

### GRAND TRUNK RAILWAY SYSTEM The Lake And Rail Route To Western Canada

Service has been inaugurated between Eastern and Western Canada, trains leaving Toronto via Grand Trunk, Mondays, Wednesdays and Saturdays, 11.15 a.m., to connect at Barina with the high-class steamers of the Northern Navigation Co., for Fort William, thence Grand Trunk Pacific to points in Western Canada. We can make all arrangements to bring your family and friends from the "Old Country."

### CANADIAN PACIFIC NEW LIMITED TRAINS "THE CANADIAN"

Montreal-Toronto-Detroit-Chicago Via Canadian Pacific and Michigan Central Railroads. Via Michigan Central Gigantic Steel Tubes Montreal 8.45 a.m.; Toronto 8.10 p.m., arriving Detroit 12.35 a.m., and Chicago 7.45 a.m. daily. Equally good service returning. Through Electric Lighted Equipment.

### CUNARD LINE CANADIAN SERVICE.

From Southampton From Montreal July 9 ANDANIA July 25 July 23 ALBERTA Aug. 8 Aug. 13 ANDANIA Aug. 29 Steamers call Plymouth standard. Rates—Cabin (11) \$46.25. 3rd-class, British seaboard, \$30.15 up. West-bound \$30 up.

### CANADA STEAMSHIP LINES, LIMITED

MONTREAL-QUEBEC-SAGUENAY SS. Toronto and Kingston leave daily at 6 a.m., connecting at Prescott with Rapids Steamer, arriving Montreal 6.30 p.m. TORONTO EXPRESS SERVICE Steamers leave Kingston at 6 p.m., daily except Monday for Toronto, arriving 7 a.m. Returning leaves Toronto 6 p.m. daily except Sunday, arriving Kingston 5 a.m.

### Rideau Lakes Navigation Co. For Ottawa

Every Monday, Wednesday, Thursday and Saturday at 6 a.m. Passengers going through to Ottawa may occupy stateroom in the evening previous. No extra charge. For Clayton every Tuesday, Wednesday, Friday and Saturday at 6 p.m. Jones Falls and return, 50c, every Wednesday and Saturday at 6 a.m. OFFICE FOOT OF JOHNSON ST., PHONE 391.

82 Clarence Street, Phone 568 Ocean Steamship Agency, C. S. Kirkpatrick.

### Around the World Through the Panama Canal

by the large Cruising Steamships "CINCINNATI", JAN. 16 AND "CLEVELAND", JAN. 31 Calling at the principal cities of the world including a visit to the San Diego (Cincinnati) and the Panama Pacific (Cleveland) Expeditions. Duration Each Cruise 135 Days Cost \$900 up, including all necessary expenses aboard and ashore. Write for Illustrated Booklet HAMBURG-AMERICAN LINE 41-45 Broadway, N.Y. Or local agents 71 Notre Dame St., West Montreal or local agents.

### UP AGAINST IT

"Yes, I like the grove very well," the man of money conceded. "A 40,000 boxes yield last year and 35,000 the season before it seems a good business proposition. And it has a desirable frontage on the lake. I like that, for I am fond of bass fishing." "Then you'll take it?" "I don't say that. I will think it over and let you know in the morning." "Very well, sir." Thomas Walton walked out to the street, hesitated, and turned down to the lake, along which he went slowly. It was an excellent frontage, with high banks and one shelving beach, which would be just the spot for a bathhouse, and there was a substantial pier that would be large enough to accommodate a launch and several rowboats.



THE FRENCH CHAMPION IN ENGLAND. Georges Carpentier (on left) champion heavyweight of France, who met Gumbart Smith at the Olympia in London, on July 16th, for the championship of France and won.

paper for him. One of the letters was from the broker with whom he did business. He opened this and commenced reading carefully, but finished with blanching face. Tearing open the paper his eyes hastily sought the financial columns. But there was no need to find them, for heading one of the front news columns in staring letters was "Astounding slump in approved securities. Many stockholders wiped out." Thomas Walton did not read beyond the heading. There was no need. That and the letter were enough. Crumpling the two into his pocket he walked over to the orange grove he had been looking at a few hours before. Going out to the end of the pier he dropped upon one of the benches. It was quiet there—a good place to think, to look things squarely in the face.

### If You Are Thinking of Building this year it will pay you to get our prices for cement, blocks, bricks, etc., as you will save \$250.00 between solid brick and cement blocks.

We also have all sizes in  
sills, lintels, pier blocks, caps  
and vases at reasonable prices.  
Kingston Cement Products Factory  
Factory Cor. of Patrick and  
Charles Sts.  
Office: 177 Wellington St.

