THE cost of living is an important thing in most homes. You may have to figure closely in these matters. A little extra on a barrel of flour may look big to

But there is a difference between spending money wisely and spending it foolishly.

Sometimes it is economy to spend instead of to save. It is in the case of Royal Household Flour.

Those few extra cents a week, that give you

Royal Household Flour

in preference to inferior flour, buy health.

Nothing contributes so much to the food you eat as flour, and therefore nothing should be more carefully bought. Ogilvie's Royal Household Flour is the whitest, cleanest and most nutritious flour that's milled. It is the only flour



Ask your grocer. Ogilvie Flour Mills Co., Ltd.

that is absolutely pure.

Mentreal. "Ogilvie's Book for a Cook," ntains 130 pages of excellent cipes, some never published be-re. Your grocer can tell you we to get it FREE.

THOUSANDS of men are prisoners of disease as securely as though they were confined behind the bars. Many have forged their own chains by the vices of early youth, exposure to contagious disease, or the excesses of manhood. They feel they are not the men they ought to be or used to be. They feel they are not the men they ought to be or used to be. They feel they are not the men they ought to be or used to be. They feel they are not the men they ought to be or used to be you nervous and despondent? tired in the morning? have you fo force yourself through the day's work? have you little ambition and energy? are you irritable and excitable? eyes sunken, depressed and haggard looking? memory, poor and brain fagged? have you weak back with dreams and losses at night? deposit in urine? weak sexually?—you have Nervous Debility and Seminal Weakness.

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Ors. Kennedy & Kergan,

146 SHELBY STREET. DETROIT, MICH. K KAK KAK KAK KAK KAK

B.W. & N. W. RAILWAY TIME-TABLE

GOING WEST				
	No.	1	No	. 3
	9.40	a.m	3.40	p.n
	0 10	44	8.54	***
Seeleys*1	0.20	44	4.01	66
Forthton *1	0.33	66	4.11	
	0.39	4.6	4.16	66
	0.58	46.	4.24	46
	1.13	46	4.41	66
	1 20	66	4.48	66
	1.28	66	4.54	66
	1.47	66	5.07	66
Forfar *1	1.55	44	5.18	66
Crosby *1	2.03	p.m	5.18	66
	2.12	46	5.28	66
	2.30	46	5.40	66
GOING	EAR	Т		

No. 2 No. 4 Westport (leave) 7.30 a.m. 2.40 p.m. Newboro 7.42 " 2.55 " Crosby *7.52 " 3.06 " *7.58 " Elgin 8 03 " 3.22 "

 Delta
 8 16
 " 8.41
 "

 Lyndhurst
 *8 22
 " 3.48
 "

 Soperton
 *8 29
 " 3.56
 "

 Athens. 8 46 " 4 24 " Elbe ... *8.52 " 4.80 " Forthton ... *8.58 " 4.87 "

Lyn 9.16 " 5.04 " Brockville (arrive) 9.30 " 5.80 " *Stop on signal MARTIN ZIMMERMAN, W. J. CURLE, Gen'l Mgr.

Seeleys *9.08 " 4.48 "



SCIENTIFIC AMERICAN,

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A 4½ inch bore through rock or soil either summer or winter. Pumps and fixtures supplied and water connected with houses or stables. Seventh drill just added, 12 years' experience. Work guaranteed. Write me any thing about wells or your water supply. References to work already

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13-38

A Specialist's Prescription

Who Feel Tired and Run Down.

A Remedy that Gives New Life and Vigor and makes Women Feel Good.

Dr. Hugo's Health Tablets for Women are the prescription of a specialist.
We don't say that no other living physician could prescribe so good a remedy
for women. But we do say this. The
ordinary practising physician cannot
prescribe so good a one, and no living
physician can prescribe a better one.

Dr. Hugo put into the prescription all the knowledge, experience and skill which he had acquired in forty years' practice as a specialist in women's diseases, and included as well the discoveries of all other great physicians.

