

# LOST 45 POUNDS IN WEIGHT THE WORK OF ONE YEAR

## NOW WEIGHS 125 POUNDS, THANKS TO "FRUIT-A-TIVES"

PLANTAGENET, Ont., Jan. 31st, 1910. "About March 1st, 1909, I was taken deathly sick with Liver Congestion and Stomach Trouble. I failed from 125 pounds to 80 pounds and was confined to bed for eight weeks. The doctors said they could do nothing for me, and as a last resort, one of the doctors told me to try "Fruit-a-tives"—if they would not cure me, nothing would. My husband bought some "Fruit-a-tives" and inside of ten days, I was able to leave my bed. My stomach got strong and I could eat and retain my food. Today, I weigh 125 pounds."  
 Mrs. LAURENT CADIEUX.  
 —See a box, 6 for \$2.50, or trial size, 5c. Fruit-a-tives Limited, Ottawa.

**THOMAS COPLEY**  
 PHONE 987.

Drop a card to 19 Pine Street when wanting anything done in the Carpenter Line. Estimates given on all kinds of repairs and new work also. Hardwood floors of all kinds. All orders will receive prompt attention. Shop, 40 Queen Street.

**PURE ICE CREAM.**  
 We make our Ice Cream with Whipped Cream. We do not use any corn starch or gelatine. Ice Cream Sundae, with Pineapple or Strawberry fruit, etc. It's warm outside, but very cool in our parlors.  
 ROYAL ICE CREAM PARLOR,  
 162 Wellington Street.

# BICYCLES

**BICYCLE BUNDRIES**  
**BICYCLE MUNSON**  
 at Cut Prices 245 York St. 1080797  
 Good for Cut Price Catalogue.

# For Pickling

Pure Vinegar, all kinds of whole and Ground Spices.

**D. COUPER,**

'Phone 76. 841-3 Princess Street.  
 Prompt Delivery.

# GOODS SOLD ON EASY PAYMENT PLAN

All kinds of Dry Goods, Fur Collars and Muffs, Ladies' and Men's Clothing, Carpets, Curtains, Oilcloth, etc.; also all kinds of Household Furnishings can be had on easy payment plan. Call and see for yourself.  
 214 Division Street.  
**L. COHEN**

# The American Cafe

185 Wellington St.  
 The Up-to-date Restaurant and Eating House. Separate apartments. Well furnished and lighted.  
 Try our Full Course Dinner, 25c.  
**THOMAS GUY, Prop.**

# ARRIVING DAILY

Plums Plums  
 Peaches Peaches

AT  
**A. J. REES**  
 166 Princess Street.  
 Phone 58.

# COWAN'S PERFECTION COCOA

Is good for Growing Girls and Boys—and they like it. It nourishes their little bodies and makes them healthy and strong.

Cowan's Cocoa, as you get it from your grocer, is absolutely pure. Its delicious flavor is obtained by the use of the highest grade of Cocoa beans, skillfully blended. Nothing is added to impair the health-building properties of the Cocoa.

Do You Use Cowan's Cocoa?



# Things That Followed the Appeal of Last December.

## The Big Delegation and Its Demands—Some Things at Once Conceded—The Rest Will Follow.

When the great deputation of 1,000 men and representing some 40,000 organized farmers; waited on the Dominion government in Ottawa last December and asked for better trade relations with the United States, it made history. It was a revolt against the domination of financial and other interests that had been charging the farmers of Canada excessive prices. Comparatively few realize how great a victory has been won by that delegation. It made the following requests of the government:

1. Better trade relations between Canada and the United States and with Great Britain, especially in farm products.
  2. Immediate construction by the government of the Hudson Bay railway and its operation by the government.
  3. Control by the government of the terminal grain elevators at Fort William and Port Arthur and establishment of similar elevators on the Pacific coast, and Hudson Bay.
  4. Amendments to the Railway Act which will make it easier for farmers to obtain compensation for stock killed, a more uniform regulation in rates that will prevent railway companies from watering their capital stock and charging rates that will enable them to pay dividends on the watered stock.
  5. Cheap and efficient machinery for the incorporation of cooperative societies.
  6. New Bank Act, so worded as to permit the act to be amended at any time and in any particular.
  7. Steps to establish a chilled meat trade and prevent the control of such a trade passing into the hands of private parties.
- Emphasis was laid most on the first five requests.