### After 20 Years of Fat, A Slender, Graceful Figure

"With what pity and derision everyone must look at a fat person. I know that I do myself, but perhaps that is because my body is now slender, bony and really attractive for a woman of my age. Yet less than a month ago my hips were enormous, and my waist and abdomen had entirely lost their natural shape in rolls of superfluous fat. For twenty years I had dreamed of getting rid of it, but never really expected that I could. Then I heard of a single herb recipe which proved my salvation, and I am repeating it for the benefit of other readers. Get from any drugist one dram of quassia chips and three ounces of arnone. Take them home, and after putting the quassia chips in a pan, pour over them a tea-cupful of boiling water. After standing for about one minute, strain through a cloth and add the arnone. Then pour the mixture into a bottle and apply it freely every night and morning with your hands, for several minutes, using a circular motion. It is wonderful how the fat just melts away. When I look at myself in the mirror now, and remember how I was before, I can hardly believe it is really me." You can get this recipe filled in at any drug store. I have gotten it filled here in Kingston at Mahood's drug store.

It is the only... you're repaid for... comfort and pleasure of each passenger expressed in luxurious accommodations—splendid meals—modern safety equipment that have made the R.M.S. Royal Edward and Royal George deservedly famous among ocean travelers. Booklets—write, 52 King St. E., Toronto.

### LONDON-PARIS WHITE STAR DOMINION LINE

Montreal & Quebec Via Liverpool To Great Britain and Continent. Palfrey Steamers, Excellent Service "LAURENTIC" - July 18 "TRUTONIC" - July 25 "MEGANTIC" - Aug. 1 AND EVERY SATURDAY FOLLOWING Rates to Liverpool from \$92.50 1st Class \$50.00 2nd Only four short days at sea. Local Agents J. P. Hanley, G. T. R. C. A. Kirkpatrick, C. P. R.

### ST. HELENA TO BE ABANDONED.

Censing to Be Port of Importance—Few People. New York Independent. When the great French Emperor died in exile 1821 there was probably a wish buried deep in his Corsican heart that the island which had been the scene of his humiliation might be wiped from the face of the seas. Whether or no such a curse was ever cast upon the island, it is certain that St. Helena is doomed, if not to extinction, at least to become an uninhabitable rock. With the advent of steam navigation the island ceased to be a regular port of call, so that its always scanty exports dwindled almost to the vanishing point; plagues of insects destroyed its vegetation, rats, brought thither by foreign vessels, multiplied and overran the soil until the government was compelled to offer a bounty of one penny for every rodent captured. The English garrison, which had been practically the sole source of income to the inhabitants, was withdrawn and the needs of the natives became desperate. Then, as if this series of misfortunes was not enough, the termites—that curse of tropical and semi-tropical countries—intruded the island and will, unless controlled, reduce the city of Jamestown to a pulp of sawdust.

### BRITANNY CANS HER FOOD.

Crops in Western France All in Good Condition. The splendid conditions of crops throughout Western France is causing much elation in agricultural and canning circles. The yield of fruits promises to be especially large. These blossoms and early growing conditions generally have been ideal. Canners are making preparations for an active season, and unless there is an unexpected setback, Brittany can be expected to send its usual large contributions of fruit, vegetables and dairy products to Paris and to the United States and England. At present, only the pea outlook is discouraging, and an advance in prices of that commodity has been predicted owing to an apparent scarcity of that article. Peas, apricots, pears and radishes, it is generally known, are Brittany's principal exports to the United States. Many other products are exported to America by the canneries of this section, but they are gathered from other parts of the republic prominent among which are mentioned the mushroom and the French prune. The canners are anticipating increased demands from the United States in many lines because of the favorable tariff, and preparations have been made accordingly.—Concular Report.

### Home.

By John D. Wells. A little bit of romping and a little bit of song. A little bit of laughter through the hall. A little bit of trouble and a little something wrong. A little mother-kiss, to soothe it all. A little flash of ribbon and a glint of gingham gown. A little smile from roguish eyes of blue. A little bit of cheerfulness, a little bit of frown. A little dash of tears for smiling through. A little curtained window and a happy little face. A storm of happy greetings at the door. A little throne of wicker by a little chimney place—Nor all the kings of ages boasted more. A little place of longing where a father's midday dream Will lead him from the sordid busy way. So little—unpretentious! Such a rich reward it seems For the little bit of toiling in the day!

### She Was Wise.

Cleveland Plain Dealer. A student took a lively young woman to the theater the other night. He busted himself buying tickets and he didn't enjoy the show much, because he kept thinking that maybe she would expect him to take her in to the drug store and buy her something before they took the car for home. "So soon as the performance was over he said, "Have you been reading all these dreadful exposures of drug store braveries in the Evening Muckraker? It's awfully interesting. Dr. Wiley tells of how a young woman went to a soda fountain, drank a popular drink and dropped dead." "How tragic!" murmured the girl with shining eyes. "Let's you and I go in and take a drink and die together! Won't that be romantic?"