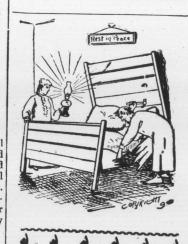
All that is latest in medicine—all that has been found useful to women, is contained in them. Nothing useless has been included. Nothing useful has been

The result is, that every requirement of the female system in any possible condition is met by them. And this fact has been certified to by leading physicians and chemists on this continent, to whom Dr. Hugo's prescription was submitted.

If you are in a run-down condition and don't feel as well as you would like to, or suffer from any menstruation difficulty, or weakness peculiar to your sex, avail yourself at once of the prescription of this great and good physician.

The cost of 72 tablets, enough for an

extended treatment, is only 50c. Dr. Hugo's Health Tablets Make Healthy Women.



THE PROBLEM IN INDIA

GEN. LORD KITCHENER IS BUILD-ING AGAINST INVASION.

Sees Menace in Russia's Two Railroads Across Afghanistan and Her 200,000 Men On the Frontier-What a Japanese Soldier Says Russia Can Do-Soundness of His Opinion Proved by

The London Daily Mail says: In the ast few years the military problem in India has been completely transformed by the rapid extension of the new Rus sian railways southward through Central Asia. Three years ago, at the close of the Boer War, there was only one Russian line which approached the Af ghan frontier, and this was the Trans-caspian Railway. It was not in unin-terrupted communication with the railway system of European Russia, and to reach its terminus on the eastern shore of the Caspian troops had to be enveyed in steamers across the stormy aters of the Caspian Sea.

Now, however, a new military line as been completed from Orenburg.

European Russia, to Tashkend, in European Russia, to lassystem, which is on the Transcaspian system, and roops can be sent direct from S. Petersburg or Moscow to Central Asia. The Orenburg-Tashkend Railway is in progress of being extended southward in the near future is to be linked by new lines with the great Siber-Railway which traverses Northern

The construction of this new line has brought European Russia close to India, and has made the British Empire a Continental Power in its great Japanese soldier, who has made a personal study of India and the Indian frontier. Russia will be able with no rreat difficulty to place an army of from 500,000 to 600,000 men upon the Indian frontier and to maintain that my there.

As to the soundness of this concluion little doubt can be felt, since in the cresent war with Japan Russia has been able to transport within a year 500,000 men from Europe to Manchu-ria, and to keep them there in fighting condition. It is true that Central Asia not so rich, so densely populated, or productive a country as Manchurla out against this must be set the fact pon the Indian frontier, whereas to

anchurla there is only one. Lord Kitchener was among the first realize the gravity of the situation reated by the construction of the new lway. He is peculiarly and pre minently a railway general. By railbys he reconquered the Soudan; by he help of railways he crushed the outh Africa. It thus was not inap-repriate that, after he had accomished his work in the Transvaa!, he ould have selected India as the dd of his activity, much though his resence as organizer and reformer was added in England at the War Office. His first step on reaching India was consider the necessities of Indian ence, which had before his coming treated with insufficient atten-But a small part of the Indian ny was available for war on the in ler. The sum allotted to the In-in army was inadequate, amounting only £17.000,000, and had remained r many years at or about the sam

cure, though the danger had steadily After a hard fight the vote for milimy purposes has been raised till i ow stands at about £22,000,000 ster-neg, an amount which Mr. Brodrick tates has been further increased to parantee India against external ag ression. Consequently a complete re-ganization of the army has been car-ed out in the teeth of vigorous oppoion from those who did not realize at force alone can ward off the at acks of force. The troops available for york on the frontier, under the most avorable conditions, have been raised about 160,000 men. Even this total is not a large force with which to meethe possible Russian invasion. To-day he Russian Government has 200,000 en in Central Asia on the Afghan rontler, and this notwithstanding the var in the Far East. It is also un-capply certain that unless the British vy be enormously strengthened in the near future the transport of any rge body of reinforcements across th an to India cannot be undertaken till British fleets have gained decisive ories over their possible antagonists twiths anding optimistic assurances the British public, the Admiralty recess to guarantee safe transport in initial stages of a great war

own resources for weeks, or per-s months, though should the de-Japanese alliance be extended, situation wou'd be transformed by Toke of the pen. Bu even so, Ja-cannot be asked to defend India for Irdia must be prapared to bear considerable part of the burden the United Kingdom, which enof Pri ich manufacturers, must mady to bear its share policy of Lord Kitchener has

to render Indic self independent. re delus of an urmy had to be reduced Freduced at Europe In who of war a promp group might to the supply by nextle curiers. Kitchener has, therefore, taken u lonery steps. A cordic factory been opened in southern India can turif out powder as good as produced at Waltham Abbey, and at a raying to the Indian taxpay-

