

You'll Sleep More Soundly If You Keep Healthy With Dr. Morse's Indian Root Pills

The man or woman with a good appetite, sound digestion, and bowels and kidneys working right, is never troubled much with sleeplessness. It is when the bowels become constipated and the liver and kidneys sluggish that the trouble begins.

Lazy liver and constipated bowels quickly bring on biliousness, indigestion and sick headaches, making a sound, refreshing night's sleep impossible. Or the inactive kidneys allow the blood to become loaded with uric acid, which causes rheumatism, with all its sleep-destroying tortures.

Dr. Morse's Indian Root Pills, taken regularly, induce sweet and dreamless sleep by keeping all these organs active and regular. The headache disappears, the digestion becomes good again, the blood is purified and perfect health returns.

Dr. Morse's Indian Root Pills have been a favorite household remedy in Canada for over half a century, and they are in daily use throughout the world. Being purely vegetable they are safe for young and old.

Thomas Copley, Telephone 987. Drop a card to 12 Pines Street when wanting anything done in the Carpentering line. Estimates given on all kinds of repairs and new work.

Electric Restorer for Men Phosphonal restores every nerve in the body to its proper tension; restores vision and vitality. Premature decay and all sexual weakness averted at once.

Blacksmith Coal: High Grade: DRURY'S Coal & Wood Yard. From the finest Tea Gardens of Ceylon, uncolored, and of the finest flavor.

TEA! TEA! TEA! From the finest Tea Gardens of Ceylon, uncolored, and of the finest flavor. Green and Black at 30c per pound.

Kingston Business College (Limited). Highest Education at Lowest Cost. Twenty-sixth year. Fall term begins August 20th.

Tired out men and run-down women certainly do "pick up" on O'Keefe's Special Extra Mild STOUT. Never makes you bilious.

R R R RADWAY'S READY RELIEF CURES ASTHMA. The specific for this disease are the Ready Relief, the Bronchial and Radway's Fluid.

Shirriff's True Vanilla. The real extract of finest Mexican Vanilla beans. One bottle will flavor more than two dozen puddings.

THE SPORT REVIEW

VARIETY IS REPORTED IN A CRIPPLED CONDITION.

It Will Play R.M.C. Here on Saturday—A Large Number of Varsity Students Will Come to Kingston for the Big Game.

Victoria easily defeated the Calgary rugby team, the score being 45 to 2. Quite a large number of the Varsity students will come to Kingston Saturday to see the Blue and White play Queen's.

Toronto Star: Thrift Burnside may yet live to see his football rules the universal code in Canada. Although the Montreal team has not won a game this season, the players have not given up hopes of winning from the Tigers at Hamilton Saturday.

The Toronto World "concedes" the Argonauts a ten point margin over the Ottawas in next Saturday's match. Ottawa will take two bands and 400 rooters to Toronto for Saturday's game.

Eddie Gerard, the Ottawa half-back, will play professional hockey this winter, and this will be his last season in the rugby game. If Varsity loses to Queen's Saturday, McGill will be champions, and will play the first game in the



ALEXANDRA SINCLAIR. The giant Rugby player, who stands 6 feet 3 inches. He is broad in proportion, and is stated to be the biggest Rugby player in Canada.

Canadian final at McGill against Argonauts of Ottawa as the case may be on Saturday week, November 10. Coach Warner of the Carlisle Indian team, in a lengthy article dealt with the recent Carlisle-Toronto Old Boys' game, admits that the Canadian game is spectacular, but that the American style is superior.

While "Ben" Simpson has announced that he will be unable to act Saturday at Toronto, the Argos are of the opinion that Ben will change his mind, especially after he is requested by President Hagar of the union to handle the game.

The Tigers say that they will not play the Alerts for the championship of Hamilton unless the Alerts repudiate charges made and credited to Alert officials, that the Tigers were planning to lay out some of the Alert players, so that they would not be able to play in the Dominion championship series if they were fortunate enough to win in the O. R. C.

Toronto World: The Varsity soccer play R. M. C. on Saturday at Kingston, as the first of a series of home-and-home games for the intermediate championship. Their chances look rather clouded from here, with a good many of their players on the injured list and their stars nearly all being carried on the first squad of spares.

At San Francisco two tug of war teams representing Frisco and Los Angeles pulled for two hours and ten minutes without coming to a decision. A. A. Watt of Shanty Bay, Ont., is out with a challenge to race any one of his horses against Shrubbs, Longboat or any man for any distance from five to twenty-six miles.