**What Has Been Won.**  
 Almost all the main points asked for have either been granted or promised by the government. Better trade relations with the United States are now offered. The construction by the government of the Hudson Bay railway has been commenced. A bill has been prepared which is satisfactory to the Farmers' Association, and which will remove the grievances complained of by farmers in connection with the terminal grain elevators at Fort William and Port Arthur. Amend-

# Reciprocity Will Save the Housewife Many a Dollar.

The reductions made under the reciprocity agreement in the Canadian duties on imported foodstuffs are not of a sweeping nature. For example: The duty which is to be removed from oysters amounts to only ten cents a gallon on bulk shipments; the duty on canned vegetables is reduced a quarter of a cent a pound; on prepared cereal food the reduction is from 25 per cent. to 20 per cent.; on 17½ per cent.; the duty on bacon and hams is reduced from 2c. to 1½c. per pound, and on fresh meat from 2c. to 1½c. per pound.

These reductions, as stated, are not of a sweeping nature, but they will give a greater measure of relief to consumers than might appear at first glance, because there is this peculiar feature about customs taxation of all kinds, that it grows in volume as it approaches the consumer. An importer of bacon brings in, let us say for purposes of illustration, a bill of goods at 12c. per pound. The duty is 2c. per pound. When the importer sells he charges a profit not only on the first cost of the goods, but on the duty in importing them as well. This applies to all cases in which goods are imported. Where the imported article passes through two middlemen before reaching the consumer a tax of 30 per cent. may easily become a tax of 50 per cent.

A REDUCTION OF 1½c. PER POUND ON IMPORTED MEATS SHOULD MEAN A REDUCTION OF AT LEAST 2c. PER POUND BY THE TIME THE CONSUMER IS REACHED. ABOLISHING THE DUTY OF 3c. PER DOZEN ON EGGS SHOULD MAKE THE PRICE OF WINTER EGGS TO CITY CONSUMERS AT LEAST 5c. PER DOZEN LESS THAN THEY WERE LAST WINTER.

