PREPARE FOR CONVENTION

On Nov. 14th.

The committees elected

RODE ON SIDEWALK

bit of riding his wheel on the side-

sidewalk, and the magistrate remark

ed that there were a great many

spots in the city where the rondway

was bad for a distance of two blocks

"prohibited list," was summoned on

a charge of being drunk, but as he

called the magistrate issued a war-

W. J. Walsh agreed to have a dog

Police Secured Canvas, Claimed To

Be Stolen, In City Home.

been stolen. It is likely that the case

will come before Magistrate Farrell

neath the carpet, and things had to

be upset a little before the constable

could secure it. The canvas is now

The Late Mrs. Gilchrist.

Mrs. Elizabeth Gilchrist passed

away at the residence of her son-in-

law, W. H. Smallridge, Earl street

on Sunlay morning. She had been

three weeks. Deceased was born in

Limerick, Ireland, and came to this

country when a young girl. She was

married by Rev. S. A. Stewart, rector

of St. George's cathedral, and had

since resided in Kingston. She leaves

three daughters, Mrs. Smallridge,

with whom she made her home; Mrs.

W. A. Hughson, New York, and Miss

M. E. Gilchrist, of Washington, D.C.

Late Crawfords All Off the Trees.

Last chance for Crawford peaches

will be Tuesday and Wednesday. We

but if you want the Crawfords we ad-

vise placing your order at once with

will have other peaches for ten days,

Carnovsky, "on the corner.

Quartermaster-Sergeant

one son, David, of New York,

confined to her room for the

at the police station, awaiting a set

flement of the case.

The canvas was being used under

at the police court on Tuesday.

Armed with a search warrant

Harge strip of canvas, alleged to have lay last, have returned from a sacrt

destroyed which had attacked a lit

did not appear when his name

rant for his arrest.

J. Diack.

vicious dog.

the court Jones said :

WHAT WHIG CURRESPONDENTS MAVE TO TELL.

News From Villages and Farms ments of the reople.

Glendower Notes.

Glendower, Sept. 20.-Frost has infured potatoes and garden stuff. Peo- Alta. at Anson Timmerman's.

News From Picton.

and tomatoes. The late showers have increased the milk flow and with the pleased. Mr. Sayer lost a fine last week. J. Kenny found yearling colt dead in the field. The people in this vicinity are having quite a time getting water for both house use and stock. Some are driving their stock to water while others are drawing water to them.

"The Lady of Ostend."

Brough says he has brought one of medicos expect to have a crack team to the present at all sessions. approval from the residents. ever had the good fortune to gather trip after Wsiting the Canadian Pa- the Calgary rugby team when they cific coast, he will offer another play, for its versatility. In addition to Mr. Brough himself the cast will include the position of full back on the Miss Olga Esme, the talented comedenne, who has been associated in prominent roles with Sir John Hare, Seymour Hicks, and other West End managers; Alfred Hemming, for years producer to George R. Sims: Miss Amy Singleton, who played in original New York "Bunty" cast; Lionel Braham, one of the physically biggest actors on the English stage; Miss Patricia Hanne, Miss Violet Fane, amongst the cast of sixteen.

Fine Weather For Harvest. Calgary, Alberta, Sept. 22.—The regarding this move. longest spell of warm weather in the recollection of the oldest residents of this country has resulted in record time being made in the harvesting and threshing of this year's of reeve for this town, made vacant by grain crop. Reports from all over the Canadian west, north, south, east and west, indicate that threshing is ter Fowlds was elected by a large majin full swing, and the movement of ority. The following councilmen were grain to the head of the lakes fully returned by acclamation, Dr. Wade, future take to the road, no matter performed by Rev., George W. Snell, under way. The samples of all R. C. Doxsee, Walter Turner, H. Lam- if the roads are bad. grains are just about as good as has bert. ever been seen here.

a new curling rink. Some \$5,000 has already

NEWS FROM EDMONTON.