"A rifle fac ory is marily ready of the furning out rifles at Ishapore, and the again a substantial saving to the ridian Government will result. Ar illery is to be manufactured in the same way, while gun carriages will be produced at immense works at Jubbulpare. duced at immense works at Jubbulpore. A horseshoe factory at Cawnpore will be able to meet all the demands of the Indian army. Thus self-dependence in every direction is being attained.

The organization and training of the Indian troops are now being conducted with a view to efficiency in war, and however much the lessons of the cam-paign in South Africa have been overcoked in England, they are not being gnored in India. The troops are brought together in large masses no ismored in India.

that their commanders may learn how to handle great bedies of them; the bri-gades and divisions in peace are train-ed under the generals who would lead in war. Transport for a great army is being provided, so as to enable the troops rapidly to take the field. For the higher instruction of officers an Indian Staff College will be opened this summer at Deolali, which will be ultimately changed for continuous and the continuous continuous and the continuous continuous and the continuous continuous and the continuous c

ly changed for Quetta. Arrangements have been perfected for the supply of horses and remounts, always a difficult problem, as the Seuth African war showed.

Not the least important of Lord Kitchener's reforms has been the reorgani-zation of the Indian police, by which, at a cost of about one million sterling, armed corps of police will be provided to keep order when the army is at the

front.

That all these measures have cost money goes without saying. You cannot have security for nothing, and though Japan manages her defences on a ridicuously small sum, she does it only because her people have accepted compulsory service, and are imbued with a sipirit of devoted self-sacrifice which, unhappily, is paralleled in few western communities. But the wealth of India is growing by leaps and few western communities. But the wealth of India is growing by leaps and ounds, so that if the burden inc so also does the capacity to bear it

WEIRD REVIVAL SCENES.

Thousands of People Wailing and Shrieking for Mercy.

Thrilling scenes of religious fervor and frenzied excitement occurred at Evan Roberts' open-air mission meeting at Holyhead. There was a wild emotional outburst unprecedented in the eventful history of the Welsh revival

Between 10,000 and 12,000 people were present, and the meeting proceeded for three hours without any manifestation of feeling. For a long time Evan Rob-erts remained in silence, while the

crowd evinced no warmth.

At length Evan Roberts jumped up, At length Evan Kooerts jumped up, crying, "Where are you, ye professing Christians? Why don't you pray? I can do nothing. I leave Holyhead with a quiet conscience, but a wounded heart

Then he broke into loud weeping and wailing, "Oh, Lord, bend these peo-The effect upon the gathering was

electrical. A wave of emotion swept over the throng, thousands wailing and shricking aloud for mercy. At last three or four thousand people were loudly praying at the same time. Tears the checks of many soundy praying at the same time. Tears were pouring down the cheeks of many. Suddenly Evan Roberts underwent terrible convulsions and fell full length on the rostrum, weeping bitterly and crying out in agonized tiones, "Bend them, bend them, Lord."

Those who have followed these services for months say that nothing like such a scene has been witnessed before. Men rolled on the ground and

fore. Men rolled on the ground and

Then Evan Roberts jumped up with a laughing face, and, lifting his arms, waved them, sheuting, "Thank God, we can now sing and rejoice. The victory is wen."

The people responding leaped to their feet frantically waving arms and shouting, "Glory, hallelujah! the victory is won." Eyes glistened with tears, and there were hundreds with upturned, radiant faces fixed on the clouds above a though expecting to see a vision.

Triumphant singing broke out in which the whole crowd joined. Evan Roberts, "See him fleeling. Pursue him, shouted and cheered.

shouted and cheered. "The devil is conquired," cried Evan Roerts. "See him fleeing. Pursue him, O ye army of the Lord. Keep him flee-

Evan Roberts' face was radiant, and the ministers on the platform were pale with emotion. Large numbers of converts came forward.