THE TOWN OF NAPANEE		DATES OF FALL FAIRS.	
Cheese Sold at 14-15 Cents—	Bancroft .....	Sept. 28-29	Long Point, Sept. 13.—Born to Mr.
Mrs. Paul's Musicals.	Brighton .....	Sept. 28	and Mrs. Joseph Warren, on Thurs-
Napanee, Sept. 16.—At the cheese	Campbellford .....	Sept. 27-28	day, Sept. 7th, son. Mr. and Mrs.
board, yesterday afternoon, 685 boxes	Co's Hill .....	Sept. 25-26	Jacob Bryon have returned from visit-
of cheese boarded. All sold at 14	Delta .....	Sept. 25-26	ing friends in Potsdam, N.Y.
to 15-16c. This is the highest price	Kemptville .....	Sept. 29-31	Singleton has returned from visiting
that cheese has ever sold for at Napanee.	Kingston Township .....	Sept. 27-28	in Brockville last week. Mr. and
A delightful musical tea was given	Lansdowne .....	Sept. 27-28	Mrs. Frank Slack and family, and
on Thursday afternoon at the Odd	Madoc .....	Sept. 27-28	Pauline Slack visited at J. M. Kavan-
fellows' hall, by Mr. and Mrs. A. E.	Napanee .....	Sept. 18-19	ough's on Sunday last. An auto-
Paul, assisted by their talented	Oleuse .....	Oct. 6	mobile party, including Dr. Ferguson, O'
daughters. Over 250 invitations were	Mabely .....	Sept. 26-27	Connor and family, of Ganouque, H.
sent out and all availed themselves of	McDonald's Corners .....	Sept. 28-29	Smith and Mr. Parkinson, Montreal,
the invitation. Francis Fisher Pow-	Napanee .....	Sept. 26-27	visited at Charles O'Connor's on
er, Guy Atwood, Harold Mallory as-	Renfrew .....	Sept. 27-28	Sunday. Many from here attended
isted and Harold Alberty acted as	Stella .....	Sept. 29-31	the political meetings in Lansdowne
pianist. Dainty refreshments were	Tweed .....	Sept. 28	last week. Guy Slack is spending a
served.	Wolfe Island .....	Oct. 4-5	few weeks in Toledo. Mr. and Mrs.
E. J. Madden has purchased the prop-		Sept. 19-20	William Griffin visited at Harry Be-
erty on John street from Mrs. A.			vin's last week. Miss Lucy Bevins has
Clark, and is repairing it and will			returned from visiting friends at
shortly open a law office.			Marble Rock. Miss Madeline O'Con-
Miss Hazel Leonard left on Tuesday			nor attended the Lappan-Patience
for McDonald College, Guelph, to take			wedding at Warburton last Wednes-
a course in domestic science. Mrs. J.			day. Miss Lucy Jane Chapman man-
P. McMullen (formerly Beatrice Kon-			aged in Seely's Bay. Miss Helena
ner), of Virvina, Minn., is spending a			Singleton has returned from visiting
few weeks visiting her father, V. Kon-			at Ivy Lea. Jane Trainor and daugh-
ner.			ter, spent the past week visiting at
Mrs. E. Barr-Hall and two children,			Charles O'Connor's. Other recent vis-
of Princeton, B.C., are visiting her			itors: Mrs. George Sly, Mrs. John
mother, Mrs. J. Reed Perry.			Singleton and Miss Viola Sly, Ellis-
Mrs. Clatene M. Warner and daugh-			ville, at J. Townsend's; Mr. and Mrs.
ter, Miss Elizabeth, returned from a			James Leeder at D. Townsend's; Mr.
three months' visit in England. Her			Susan, Seabrook's; Mr. and Mrs. J.
sister, Mrs. Belcher, and niece, Miss			Donald, Sault Ste. Marie; Percy Flood,
Belcher, accompanied them to Napanee.			Delta; J. E. Donnelly; Seely's Bay;
R. A. Board, of Niagara Falls, has			C. Lappan, Lansdowne, and Dr. F.
purchased the real estate business from			O'Connor, at Charles O'Connor's;
W. G. H. Brown. Mr. Brown goes			Mr. and Mrs. R. Andrews, at Ira
west about the end of the month.			Bevins.
William Oliver, brother of James G.			
Oliver, Napanee, died in Sault Ste.			
Marie, on Thursday. The remains			
reached Napanee yesterday for inter-			
ment.			

**Excursion to Western Canada.**  
 The Grand Trunk railway system announces that on Tuesday, August 8th and 22nd, September 5th and 19th, 1911, homeseekers' excursions will be run to Western Canada, via Chicago, St. Paul and Duluth or via Chicago, St. Paul and Minneapolis, at reduced round trip fares.

The double track line of the Grand Trunk to Chicago, appeals to the traveller, and with the superior train services offered, including the famous "International Limited," many passengers will be attracted to this way. The route via Chicago, is interesting. Baggage is carried in bond without requiring special attention. Inspection is not necessary.

The sale of tickets is also authorized via Sarnia and the Northern Navigation company's magnificent steamers.

For further particulars apply to any agent of the Grand Trunk railway system.

Things worth while are more apt to come your way if you go after them.

# FROM THE COUNTRYSIDE.

**Notes From Murvale.**  
 Murvale, Sept. 16.—John Ferguson visited in Brockville and Montreal last week. George Vanlaven, of Toledo, Ohio, visited friends here last week. D. Marston, who had his arm broken some time ago, is getting along nicely. William Davis is making improvements to his new place. The sock social last week was not much of a success, financially, as the night was rainy. Visitors: George Hamilton, of Trichonaw, at John Shellington's, William Harper and family spent Sunday with friends at Sharpton.

**Sand Hill Church Event.**  
 The Harvest Home supper under the auspices of the Ladies' Aid of Sand Hill Presbyterian church was brought off successfully last Tuesday evening. The provisions were bountiful, the grove gave excellent protection against the children of the night, the patronage was large, and the receipts were ample enough to make the recipients smile. The proceeds were over \$100, and go to the Ladies' Aid, part of the cost of the new Sand Hill church. The congregation is looking forward to the opening and future use of the church with much interest and desire, and are watching with thankfulness the progress of the workmen in its erection.