About Former Kingstonians and 'Of the Laymen's Mission Movement Queen's University Graduates.

George A. Mackie, formerly of Kingston, is in Edmonton to cover representative men from the various the Alberta legislature proceedings local churches held a conterence in the for the Calgary Albertan and the Y.M.C.A. building for the purpose of Throughout the Adjoining Coun- Lethbridge Herald. He has accumu- outlining plans for the laymen's mistics Rural Events, and Move lated some money from his ventures sionary convention to be held Novemin the oil fields near Calgary, With ber lath, Frederick Weich was chairhis brother "Bill," now sporting ed- man and C. N. Meserve was elected itor of the Regina Daily Province, he secretary. proposes starting a hog ranch on a H. R. Caskey, provincial secretary

ple from this vicinity will attend Par- | At a meeting of the Pennant Ath- ior a united missionary campaign in abeyance for some time past. Negoham fair. Sanford Leeman is going to lette club of Edmonton, held last throughout the province. The plan tiations have been in progress in the work in the feldspar mines. William week, two former Kingstonians were consists of thirty-eight conferences to meantime with the result that Abel has his sisters, from Carthage, elected to positions on the executive, be held from October 31st to Novem- grant of \$10,000 will be made for the N.Y., as visitors. Ernest Campsall is D. R. Somerville and F. H. Williams ber 14th, at leading points. ! of the Daily Capital, the latter form- Six prominent speakers will be pres- building and equipment, if the town novelists as in relation to sport, and He was aged fifty-five years and a for two months.

Picton, Sept. 1 .- Owing to the re- years connected with C. Livingston & conference will be a banquet at which mittee in charge of the matter cent frost much damage has been Bro., and now with W. A. Thomson, the evening programme will be pre- highly pleased with the outcome done to canned goods, such as corn clothier, of Edmonton, has been ap- sented. pointed manager of one of Mr. Thom- The ultimate result of the confer- sonal communications with the laird of her sex in this respect. Three in- Mrs. (Dr.) A. B. Singleton and famson's stores there, and will take over ences planned, it is hoped, is to have of Skibo. good price of cheese the farmers are his new duties the first of October. the various churches adopt "the every Big changes at the municipal head little pains to learn the details of any Mr. Jackson is also to have consider- member canvass for missions." It is quarters in the town park building are sport she was describing. Speaking

made to induce "Mac" to cast in his Canada.

English comedian, lately arrived in Queen's rugbyist, now practising in mittee, consisting of five pastors. be placed in the basement which will owner of the winner. And, this horse

Ex-Kingstonians in Edmonton are around him, and as on his return eagerly awaiting the appearance of play the Eskimos here on Thankshe has selected a company remarkable giving day, for "Ken" Williams, another ex-Queen's star, will occupy

Reuben and Isaacs Lesses, two well-known Kingston boys, who have been engaged in the electrical business in Edmonton for the past two years, have sold out their business

Credit Clothing company. Kingstonians throughout the west are endeavoring to send special train to Kingston next summer for the Old Boys' reunión, and a committee will be appointed some time in winter, with representatives from different cities to sound the feeling

Hastings, Sept. 22.-To fill the office

ferred to South Mountain, has been been given a purse of gold by the Knights

On Sunday evening at 8.30 o'clock, THE ESTABLISHMENT OF CARNEGIE LIBRARY

> Changes To Be Made In the Municipal Building-Gibson Harness Business Becomes a Joint Stock Company.