The London Hockey club officers are: Patrons, Hon. Adam Beck, Hon. C. S. Hyman, Major Beattie, M. Hon. Mayor Graham, Sir George Gibbons, Senator Coffey. Hon. president, Rev. J. G. Jakster; president, K. W. Casselman; vice president, A. K. Carrothers; secretary, W. R. Vining; treasurer, J. B. Orr.

Toronto, Montreal, Ottawa and Boston teams are expected to compete for the Duke of Connaught challenge cup in connection with the Minto Skating club events here this winter. Lord Minto has sent a letter urging the club to keep up the stiffness of the tests.

A REAL BLUE BLOOD.

Count de Fronsac Tries to Revive the Old Seignury.

A Montreal journalist supplies some information with regard to Count de Fronsac, a well-known Montreal man who has figured recently in special articles. He writes: "To see Count de Fronsac walking along the streets of Montreal is a picture, one is not likely to forget for some time. The count, or viscount, as he prefers to be addressed, is a striking figure in spite of the mustache and his collars are usually several days the worse for wear, and his coat is threadbare, but the blue blood of old France beats through the upright carriage, and the clean shaven face looks out bravely and unflinchingly through a pair of glasses. How he lives no one I have met knows. It is true he has had several books published by a firm in New York, but all of them are on subjects the reverse of popular, and I do not fancy the sale is anything to boast about. One, I remember, traced the genealogy of French-Canadian seigneurs away back to the time when Noah took to the ark on account of wet grounds and another traced the decline of the royalist spirit in America. The count lives in a little house outside of Huntingdon, Que., but spends a great deal of his time in Montreal. Sometime ago he made a trip to Louisiana where the descendants of several once prominent French families still live and tried to interest them in his illusion to make the Governments of the world return to them the estates and birthright. If there was ever a more Quixotic scheme since the days of the great Cervantes I have never heard of it. Count de Fronsac can recite to you the names and family trees of all the French nobles who came to America at any time since the days of Jacques Cartier. In fact, it is a mania with him, and one glance at the man would convince anyone that the thrones of England and France are still safe. A couple of years ago he called a meeting of all the seigneurial families and was remaining in North America. It was held in the Power Building, Montreal, and when the roll was called there were present Count de Fronsac, one other, and the janitor, attracted through curiosity. Nothing daunted the viscount called the meeting to order, passed the minutes and then read a long report on the progress of his movement. He afterward made a complete record of the meeting in the minute book which is an important part of the growing archives of the Monarchists of the new world.

Dinosaurs From Alberta. The riches country in the world in the manner in which Charles H. Sternberg, the explorer, engaged by the Canadian Government, described Western Canada in a recent interview. Mr. Sternberg has arrived in Ottawa with over twenty thousand pounds of fossils for the Victoria Memorial Museum, which included several extraordinary animals ever unearthed by any explorer. One of the skeletons, named by Mr. Sternberg, a duckbill dinosaur, weighed over 6,000 pounds, and was thirty-five feet in length. This animal, Sternberg explained, lived three million years ago. Another specimen he discovered known as the Triceratops (three horn trace) had a skull seven feet in length with horns over each eye and one at the end of the nose.

In describing another specimen of the Dinosaur found not very far from the first one, Sternberg said that he had enough material to complete a mount forty feet in length. The front part of the mouth of the dinosaur was expanded into a duck bill and covered with horns. The teeth, two thousand in number, were arranged in magazine form and made a decidedly interesting study.

A Rude Lad. As the Duke of Connaught was taking a stroll after breakfast recently at Victoria, B.C., he passed a school where boys were going in for their morning lessons. According to his custom of chatting pleasantly with people whom he meets the duke spoke to a small boy and asked his age and other questions, to which the lad gave discourteous replies. Then the duke said, "Are you a Boy Scout?" As Chief Scout in Canada he is greatly interested in the movement. The little fellow answered impatiently, "No, you bet I'm not."

The duke, somewhat surprised, said that many boys found the movement interesting and useful; this was proved by the fact that the scouts in the Dominion numbered 30,000. It was now the turn of the boy to be surprised. "Say," he murmured, "is that so?" "Yes," replied the duke, as he moved on, "that is the number; so I daresay they do not miss you."

September Labor Record. The Dominion Department of Labor records only 21 disputes in existence during September, a decrease of 21 as compared with the previous month, though more than in September, 1911. The most important disputes are those of the 3,000 coal miners on Vancouver Island, and the 400 carpenters at Moosejaw, the latter not of long duration. About 5,000 employees were thrown out of work by the September disputes.

In September 89 workmen were killed and 419 injured, as follows: Railway service, 28 fatal and 33 non-fatal accidents; metal trades, 3 killed, 72 injured; mining, 10 killed, 42 injured; building trades, 10 killed, 33 injured.

