

Do You Weigh Too Much?

The Real Remedy and the Recipe.

There are some stout people whom the above question does not seem to trouble very much. They are, however, suffering from an ailment which is slowly but surely eating its way into their brains...



ACTUS JULY Oxford Sale Men's Tan Oxfords, \$2.95, \$4.00. Cut price, \$2.00. Men's Tan Calf Oxfords, \$4.50. Cut price, \$3.15. Men's Tan Oxfords, \$5.00. Cut price, \$3.75.

The Sawyer Shoe Store Sole Agent for Kingston.

EZEMA IS CURABLE.

In Every Case Where My Remedy Fails It is Supplied Free of all Cost.

In making this statement I back it up with my promise that if my remedy does not substantiate my claim in every particular I will, without question or quibble, return every cent you paid for it. I take all the risk—you take none.

DON'T FORGET TO TRY

M. NOLAN FOR YOUR GROCERIES, 538 PRINCESS ST.

Fray Bentos

COGNAC BEER. To 1 lb. Can ... 25c To 3 lb. Can ... 35c or Sliced, 25c per lb.

D. COUPER'S

341-3 Princess Street, Phone 76. Prompt Delivery.

Wah Long's Laundry

First-class work guaranteed. Drop me a card and I will call promptly for you.

THE CRIPPEN MYSTERY

Greatly Excites Interest of Friends in English Theatrical Circles

A Scotland Yard Pen Picture of the Fugitive Husband--Forged Death Notice--Story of the Crime

London, July 25.—That Dr. Hawley H. Crippen and his former stenographer, Ethel Clara Leneve, are aboard the Canadian Pacific steamer Montrose, now on the high seas bound for Montreal, is Scotland Yard's firm conviction.

Inspector Dew is now aboard the steamer Laurentic, which is due to arrive at Montreal on July 30th. That is the date also of the arrival of the Montrose, but the Scotland Yard officials hope the inspector will reach Montreal in time to arrest the fugitives.

Towards the end of January last, Mrs. Crippen mysteriously disappeared, and a report was circulated by Hawley Crippen to the effect that his wife had left for America to transact business there. Later he gave out that he had received intelligence from the United States that the lady was seriously ill with pneumonia, and this was followed by the announcement of her death and cremation near San Francisco.

There can be little doubt now that this letter was a forgery. Mrs. Crippen always spelled her stage name with one "i", but at the time it was supposed that, being indisposed, she might have dictated the letter.

SUFFERED THREE YEARS

Will Dr. Morse's Indian Root Pills cure his Kidney Trouble. There are few diseases that cause more acute suffering than Kidney Trouble, and Mr. F. A. Thomas of Sudbury Ont., is one of those who know it.



A PRETTY FROCK FOR SUMMER RESTAURANT WEAR.

Dozens of cool and inviting roof garden and palm garden restaurants make New York a very delightful place in which to dine on a warm summer evening.

PRECIOUS WINE

The most celebrated of all the wines of Germany is known as rose wine, and according to a French contemporary, it is jealously preserved in the town hall of Bremsa.

FLY PAPER TO CLOSE MOUTH

Indianapolis, July 29.—Mrs. Clara Brandon, who used flypaper to close the mouth of her mother-in-law as a member of the family.

SHOULD DON LIFE BELTS.

Enthusiasts Say Morristown Accidents Were Avoidable. Ogdensburg, N.Y., July 29.—Pawer boat men of this city who have had much experience with racing craft, say that the two fatalities which occurred on the river during the past week could easily have been avoided if the victims had taken the precautions to don life preservers before they ventured out in rough water with their high powered boats.

Had a Hard Trail to Cover.

Secretly, Mexico, July 27.—The "Flamers" "20", "Under Three Flags" automobile arrived here today from San Miguel Allende, having put in twenty-nine hours on fifty miles of road, a large share of which was constructed by the crew, owing to the impassable nature of the trails which are very rough and have been badly cut up by the recent rains.

Sunday Connections for Cape Vincent.

Steamer America, 7:30 a.m. and 2 p.m., returning leave Cape Vincent, 11 a.m. and 7 p.m. 50c. return.

Where They Get Done.

"The gambling stories that the late Pat Sheedy used to tell in his art shop," said a New York reporter, according to the Detroit Free Press, "was one about a jackpot."

WALDRON'S SATURDAY SALE

Has Seldom Such Low Prices for Ladies' Shirt Waists and Underskirts

FINE WHITE LAWN WAISTS Have very pretty fronts of Valenciennes and embroidery shaped collars, and a number of high-class Plain and Vested Tailored Blouses, all sizes. Regular \$1.75, 1.50, 1.25, etc. Saturday at 8.30 a.m. and all day for 38c.

GLORIA SILK UNDER-SKIRTS Black and Colored Embroidered Blouses; also extra good quality Plain and Watered Black Satene Underskirts, with double flounce, Regular \$3, 2.50, 2.00, etc. Saturday at 8.30 a.m. and all day for 98c.

R. WALDRON

"Beaver Flour"

is the finest blend of the two best wheats Canada produces—Manitoba Spring wheat and Ontario Fall wheat. One provides the rich gluten that makes bone and muscle, the other gives lightness and whiteness to the bread and pastry.

COWAN'S PERFECTION COCOA

Its richness and exquisite flavor give an added deliciousness to homemade "sweets" and dainties. Be sure you get COWAN'S—the cocoa with the Maple Leaf Label.

THE CANADA METAL COMPANY, LIMITED. Manufacturers of Traps and Bends, Solder, Brass Ferrules, Iron and Lead Combination Ferrules. Write for prices. OFFICE: 5 WILLIAM STREET, TORONTO.