia E. Pinkham's 80-page Text Book. It is not a book for general distribution, as it is too expensive. It is free and only obtainable by mail. Write for it today.

Montreal Men Honored.

Out of seven degrees of LL.D. conferred on prominent medical men who attended the bi-centennial celebration of the foundation of the medical faculty of Trinity College, Dublin, held in the capital of Ireland last month, two were given to Montrealers, Dr. James Guerin and Principal William Paterson of McGill University.

The others who were given such a distinctive honor were the lord mayor of London, the lord mayor of Dublin, the president of the Royal College of Surgeons, the president of the Royal College of Physicians and the president of the National University of Ireland.

Another great honor and mark of appreciation of his research work was bestowed on Dr. Adams of McGill, who was named a doctor of science by the chancellor of Trinity University, who personally congratulated Dr. Adams on the valuable contributions he has given to the medical profession.

A Sporting Record.

Lord Desborough has just created what must be rather a novel kind of record. His election for presidency of the Four-in-Hand Driving Club brought the number of governing bodies in sport of which he is president up to no fewer than ten, as follows: M.C.C., Amateur Fencing Association, British Olympic Council, Lawn Tennis Association, Croquet Association, Thames Fencing Club, Four-in-Hand Driving Club, Coaching Club, Royal Life-Saving Society, and Wimbledon Lawn Tennis and Croquet Club.

WHITE ESKIMOS.

Explorer Stefansson is Sure White Men Mixed With Arctic Peoples.

Very interesting details respecting Eskimo life in general, and what is claimed to be a lost tribe in particular, have been received by Prof. J. A. Mavor, of the University of Toronto, from Mr. Vilhjalmur Stefansson, one of the leaders of the Anglo-American Expedition to the Arctic Seas. The expedition set out in 1905, and Prof. Mavor has since received a number of letters.

In a letter dated from Langton Bay Stefansson writes: "We have in four years traveled by sledge more miles than any other travelers in the Arctic who have tried to live in the country. We have discovered a dense population, as Eskimos go, in districts labeled 'uninhabited' in the 'Aborigines of Canada' map issued by the Government. We have found 1,000 Eskimo and through them we know of another thousand—in Victoria Land—who never saw a white man, a rifle, or a sulphur match."

The explorers lived with a group of these people in southwestern Victoria Land who are strikingly non-Eskimo in type—in fact, more like North Europeans than Eskimos. Mr. Stefansson remarks that he realizes that this find is likely to lay them open to the charge of sensationalism. "I am explaining nothing, so far as the authorities consider the admixture of white blood not the only explanation of the existence of small isolated fair groups among dark people. I am inclined at present to favor, though without insistence, the view that there is evidence of a white admixture of a large amount of white blood."

"I have heard stories which lead me to believe that one or more survivors of Franklin's expedition lived for some years among the Eskimos in Victoria Land; but that so, it will explain nothing, so far as the South-west Victoria Land physical type is concerned. If you date the origin of the fair type less than a century back and assume that the type springs from the marriage of white men with Eskimo women, then a Eskimo who married among the Eskimos would be an insufficient number to produce the condition found. It seems to me that if admixture of white blood is the explanation of the origin of the fair type in Western and South-western Victoria Land, then the only historical event that can explain it is the disappearance from Greenland between 1012 and the 17th (?) century. (Hans Egede's Voyages) of the Icelandic (Scandinavian) colony of 3,000 people."

Writing from Shingle Point, Arctic Ocean, Stefansson says: "There seems to be nothing in the nature of a ceremony connected with entering into conjugal relations. There may be, and often is, an understanding between principals, but the essential is that the consent of the parents be obtained and then that of the prospective bride. A negative from any of these three settles it for the time being—otherwise the marital relations are entered into on the day of the agreement, and as simply as if they were being resumed after a short separation among us. The great majority of the marriages seem to be temporary. If they last beyond the year the chances are they will become permanent. . . . The line of division of labor is not always clear. Both sexes row boats and some women hunt deer with the rifle. Both tend fish nets. When there is plenty of time the women both cook and make clothes, but men often cook when the women are otherwise engaged, and often mend their own clothes for a similar reason. I have never seen anything approaching a quarrel between a man and his wife."

Edmonton Independent.

If reports are to be believed, Mr. Andrew Carnegie will not perpetuate his name in a library at Edmonton.

The Ironmaster, as is his wont, recently offered the Alberta city \$60,000 for a library. The Library Board of Edmonton threatens to turn down this money.

Mr. Carnegie makes his offers for libraries on the basis of population. The Dominion census gives Edmonton 23,000 population. Evidently Mr. Carnegie thought \$60,000 a sufficient sum to supply a city of this size with books.

But the Edmonton Library Board claims that the Dominion census figures are unjust to Edmonton; that there are 55,385 people in the city according to the civic census.