Gananoque, Sept. 22.-The guestion large scale this fall near Lacombe, of the laymen's missionary move of a Carnegie library for Gananoque ment, spoke of the committees plan is not dead altogether it has been held erection of a new Carnegie library ent at the hingston conference ses guarantee an annual expenditure Charles F. Jackson, for many stons, and a leading feature of this \$1,000 for its maintenance. The comits efforts, which include several per- astounding of all great story writers held on Saturday.

able stock in the firm, which is ex- thought that if a semultaneous can in prospect, for the near future. Archi- of one of her heroes who was taking vast could be carried out in December tect, S. Dillon, of Brockville was in part in a famous boat-race, "Ouida" Dr. "Mac" Kinsella, the ex-Queen's in which most of the Protestant town during the past week looking makes this astonishing statement:university rugby star, visits Edmon- churches in the province would unite, over the building for the purpose of "All in the boat rowed splendidly, ton occasionally as travelling sur- that it would prove the greatest spir- preparing plans for its improvement, but none rowed as fast as number geon of the C.N.R. Efforts were itual uplift that has ever come to which will doubtless include the re- six." moval of the upstairs partitions, thus If "Ouida" has any blunder to sur-

are as fol- | The home of Mr. and Mrs. Pelow Garden street was thrown open to all sporting men know that the Wat-Executive-T. F. Harrison, Dr. R. their friends on Friday evening for E. Sparks, Dr. C. C. Nash, Dr. J. C. social dance. A large number availed the finest dog-race in the world. Connell, William Gill, W. P. Peters, themselves of the opportunity.

Rev. John Dawson (Portsmouth), H. The harness manufacturing lessiness W. Newman, R. J. McKeivey, George conducted for many years past Mills, John Davis, A. E. Oakes, Dr. W. J. Gibson is in process of evolu-E. J. Lake, W. J. Saunders, W. H. tion and will emerge at an early date Gill, Rev. W. F. FitzGerald, C. N. as a full-fledged joint stock com-Meserve, Frederick Welsh, Rev. J. O. pany. L. P. Woods, of Toronto, who Crisp (Portsmouth), Mr. Kenny has recently located here, will be the secretary-treasurer of the new Programme-Rev. J. W. McIntosh company. (convenor), Rev. G. I. Campbell, Rev. | The new extension to the D.

F. W. Savary, Rev. E. LeRoy Rice, Jones Co.'s rolling mill, on Mill "Blue for history," either at Oxford, Those present at the conference and Steel Products Co., which has been puzzle. But your woman novelist not on the above committees were in course of erection and equipment never troubles about a detail like that from Bradford, on the night of Sun-Andrew Nesbitt, Rev. M. Macgillivary, for the past year, settled down to -not she! Why should she? If Cam-day, August 17th, leaving his clothes. W. Hobart Dyde, Rev. S. J. M. Comp. business the latter part of the week. bridge doesn't give "Blues for his-money, and trunk behind. His disapton, H. C. Nickle, M. H. Claxton, It is expected that this extension will tory" when she says so - well, it pearance is a mystery. Rev. Alfred Brown, D. J. Laidlaw, enable the firm to about double its ought to, that's all. Abraham Shaw, W. T. Minnes and R. former output.

A marriage of interest to many in this section was solemnized on Wednesday last at the home of the bride's Bicyclist Had To Pay Fine In Police parents, Mr. and Mrs. William Sheppard, Lansdowne township, when is speaking in that book:their daughter, Miss Susan Olga People who ride bicycles on the Sheppard, was united in marriage to sidewalk had better be careful and in J. H. Redmond. The ceremony was pastor of the Lansdowne Methodist For riding his bicycle on the side-church. Mr. and Mrs. Redmond are walk, for a distance of two blocks, jenjoying a honeymoon trip to Mon-Cornelius Jones, second hand dealer, treal and Quebec, and on their

was called upon to pay a fine of \$2 turn will locate at Mitchellville. Mrs. Mains, of Virden, Man., who A few words a witness dropped in is spending some time in town, the the police court a few days ago gave guest of her sister, Mrs. Robert the police a little tip about Mr. Louch, Sydenham street, rendered Jones taking to the sidewalk. He had very fine solo in Grace church last ev a resident summoned for keeping a ening.