**Holleford Happenings.**  
 Holleford, Sept. 13.—A little girl has come to stay at J. Whain's. The teacher has just returned from a teacher's conference at Harrowsmith, where duties will begin on Monday next. Miss Alice Walker and Cecil Walker have returned to Sydenham high school near Sharbot Lake. Rev. A. Fokes conducted the service here, on Sunday, while Rev. J. Waddell took his work at Sydenham. A number from here attended the lawn social at Deseret Lake, on Monday evening. Mrs. R.

# HERRING ON THE TRACK.

For the sake of argument some conservative papers and speakers persist in linking pulp and paper with the reciprocity agreement. As a matter of fact Canadian pulp and paper goes free now into the United States—if made from wood upon which no export tax is levied—and will continue to go free whether Canada accepts reciprocity or not. At the instance of American Publishers' Association congress passed this legislation apart from the reciprocity bill. That association has not a dollar to gain from the passage of reciprocity. They have what they want already. Montreal Herald.

J. Carshake is very ill. Visitors: Miss Ada Martin, at James Walker's; Mrs. Bauser and family at James White; Mrs. M. H. Smith and son at Redmond's; Miss Lizzie Walcott, at E. Smith's; Mrs. Nightingale, at A. Collins'; J. W. Redmond and family spent Monday at J. Redmond's, Kepler.

**At Deseret Lake.**  
 Deseret Lake, Sept. 15.—A lawn social was held here, on the evening of the 11th. A large crowd attended, but owing to the visitation of a severe thunderstorm, the program was fully before the program was fully completed. J. Campbell is on the sick list. Mr. and Mrs. Tryon visited Mrs. O. Snook last week. Miss Lucy Wilson has gone to Harrowsmith to learn dressmaking. A goodly number from here attended the Harrowsmith fair. Miss Edie Genge is engaged to teach for the balance of the year. Corn cutting is over and a fine crop was reaped. Mrs. E. H. Smith and son, George, Sydenham, have returned to their home. H. Campbell, Perth road, at Mrs. E. H. Snook's. Several campers from New York are located on Indian Point. A. B. Page, is poorly at present. Sheridan and Creighton Orser, Perth Road, visited friends here last week. Mr. and Mrs. R. Lindsay and daughter Velma, have returned to their homes, at Sydenham. Reciprocity is the current topic at present. Mrs. O. Snook has a fine crop of tomatoes, some which weighed one and a half pounds and measured sixteen inches in circumference.

**Long Point Tidings.**  
 Long Point, Sept. 13.—Born to Mr. and Mrs. Joseph Warren, on Thursday, Sept. 7th, a son. Mr. and Mrs. Jacob Bryon have returned from visiting friends in Potsdam, N.Y. Singleton has returned from visiting in Brockville last week. Mr. and Mrs. Frank Slack and family, and Pauline Slack visited at J. M. Kavanough's on Sunday last. An automobile party, including Dr. Ferguson, O'Connor and family, of Ganouque, H. Smith and Mr. Parkinson, Montreal, visited at Charles O'Connor's on Sunday. Many from here attended the political meetings in Lansdowne last week. Guy Slack is spending a few weeks in Toledo. Mr. and Mrs. William Griffin visited at Harry Bevin's last week. Miss Lucy Bevins has returned from visiting friends at Marble Rock. Miss Madeline O'Connor attended the Lappan-Patience wedding at Warburton last Wednesday. Miss Lucy Jane Chapman married in Seely's Bay. Miss Helena Singleton has returned from visiting at Ivy Lea. Jane Trainor and daughter, spent the past week visiting at Charles O'Connor's. Other recent visitors: Mrs. George Sly, Mrs. John Singleton and Miss Viola Sly, Ellisville, at J. Townsend's; Mr. and Mrs. James Leeder at D. Townsend's; Mr. Susan, Seabrook's; Mr. and Mrs. J. Donald, Sault Ste. Marie; Percy Flood, Delta; J. E. Donnelly; Seely's Bay; C. Lappan, Lansdowne, and Dr. F. O'Connor, at Charles O'Connor's; Mr. and Mrs. R. Andrews, at Ira Bevins.