### A Terrible Disaster.

Harold Hilton, the well known golfer, tells a story of a Scotch caddie who always wore a "deerstalker" cap with the flap tied tightly down over his ears. One day somebody noticed that the flaps were up, and he naturally asked the reason for the change. "Whinna had them down since ma accident," replied the caddie. "Accident?" exclaimed the golfer. "What accident? I haven't heard about it!" "Ah, well," the caddie explained, "we see, a gentleman offered me a drink out of his whiskey-flask, an' I didn't hear him!"

### The Reason.

Among the employees whose duties are supposed to be discharged in the rear of a certain shop in Baltimore, while the proprietor looks after matters in front, are a couple of darkies, who occasionally "take things easy." One afternoon they were engaged in a quiet game of seven-up on a barrel, when they were startled by the sudden appearance of the boss, whom they supposed to be in his usual place in front. "The boss was angry. 'How is it, he demanded, 'that I find you fellows playing cards?'" "I don't know, boss," was the response of one of the darkies, "unless it's on account of them rubber heels you is wearin'."—Lippincott's.

In The Bathroom—on the bathtub, wash-basin, linoleum, woodwork, mirrors, lavatories and all metal fixings, use Panshine. It is perfectly wholesome, has no disagreeable smell and leaves nothing but absolute cleanliness behind it. PANSHINE KITCHEN MAGIC CLEANSER For General Household Cleaning. A pure, white, clean powder that doesn't scratch and positively will not harm the hands. Large Sifter 10c. At all Grocers.

LABATT'S STOUT. The very best for use in ill-health and convalescence. Awarded Medal and Highest Points in America at World's Fair, 1893. PURE-SOUND—WHOLE SOME JOHN LABATT, LIMITED, LONDON, CANADA 29. James McParland, Agent, 339-341 King St. East.

COWAN'S MAPLE BUDS. The Delicious, Solid Chocolate Confection. Take them with you. Cheer your tedious journey with these delightful bites. Rich, full flavored, velvet-smooth, and pure and wholesome, they agree with young and old alike. Sold everywhere. The Cowan Company, Limited Toronto, Canada. There are 171,000,000 Russians. We are so accustomed to look upon Russians as a backward country that the following astonishing figures showing that actual progress of the country will be news to most people: In ten years (1898-1908) her population has increased from 120,000,000 to 171,000,000. This is an increase of about 20 per cent., and these figures may be compared with those of Germany, the next most prolific nation, in which the increase is 15.7 per cent., while in France it is down to 2.1 per cent. In 12 years at this rate of increase Russia will have a population of 215 millions of people, more than the population of England, France and Germany combined. Not only has her population increased, but also—a point of the most importance—her productivity has increased in proportion. Taking the years of 1902 to 1912, her exports of wheat rose from \$70,000,000 to \$139,000,000, an increase of 38 per cent. This agricultural advance has been aided by the state, which has instituted technical schools in many places through the country, and these already have some 10,000 pupils; agricultural banks have also been established in many districts to share for the needs of the farmers; of these latter there are about 17,000. Industry has not kept pace with the development of agriculture, though it is estimated, roughly, that there has been a 50 per cent. increase in the number of factories in Russia during the last 10 years. Russia has enormous coal fields, especially in Poland and in the south of Russia, and in the past decade the production of coal has been from 15 million to 27 million tons.—American Machinist.

Temper the Dark Hours of Watching. We beseech thee, Lord, to behold us with favor, folks of many families and nations gathered together in the peace of this roof, weak men and women subsisting under the covert of thy patience. Be patient still; suffer us yet awhile longer; with our broken purposes of good, with our idle endeavors against evil, suffer us awhile longer to endure and (if it may be) help us to do better. Bless to us our extraordinary mercies; if the day come when these must be taken, brace us to play the man under affliction. Be with our friends, be with ourselves. Go, with each of us to rest; if any awake, temper to them the dark hours of watching; and when the day returns, return to us, our sun and comfort, and heal us up with morning faces and with morning hearts, eager to labor, eager to be happy, if happiness shall be our portion and if the day be marked for sorrow, strong to endure it. We thank thee and praise thee, and in the words of him to whom this day is sacred, close our oblation.—Robert Louis Stevenson.

When a customer says that, no one can doubt her satisfaction. The immense demand for Rose Ham and Bacon is due to their week-to-week uniformity, the result of our perfected English process of curing which makes them always mild, juicy, crisp and delicious. So that when you ask for the "same as you got last time," you may depend upon getting it. Don't you think that a ham or bacon, possessing such a quality is worth asking for by name? We do; so we have put our mark upon it for your guidance. "Look for the name on the rind." Sold by Grocers and Butchers everywhere. ROSE HAM AND BACON. MATTHEWS-BLACKWELL, LIMITED. TORONTO MONTREAL HULL SUDBURY PETERBORO BRANTFORD WINNIPEG SUDNEY, C.B. FORT WILLIAM.