In the surrogate court of the united Jones said that the dog attacked counties of Leeds and Grenville, prohim while he was riding his bicycle, bate of , the will of the late Albert whereupon the owner of the dog told Cowan, Leeds township, was granted the court that Jones was in the ha- to Eber Jackson, executor. Charles Whitcomb, for many years a

resident of this town, but for a num-When asked for an explanation by ber of years located at Kingston, renewing acquaintances in town. "Well, your worship, if riding on ; Yesterday morning at St. John's peace and quietness in their homes, or cost you nothing the walk to get over a bad piece of church, a series of mission services Complaint to the minister in charge road is an offence, then I am guil- was started in charge of two clergy- was met with the threat that he would back and sides, or have any signs of men of the Redemptionist order from be given into charge of the police if kidney, bladder trouble or rheuma-

ness said that Jones rode his wheel ance at the opening service. The rejoinder was that the boot was on the eyes or in the feet and ankles. for a distance of two blocks on the series will continue for two weeks. the other foot, and that he should ap- if you are nervous, tired and run been acting as G.T.R. travelling pas- Mr. Francis said that the act would orders. Croxone really will relieve senger agent for the past few months protect a householder if there was in- your misery and do it quickly. An with headquarters at 'Alexandria terruption to his ordinary occupation, original package costs but a trifle, George W. Offord, a member of the Bay, N.Y., has resumed his duties as or "other reasonable or sufficient and all druggists are authorized to G.T.R. agent at Gananoque Junction. cause" was assigned to stop instru- return the purchase if it fails in is confined to her home from the ef- repeated he was prepared at once to fects of a sprained ankle. Clifford grant a symmons against the harmon-Brown, of the staff of the local ium player or any other musician who branch of the Merchants' bank, has had been requested to desist and did been transferred to the branch at not do so. Parkdale. Mrs. S. F. Ferguson King street west, entertained a num-TAKEN FROM UNDER CARPET. ber of her friends at her home on Saturday evening in honor of Mr. and Mrs. Fraser Ferguson, just recently married. Mr. and Mrs. Joseph Beaubien, who have been spending part of their honeymoon at points Constable James Bateson paid a vis- east, have returned and located in it to a home on Sydenham street on town. Mr. and Mrs. William Dorey, Monday, and secured possession of a married at St. John's church on Tues-

wedding trip to eastern points of in-"SYRUP OF FIGS" FOR CONSTIPATED CHILD

Delicious "Fruit Laxative" Can't Harm Tender Little Stoniach, Liver and Bowels.

Every mother realizes, after giving her children "California Syrup of Figs" that this is their ideal laxative, the small nodding animals, jumping because they love its pleasant taste rabbits, and other novelties that are and it thoroughly cleanses the ten- now so common." der little stomach, liver and boweiss without griping.

When cross, irritable feverish or breath is bad, stomach sour, look at the tongue, mother! If coated, give a teaspoonful of this harmless "fruit laxative," and in a few hours all the foul, constipated waste sour bile and undigested food passes out of the bowels, and you have a well, playful child again. When its litle system is full of cold, throat sore, has stomach-ache, diarrhoea, indigestion colic-remember a good "inside

treatment given. Millions of mothers keep "California Syrup of Figs" handy; they know a teaspoonful to-day saves a At the annual picnic of a Manches-Stanley sick child to-morrow. Ask your ter firm one of the packers was called Harris, Ottawa, was shot at the rifle druggist for a 50-cent bottle of 'Cali- upon after dinner to propose the toast fornia Syrup of Figs," which has dir- to the firm. He was rather nervous, Dublin school boys engaged in a ections for babies, children of all and began thus: "Mr. Chairman and "sympathetic strike" on behalf of the ages and grown-ups printed on the gentlemen. I have very great pleabottle. Beware of counterfeits sold care in rising to propose the health Scores were hurt in fierce riots in here, so don't be fooled. Get the of the firm, which will be very brief." genuine, made by "California Fig -Manchester Guardian. A French aviator flew upside down. Syrup Company."

terest, and have settled in town. Miss Myrtle Wright, teacher of the the week-end in town with her par ents, Mr. and Mrs. Frank Wright, Stone street. .

BLUNDERS IN NOVELS.