They have recommended that Mr. Carnegie's offer be refused, and the city undertake to erect a library in keeping with the importance of the city.

A Real Farmer.

Civil service clerks, and a stray minister or two, are all that are left of the Parliamentary cast at Ottawa in summer. Many of the "big guns" of both parties are at home nursing their constituencies; others are abroad, or summering. Dr. Michael Clark of Red Deer puts in the time between sessions on his Alberta farm. He does not do his farming from a wickered chair. He gets out in the fields and into the snow and works as if he enjoyed it. Said the doctor with regard to crop prospects in a recent letter to a friend:

"If we only get three weeks' sunshine now, all is well. Danger from hail is over, with a minimum of damage. And the right weather for three weeks now will put crops beyond the reach of frost."

More Fatal Accidents.

During the month of July there were 103 fatal, and 322 non-fatal accidents recorded by the Department of Labor at Ottawa. This is an increase of 45 fatal and 23 non-fatal accidents compared with the record for June, and an increase of 10 fatal and 73 non-fatal accidents compared with July, 1911.

Towels.

Towels should be thoroughly dried before being put away. In their damp condition mold sometimes forms on them, which not only spoils the towels, but has even been known to cause skin troubles.

No man has more money than brains who has brains enough to hang onto it.

The right man in the right place should be doubly sure of not being left.

TORTURED FROM BABYHOOD

"Fruit-a-lives" Cures Constipation



MISS E. A. GOODALL
EDMONTON, ALTA., Nov. 20th, 1911

"I have been a sufferer since babyhood from that terrible complaint, Constipation. I have been treated by physicians, and have taken every medicine I heard of, but without the slightest benefit. I finally concluded that there was no remedy in the world that could cure Constipation.

About this time, I heard about "Fruit-a-lives" and decided to try them. The effect was marvellous.

The first box gave me great relief, and after I had used a few boxes, I found that I was entirely well.

"Fruit-a-lives" is the only medicine that ever did me any good and I want to say to all who suffer as I did—"Try this fruit medicine and you will find—as I did—a perfect cure."

(MISS) E. A. GOODALL
"Fruit-a-lives" is the only medicine in the world made of fruit and the only one that will positively and completely cure you of Constipation.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

For Your Horses

If you want your Horse and Rig well looked after, put up at Kingston Repository. Board reasonable by day, week or month.
R. W. SMITH, Mgr.

Thomas Copley,

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Drop a card to 19 Pine Street when wanting anything done in the City—of the Estimates given on all kinds of repairs, and new work; also Hardwood Floors of all kinds. All orders will receive prompt attention.
Shop, 48 Queen Street.

Merchants! Attention!

We are agents for celebrated Solar Arc Gas Lamp. 100 are in use in Kingston.

Full supply of Mantles, Globes, etc.

Consult us and we will improve your lighting, whether Gas or Electric.

H. W. Newman Electric Co.
79 Princess St.
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Phone 286.

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NAVY PLUG

For Sale Everywhere

THE ROCK CITY TOBACCO CO. LTD. QUEBEC

A POSITIVE CURE FOR ANAEMIA

The Most Prevalent Disease of Girls and Women



Anaemia can be cured—positively and effectually by RESTORATONE TABLETS. Not a new discovery but a time-tried remedy proving wonderfully successful.

An anaemic person is suffering from **A Watery Condition of the Blood.** She is pale and bloodless, has pimples and blotches on the face, and suffers from headache, indigestion, constipation, nervousness, shortness of breath, palpitation of the heart, puffiness or circles about the eyes, swelling of hands or feet. All these symptoms may not be present, depending on the severity or duration of the disease.

Do Not Neglect This Trouble. You Can be Cured.

RESTORATONE TABLETS, as well as a blood restorative, are an unexcelled tonic, tissue builder, and promoter of good health. This is demonstrated by the prompt return of healthy color to the cheek, the peculiar pallor disappearing altogether. RESTORATONE TABLETS are always prompt in action; moreover, the results are permanent, not transitory. As a consequence, they well deserve the popularity they have won.

A Trial of One Box Will Convince You.

The result will undoubtedly be the most unique and striking testimony you could have. RESTORATONE TABLETS are a special remedy—especially adapted for the troubles of girls and women; positively curing anaemia, indigestion, nervousness, headache, correcting irregularities, and relieving and permanently restoring weakened conditions. The many words of praise from users of these tablets afford conclusive evidence of their sterling merit. Even though other remedies have failed to help you do not neglect this opportunity of a sure cure and permanent benefit in RESTORATONE TABLETS.

For sale at your druggist's at 50 cts. a box, six boxes for \$2.50, or cheerfully sent to you, postpaid, on receipt of price by addressing

THE RESTORATONE CO., LIMITED, Toronto, Canada