The Auld Brig e' Ayr. We were certain, says The Glasgow Mail, that Scotsmen the world over, and even those who cannot claim a patrio-tic pride in that picturesque and venerable structure—the auld Brig o' Ayr
—will rejoice to learn that it is not yet doomed, and that in spite of its somewhat unstable condition it may be pre-served for years to come. Some time ago the Town Council decided that it would have to go and give place to a more substantial erection. Since then however, the Society for the Preservanowever, the Society for the Preserva-tion of Ancient Buildings has had an expert's advice upon the matter, and that gentleman's opinion is to the effect that it will be quite possible to so strengthen the weak points of the bridge that it will be almost as good as new. Unless the Town Council can clearly prove that the erction is abclearly prove that the erection is absolutely dangerous it would be a great pity to destroy the "Auld Brig." We are certain also that the members of the Town Council are as anxious to spare the bridge as anyone possible could be, and it is possible that, in the light of the expert's evidence, they may be able to devise means of strengthen-

ing the fine old structure The Deaf Juror. Judge Adams, the County Court judge of Limerick, and a well known story teller in the National Liberal Club, is one of the wittiest of Irishmen. but occasionally in an encounter he comes out second best. Just now he is presiding at Quarter Sessions in Limer-The other day a juror asked the judge to excuse him serving on account of deafness. "Were you in the court during my charge to the jury in the last case?" asked the judge. "Yes, yer honner," replied the juror. "Did you hear it?" Yes, yer honner, I heard every word of it, but I couldn't make any sinse of it." The reply evoked a roar of larghter, in which Judge Adams heartly joined. But he did not excuse that furor.—Westminster Gazette. judge to excuse him serving on account that Juror.-Westminster Gazette.

The Constable's Excuse. A story in which an Irish member of Parliament tells of his rough treatment at the hands of the police walle addressing his constituents in Galway recalls to The London Chronicle an anecdote illustrative of the attitude of the Royal Irish Constabulary toward the Nationalist members. During a dis-turbance at an eviction a constable brought his baton heavily down on the head of a young man who happened to be the reporter of The Irish Times "Don't you know I am a member of the press?" inquired the reporter. "I beg your pardon," said the constable. "I thought you were a member of Par-

liament'

DESERT BILL OF FARE

OURCES FROM WHIGH THE INDIAN SUPPLIES HIS LARDER.

me of the Things Enten, Repocially the Insect and Reptilian Foods, Are Not Only Not Inviting, but Are

About some of the Indian villages of the west are to be seen small patches of maize or a few tiny melon patches, but these cultivated areas ar of little account as compared with the number of persons to be fed. These, too, are exceptions sather than the rule, a majority of the towns having no such cultivated fields.

In the various parts of the arid re-gion which shelters so great a pertion of our barbarian population is found a tree remarkable for certain prope ties. The botanical name of this plant is Prosopis juliflora. It is popularly known as the algaroba, or honey mer quite. This tree thrives with little moisture, grows, with thick, bushy top, to a height of twenty to forty feet, affords shelter from the wind and sun, and, best of all in the sight of the hungry natives, it yields abundant crops fruit known as mesquite beans. The slim green pods hang in clusters from the tips of the boughs, often bending the branches nearly to breaking, so abundant do they grow. The peds, which are six or seven inches long, are pulpy, juicy, fairly palatable and nourishing.

These beans are gathered, dried and stored in the peculiar granaries of the Indians-huge baskets holding several bushels each—and are pulverized when wanted for food in wooden or stone mortars, and the meal thus formed is seaked in water and eaten without further preparation of it is baked into a sort of unleavened bread. It is the principal and favorite food of several tribes.

The screw bean is another food product, less plentiful, but even more highly prized because of its sugary qualities. This fruit is often eaten as plucked from the tree. It ripens the latter part of June or in July, a little later than the mesquite bean.

In some of the mountain sections the Prunus andersonii, or chamish, is found in abundance. The pits of this fruit are pounded in mortars, and the meal is then eaten. There are many varieties of the cactus fruit which are utilized for food, the fruit of the Opun-tia tuna or prickly pear being a notable example.