**SUFFERED THREE YEARS**  
 THE TOWN WATCHMAN.

**THIRTY DR. MORSE'S INDIAN ROOT PILLS CURED 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. He writes: "For over three years I suffered from kidney disease. First I thought I had sprained my back, for suddenly the pain would catch the small of my back and it would be impossible for me to straighten myself up for several minutes. A dull ache across the kidneys was always present, my urine was thick and cloudy, and passing it caused a burning, scalding pain. I tried medicines, but they failed. I was advised to try Dr. Morse's Indian Root Pills, as they had cured my wife years before. A few boxes affected a complete cure. I now enjoy the blessings of good health, which is due to this remedy." "Don't neglect kidney trouble—it's too dangerous as well as too painful. That old, reliable family remedy, Dr. Morse's Indian Root Pills, has cured thousands and will cure you. It is equally effective in curing constipation and its attendant evils, biliousness, indigestion, and sick headache, and in purifying the blood, like a bar in your drugstore."



# Use Sunlight Soap This Way

By shaving Sunlight Soap into a pail of lukewarm water, make a copious suds and go thoroughly over all woodwork and floors. Wash afterward with clean, warm water and mop up surplus water. There is no free alkali in Sunlight to cut paint or varnish.

# THE ORIGINAL COLOR OF YOUR WOODWORK

Do you remember what your woodwork looked like when it was brand new? Mighty fresh and clean looking, wasn't it? Well, you can make it look just like that again to-day if you want to—and it won't cost you more than five cents, either. Sunlight Soap will do it. Sunlight Soap lifts the thick coatings of dirt, dust and grime—the accumulations of uncleanness that nothing else will affect—and reveals once more the original color in all its pristine freshness and beauty.



Try it on stained or dirty woodwork—learn for yourself, by the simple little test of using one bar, just what it does to discolored doors, moulding and wainscotings. Sunlight Soap will not injure either varnish or paint—will not leave any misty, blue scum over the darkest colors—nor affect flooring or woodwork in the slightest degree. It is just pure soap—that's why.

We offer \$5.00 to anyone finding adulterators of any kind in Sunlight Soap. Sunlight Soap simply dissolves the dirt, loosens it and lets the water—hard or soft—wash it gently away. Use Sunlight Soap according to directions—try it just once—and convince yourself that it will do twice as much as other soaps.

# SUNLIGHT SOAP

# The Man On Watch.

The Lappman learns that the temperance people of the town are very hopeful of securing a good reduction of liquor licenses next year. He is told that the morality society will play a big card, and ask that no less than twelve licenses be withdrawn. This would leave the town with fifteen licensed taverns and four licensed shops, for it is proposed to ask a shop reduction as well. It would seem that six shops were too much to have their doors closed. The people will be asked next January to record their votes, for or against, a reduction of the number of license dispensaries in Kingston and one of the warmest fights that the town has seen in many a year is ahead.

The Lappman has not yet met a woman in Kingston who is opposed to reciprocity. Every housewife wants cheap fruit, meat, bacon and eggs, and the Lappman, who at first was rather suspicious of reciprocity, has been entirely converted in favor of it. He sees big advantages in it for Kingston, and is now in thorough accord with Editor Givens, of the liberal conservative print, who has all along been so enthusiastic for the part. With both the liberal and conservative papers of the town in favor of reciprocity, the Lappman thinks that the townspeople can safely mark their ballots for "Jack Mowat."

A religious leader of the town seems to think that the devil rules in Kingston, for he declares that Kingston is spiritually dead, because there is a lack of religious enthusiasm. The Lappman does not think that great religious fervor is required to show that people are good. The very one who lament the lack of it will criticize when they view a genuine display of it by certain Christian sects. As the Lappman has pointed out before, Christian work is not confined to the church edifice alone. Look at what the people of Kingston are doing for hospitals and other charitable institutions. Because people do not go to church twice every Sunday does not indicate that they are not religious. The Lappman sees many religious enthusiasts who show up well on Sundays, but do very creditable work during the other six days of the week.

# THIRTY DR. MORSE'S INDIAN ROOT PILLS CURED 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. He writes: "For over three years I suffered from kidney disease. First I thought I had sprained my back, for suddenly the pain would catch the small of my back and it would be impossible for me to straighten myself up for several minutes. A dull ache across the kidneys was always present, my urine was thick and cloudy, and passing it caused a burning, scalding pain. I tried medicines, but they failed. I was advised to try Dr. Morse's Indian Root Pills, as they had cured my wife years before. A few boxes affected a complete cure. I now enjoy the blessings of good health, which is due to this remedy." "Don't neglect kidney trouble—it's too dangerous as well as too painful. That old, reliable family remedy, Dr. Morse's Indian Root Pills, has cured thousands and will cure you. It is equally effective in curing constipation and its attendant evils, biliousness, indigestion, and sick headache, and in purifying the blood, like a bar in your drugstore."