Calumet. "Calumet," supposed to be an Indian word meaning "pipe of peace," was wholly unknown among the savages, and was probably introduced by the French explorers of Canada. It is Norman and signifies in general a pipe. The pipe of peace was a "ganowadoc" among the Iroquois and a "pagan" among some other tribes. The Algonquians called it "pagan," the Winnebagoes "tahnechoo."

Do not, by any act on your part become the obstacle between the other man and his duty to the Lord. Oftentimes a man's sense of right and justice is governed by the par value of the slightly dollar.

Better! Even Better! Think of any soup in the recipe-book—think of your favourite soup—arrange to have it for dinner today and make it better than ever before, like this:— Prepare your soup in the ordinary way, and before you put it in to boil add a packet of "Edwards'—either the Brown, Tomato, or White variety. Why? Because it is served you'll find it better and thicker and more nourishing; in fact, you'll use your favourite soup so much better that you'll want to improve every soup-recipe in the book by adding "A little Edwards'." You can use Edwards' Soup as a basis for practically any soup you make. Although supplied by itself, Edwards' Soup blends so naturally with other soups that it seems like a part of the original recipe. Get a few packets of Edwards' Soup today.

EDWARDS' DESICCATED SOUPS. 5c. per packet. Edwards' Desiccated Soups are made in three varieties—Brown, Tomato, White. The Brown variety is a thick, nourishing soup prepared from real meat and fresh vegetables. The other two are purely vegetable soups. Lots of dainty new dishes in our new Cook Book. Write for a copy post free. W. G. PATRICK & COMPANY, TORONTO, Representatives for the Province of Ontario.

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GRAND TRUNK RAILWAY SYSTEM. Hunters' Excursions. Good going until November 9th, inclusive, to all points on Temiskaming and Northern Ontario Railway to Campbellton, Bathurst, Newcastle, Chatham, N.B., to Amherst Truro, New Glasgow, N.S., to Sudbury S.S. Marie, Penetang, Midland, Lakefield, North Bay, Cobocook, Lindsay, Parry Sound, to all points on Lake of Bays steamer line, to all points on Muskoka Navigation Co., and to some points on Nor. Nav. Co. All tickets good to return until Dec. 12th, except to points reached by steamer lines Nov. 12th. For full particulars, apply to J. P. HANLEY, C.P. & T.A., Corner Johnson and Oat Streets.

STON & FLEMING RAILWAY. IN CONNECTION WITH CANADIAN PACIFIC RAILWAY. HUNTERS' EXCURSIONS. Round Trip Tickets at SINGLE FARE. October 7th to November 9th. Mattawa to Kipawa, Temiskaming Northern Railway Stations and points in Quebec. Oct. 17th to Nov. 9th to stations Sudbury to S.S. Marie, Havelock to Shabot Lake, Parham to Cala bogie. All tickets good to return until Dec. 12th, 1912. Full particulars at K. and P. and P.R. Ticket Office, Ontario Street F. CONWAY, Gen. Pass. Agent.

ALLAN LINE. TURBINE STEAMERS TO LIVERPOOL. LARGEST STEAMERS, MONTREAL TO GLASGOW, HAVRE & LONDON. MONTREAL TO LIVERPOOL. "VICTORIAN" - Oct. 19th, Nov. 7th "TUNISIAN" - "18th, "15th "VIRGINIAN" - "24th, "21st "CORSIKAN" - Nov. 1st MONTREAL TO GLASGOW. "SCANDINAVIAN" - Oct. 12th, Nov. 9th "TREPONTIAN" - "19th, "16th "HERPENTIAN" - "24th, "22nd "SCANDINAVIAN" - Nov. 2nd MONTREAL TO HAVRE-LONDON. "Scotlan" - Oct. 13th, Nov. 17th "Toulon" - "20th, "24th "Lake Erie" - "25th, "21st "Corinthian" - Nov. 3rd Steamers Scandinavian and Trepointian to Glasgow and all Steamers to Havre and London Carry One Class (1) Cabin Passengers. For full particulars of rates, etc. apply Local Agents or THE ALLAN LINE, 77 Yonge Street, Toronto.

GRIMASON HOTEL. Has changed hands and has been thoroughly renovated and refurbished. Meets a Specialty. Bar stocked with choicest liquors and cigars. Best yard and stables in city. JOHN COUSINEAU, Proprietor.

TRY NOLAN'S Special Blend Of High Grade Coffee, 40c a lb. 338 Princess Street, Phone 720. Prompt Delivery.

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