"Howlers" That Have Been Made By Women Writers.

That popular novelists make all The wedding of Miss Cora M. Garsorts of funny mistakes and perper rett and George S. Conley, Westport, trate marvellous anachronisms when will take place Sept. 24th. writing their surprisingly thrilling J. A. P. Haydon, publisher of the tales is well known. Dickens, Scott, Eganville New Enterprise, has' been Thackeray, Reade, and so on, right appointed division court clerk at down to the latest, Mrs. Florence Eganville, Barclay, have all fallen into the trap Arthur B. Cleveland, a former wellbefore to-day. But in nothing are so known seed dealer at Cape Vincent, N. WESTERN CANADA, each Tuesday many laughable blunders made by Y., is dead in Melbourne, Australia. until October 28th. Valid to return this is particularly the case with we- prominent mason. men writers, however eminent or ex- Mrs. Jas. H. Martin, a life-long resperienced they may be.

"Ouida" was probably the most Thursday. The funeral service was taining full particulars may be had

lot with the Edmonton rugbyists, Atter Mr. Caskey's address the meet- giving a fair sized hall for municipal pass this amusing error in a sporting but it is said he is more likely to ing elected an executive committee, purposes, also the fitting out of the contest, it may be found in her deconsisting of one man from each tro- lower flat for the use of municipal pf- scription of a great horse-race, where-Lawrence Brough, the eminent Dr. Harold Gibson, another ex- testant courch, and a programme com; fices, while up-to-date steel cells will in her heroine is supposed to be the Montreal on the S.S. "Scotian," with Edmonton, is engaged with Dr. These committees are to have full be used as town lock-up. It has also having won, the female novelist goes his all-English company, to open an "Whit" Lailey to coach the Alberta charge of arrangements for the conall-Canadian tour in the farce-com- university rugby team this fall. All vention is ex- building be turned into a fire half. lady owner (we do not wonder at it edy, "The Lady of Ostend," Mr. the material is young but the two tended to the men of Frontenac coun- This seems to meet with very general either!) when "she came proudly into the paddock, leading in the winner of the Waterloo Cup." Of course, erloo' Cup is the trophy awarded for "Ouida," too, seems to have been

totally regardless as to whether sporting items got mixed with her educational ones, or vice versa, for in another story she makes her hero become "very popular at Cambridge, where he got his Blue for history.' This is funny enough to make a 'Varsity man laugh for a month! As "Blues" are given by the sports' captains for certain games only, how any fellow under the sun could get his street, now a part of the Ontario Cambridge, or anywhere else, is a

Even the celebrated Marie Corelli Rose flour. is not always accurate when she comes to write about men's sports and men's work. Says she, in "The Treasure of Heaven," when her hero

"After school hours I got an evening job, with a shilling a week, for bringing home eight Highland bullheifers from pasture."

a blt like that when somebody used to send very juvenile boys to the near- joints, and its heart-wrenching est grocer's shop for "a penn'orth of pains, you will be surprised how pigeon milk."

Services at Front Door. The question of the right of religious bodies to hold open-air services.

with instrumental music, at the front doors of London dwelling-houses was in London recently. An engineer, who clean, strong, healthy and stated that his age was 80, complain-A young man summoned as a wit- Toronto. There was a large attend- he again interrupted the service. His tism, such as puffy swellings under Frederick J. Laughton, who has peal to a magistrate for a summons. down, or bothered with urinary dis-Miss Janet Robinson, King street, ment playing. If the nuisance was single case.

> He Was a Model Chauffeur. James Morris, who has been chauffeur to Cardinal Bourne since the latter was presented with a motor car some years ago, and who had previously been coachman to Cardinal Vaughan, has retired. It is Morris's boast that he has safely driven nine princes of the church in the motor car, which he has piloted 18,000 miles "without ever getting the cardinal into trouble with the police for exceeding the speed limit." Cardinal Bourne has presented him with an autograph portrait of himself.