The dead loco weed, the pest of the cattlemen, is a favorite with the Indians, for the yellow pods of the plant when pulverized serve as spice to reader some of the otherwise insipid dish

es palatable. The roots of the cancer root app roasted over live coals, and when young, succulent and nourishing are prime favorites with the red epicareans.

Flowers of the yucca and agave are boiled, dried and preserved, to be eaten as occasion requires. The young shoots or crowns of these plants are also roasted and eaten. Seeds of the Arte misia tridentata or wormwood and the Atriplex lentiformis are pulverized and eaten. Pine nuts form a very important item of food with many of the tribes in the wooded section of the country, and acorns furnish other

tribes with a large part of their living. There are other herbs which are utilized by the Indians as food. Indeed there are few plants which are not capable of being rendered edible in some manner. There are, however, other things besides plants which are made to satisfy the pangs of hunger. In the animal kingdom are a number of varieties of creatures, not classed in the game list of the white man, which minister to the appetites and needs of

There are in the southwest particularly in California, bodies of bitter. poisonous waters known as boracio lakes. Owen's lake, twenty miles long, is of this class. It is a veritable Dead sea, and, like the sea of that name and its counterpart, the Great Salt lake of Utah, its heavy, brackish waters do

not support fish or marine life At certain seasons of the year the waters of these boracic lakes abound in white grubs known to the Indians of that region as "koochabee." These grubs are the larvae of a two winged fly, the Ephydra californica. So plentiful are these grubs in their season they line the shores of the lake to a depth of several inches, where the waves cast them up from their watery neubator. The Indians at this season of the year camp upon the shores of the lake, gather this peculiar harvest and dry it in the sun. Later the grubs are ground in stone mortars into fine owder, and from this insect meal they bake a bread which is highly

There are a number of other insectsizards, reptiles and the like-which are ised as food by different tribes. The huckawalla, a lizard somewhat resembling the Gila monster, is a comnon article of food with Lower California Indians and with some of the ribes north of the line. It may not be the most inviting of foods—some of the insect and reptilian foods are far from palatable-but the Indian is not in clined to quarrel with anything which stops the gnawing beneath his belt, and he evidently believes that "not that which goeth into the mouth defileth the man."

paring His Feelings. Alice-He thinks he hasn't made any impression at all. Clara-Oh. yes, he has, but I'm too considerate to let him know what kind of an impro-

Don't place too min'. appearances.

FALL TERM SEPT. 5th. Kingston Business

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KINGSTON - . ONTARIO A modern, permanent, reliable school, estab' lished in 1883.
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CANADIAN RY.

General Change of Time

Takes Effect

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couver will be resumed then. GEO. E. McGLADE, Agent Brockville City Ticket and Telegraph Office Cast Corner King St. and Court House Ave.

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All my goods are of the latest design, the product of reliable manufacturers. and will give good satisfaction. Choice line of cutlery and many

arcicles for the household. We ask only a tair price and invite inspection of the values offered.

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Imparts to its students an education that has a real cash value, Telegraphy, Bookeeping, Shorthand, etc. Send for our 40th Annual Catalogue and enter any time.

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The undersigned has opened a paint shop in isher's Carriage Works and is prepared to promptly fill orders for painting all kinds of vehicles.

Now is the time to have your buggy fixedup for spring GORDON FOLEY.

MOTHER, SISTER AND BROTHER

Died of Consumption, but this Linden lady used Psychine and is strong and well

"My mother, brother and sister died of consumption," says Ella M. Cove, of Linden, N.S., "and I myself suffered for two years from a distressing course and real years from a distressing cough and weak lungs. I suppose I inherited a tendency in this direction?

"But thank God I used Psychine and it built me right up. My lungs are now strong. I enjoy splendid health, and I owe it all to Psychine."

Cousumption, whether hereditary or contracted, cannot stand before Psychine. Psychine kills the germ, no matter how it attacks the lungs. Psychine builds up the body and makes it strong and able to resist disease. Psychine is an aid to digestion and a maker of pure, rich blood. The greatest giver of general health is

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