# HOTEL DIRECTORY.

**DESERETONTO.**  
 40 TO THE STEWART HOUSE, LEADING Commercial Hotel. Rates \$1.50 per day.  
 THOS. STEWART, Prop.

# TRAVELLING.

# GRAND TRUNK RAILWAY SYSTEM.

# Dominion of Canada General Elections, Sept. 21st

Round trip tickets will be issued at Single First-Class Fare. Good going Sept. 20th and 21st, good to return until Sept. 22nd. Tickets to intermediate stations between Montreal and Toronto not good on trains 1 and 4.

# Low One-Way Second-Class Rates to Pacific Coast

Daily until Oct. 15th. For full particulars apply to J. P. HANLEY, Agent, Corner Johnson and Ontario Sts.

# KINGSTON & PEMBROKE RAILWAY.

# Harrowsmith Fair

Sept. 14th and 15th. SINGLE FAIR ROUND TRIP. Good going 10th and 11th Sept. Good to return Sept. 16. Special train will leave Harrowsmith for Kingston at 6 p.m. Sept. 15th.

# Renfrew Fair

Sept. 21st, 22nd and 23rd. SINGLE FARE. Good going Sept. 21st, 22nd, and 23rd. Return limit, Sept. 25th.

# Parham Fair

Sept. 20th and 27th. SINGLE FAIR ROUND TRIP. Good going 26 and 27. Good to return Sept. 16. Full particulars at K. & P. and C. P. R. Ticket Office, Ontario Street. P. H. CONWAY, Gen. Pass. Agent.

# STEAMER NORTH KING

1000 ISLANDS AND ROCHESTER, N.Y. Steamer leaves Kingston Sundays at 10:15 a.m. for 1,000 Islands, calling at Alexandria Bay, Rockport and Granby, Quebec. Returning leaves at 5 p.m. for Charlotte, N.Y. (Port of Rochester), calling at Bay of Quinte ports.

**Steamer Aletha**  
 Leaves Kingston week days, at 3 p.m. for Picton and intermediate Bay of Quinte ports. For full information, apply J. P. HANLEY, Ticket Agent, JAS. SWIFT & CO. Freight Agent.

# THAT TOBACCO

With the "Booster" on is crowing louder as he goes along only 45c per pound. For chewing and smoking. AT A. MACLEAN'S, Ontario Street.

# OUR CRYSTAL BRAND

Of Standard Granulated Sugar Has been tried and found excellent for preserving and table use. Price 12 always light.  
 ANDREW MACLEAN, Ontario Street.

# BIBBY'S CAB STAND

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# KINGSTON BUSINESS COLLEGE

"Highest Education at Lowest Cost" Twenty-sixth year. Fall Term begins August 10th. Courses in bookkeeping, shorthand, telegraphy, civil service and English. Our graduates get the best positions. Within a short time over sixty secured positions with one of the largest railway corporations in Canada. Enter any position. Call or write for information. H. E. Motzfeldt, Principal, Kingston, Canada.

# COAL!

The kind you are looking for is the kind we sell. Scranton Coal is good coal and we guarantee prompt delivery.  
 BOOTH & CO. FOOT WEST STREET.

# CHOCOLATES

Ganong's, G. B. THE FINEST IN THE LAND  
 A. J. REES  
 Phone 58, 166 PRINCESS STREET.

# DANIEL WEBSTER

Defines the word "SERVICE" as "the act of serving; the occupation of a servant; the performance of labor for the benefit of another, or at another's command; the deed of one who serves; labor performed for another; useful office; advantage conferred."

# THE CHANCES ARE WEBSTER'S WIFE COOKED ON A GAS STOVE.

The above definition still holds good with us.

# "ALWAYS READY TO SERVE" CHEAP, CLEAN, CONVENIENT. COOK WITH GAS.

Light, Heat and Power Dept. C. C. FOLGER, Gen. Mgr.