Japanese Toys In London. A current U. S. Consular report issued from Washington says: "Japanese toys are rapidly supplanting those 'made in Germany' in many of our departments," states a larger importer of toys in London. "Thousands of gross of toy Union Jacks are made in Japan, and also the majority of

Early Paintings of Cain and Abel. In the pictures of the eastern churches Cain is slaying Abel with a dagger; in the west his weapon of murder is usually a club; sometimes, however, he is painted in the act of stoning his brother to death.

Cain and Abel are generally welldressed men in early illustrations. Lady Eastlake has the copy of a picture in which Adam's elaborate Gothie castle or mansion forms the background to the figures of the two cleaning" should always be the first brothers .- Old Scrap Book.

The Firm's Health.

DISTRICT DASHES.

public school at the Outlet, spent News Clipped From Our Many Ex changes.

Mr. McEwen, Smith's Falls, has give en that town a new play ground. Penbroke is to increase its liquor license fees, hotels likely to pay \$700. Vancouver, B.C. Mrs. John Corgill, Belleville, is dead Victoria, B.C. aged eighty years. She lived in Belle | Seattle, Wash. ville since 1852.

stances will prove that she took very ilv. Westport, left on Monday to take up their residence in Calgary, Alta. Dr. Singleton and his estimable wife

> will be greatly missed. Robert Dudley, Pembroke, aged-sixtyfive years, died on Saturday, of apoplexy. He was a Methodist, Oddfellow and Chosen Friend. A widow and

eight children survive. The marriage of Miss Ethel Elva Preston, daughter of Anthony Pres- Daily, Sept. 25th to Oct 10th, inclusive ton, to Samuel Barker, son of F. W. Barker, was celebrated at Emmanuel church, Portland, on Sept. 17th.

One of the prettiest weddings of the season was spiemnized in St. Columbus church, Elgin, on Thursday, San Francisco, Cal. when Rev. Father McKierman united Los Angeles, Cal. in marriage Miss Katherine O'Brien San Diego, Cal. and William Dundon.

Mrs. A. A. Polly, Brockville, died suddenly on Saturday. She fainted on the cellar stairs, fell, and was killed by the fracture of her skull Deceased was aged sixty-seven years Three daughters and one son survive The death occurred at Lyn on Fri day of Mrs. Richard Hanna, one of the most highly esteemed residents. She is survived by her husband, one son and two daughters. They are Gerald, Lyn; Mrs. Burgess, Watertown, N.Y., and Mrs. Herbert Landon of Elizabethtown.

A young Britisher, known as Nelson, disappeared from his rented farm in West Gwillimburg township, 61 miles You will never regret using White

Croxone Makes Kidney Troubles Bladder Disorders, Rheumatic Pains Vanish.

If you suffer with backaching kid-Bull-heifers, indeed! What sort of ney trouble, have disagreeable blacreatures are they? The job sounds dder and urinary disorders, or are tortured with rheumatism, stiff quickly and surely Croxone will relieve all such troubles.

It soaks right in through the walls membranes and inings, neutralizes, dissolves and makes the kidneys sift out and filter away the uric acid and poisons from the blood, and leaves ra'sed at the Westminster police court the kidneys and urinary organs

It matters not how long you have ed of the annoyance caused by Sunday suffered, how old you are, or what night religious services outside his you have used, it is practically imresidence, in Walnut Tree Walk, Lam- possible to take Croxone without rebeth. The noise of a choir, an har- sults. It starts to work the minute is monium, and the crowd, he said, was you take it and is guaranteed to remost distressing to those who desired lieve you the first time you use it,

If you suffer with pains in your

Wholesale buying agencies undertaken for all British and Continenta; goods, including:

Books and stationery, Boots shoes and leather, Chemicals and druggists sundries China, earthenware and glassware Cycles, motor cars and accessories Drapery, millinery and piece goods Fancy goods and perfumery, Hardware, machinery and metals. Jewellery, plate and watches, Photographic and optical goods. Provisions and oilmen's stores, etc., etc.

Commission 2 1-2 per cent. to 5 per cent. Trade discounts allowed. Special quotations on demand.

Sample cases from £10 upwards. Consignments of produce sold on

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Of all kinds. Men's and woalso some good lines in children's school boots..

Custom shoes made to mea-

All kinds of repairing.

COTT :: THE

Clergy W.

LOW COLONIST RATES PACIFIC COAST DAILY, Sept. 25th to Oct.

10th, inclusive. Portland, Ore.

Los Angeles, Calif. San Diego, Calif. And other points at rates in pro-HOMESEEKERS' EXCURSIONS TO

TIME TABLE CHANGES. A general change of time will ident of Westport passed away on be made Sept. 28th. Timetables con-

> Railroad and steamship agent, Corner Johnson and Ontario streets.

CANADIAN Colonist Rates.

on application to

(One Way - Second Class.) Vancouver, B.C.

Victoria, B.C. Seattle, Wash. Portland, Ore.

Mexico City, Mex. And other points at rates in proportion. HOMESEEKERS' EXCURSIONS

Each Tuesday until October 28th. Winnipeg and return \$37.50 Edmonton and return Other points in proportion. Return limit, two months, P. Conway, C.P.A., City Ticket office,

STEAMER

cor. Princess and Wellington streets,

"KINGSTON For Montreal, Quebec, Saguenay, day and Sunday at 5.30 a.m. and for Toronto and Charlotte, N.Y., at 5 p.m.

Sundays and Wednes-days at 12 midnight. for Montreal on Wednesday at 7 a.m. and Thursday and Sunday at 5.30 a.m.

CITY OF HAMILTON ronto, Cleveland and Detroit at 11 p.m. Thursdays.

H. HART. Freight Agent. Phone 346.

J. P. HANLEY, Ticket Agent.



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Atlantic Royals changes the atmosphere of the ship every five minutes, keeping each cabin supplied with fresh, invigorating salt air, R.M.S Royal Edward

R.M.S. Royal George

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Sept. 6 Royal Edward Sept 20 Sept 20 Royal George Oct. 4 Oct. 4 Royal Edward Oct 18 Nov. 1 Royal Edward Nov 15 Nov. 15 Royal George Nov. 29

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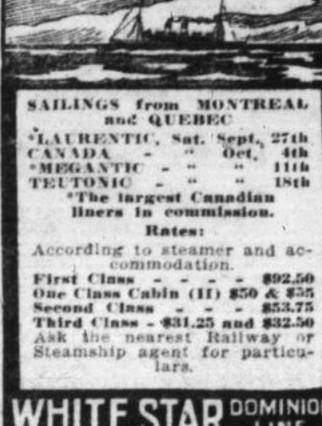
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Quit tea and coffee absolutely and use well-made

It contains the vital phosphates from wheat re-

It is pure and free from the insomnia-producing drug, caffeine, found in tea and coffee.

Postum comes in two forms:

Regular Postum-must be well boiled.

ful dissolves quickly in a cup of hot water and with the addition of cream and sugar, makes a delicious

Postum induces restful nights and successful days

"There's a Reason"

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

erly of the Whig staff.

panding considerably.

turn out with Calgary.

and purchased a half interest in the

Hastings' New Reeve. the resignation of Reeve T. Howard. an election was held on Friday. Wal-

Rev. Father Keeley, Belleville, transand costs, or fifteen days.

SLEEP

ried on in the "human workshop." Anything that prevents sound sleep at the proper time (at night) will sooner or later prevent

During sleep the necessary body-repairs are car-

"smooth running" during the day. That "drowsy feeling" in the forenoon (when everyone should feel bright and fit) is often caused

by want of sound, refreshing sleep the night before.

Very often the habitual use of tea and coffee is back of sleepless nights.

Drowsiness during the day

May be overcome

POSTUM

quired by Nature for rebuilding the tissue cells in muscle, brain and nerves.

Instant Postum is a soluble powder. A teaspoonbeverage instantly.