

ROYAL YEAST CAKES

USED BY ALL BEST HOME PROFESSIONAL BAKERS. DECLINE SUBSTITUTES.

YEAST CAKES

A Real Liver Stimulation

GOLD WATCH FREE.

Send for the Perrin Sampler Package

Pleasant Reading For Women

Girls have an instinctive desire to know the proprieties. Intelligent girls realize that there can be no improvement in manners, no development in character without seeing our imperfections and trying to remedy them.

The mistakes which girls make are often from ignorance, thoughtlessness or from having been thrown with girls and boys who are not striving for the fine graces of life and who pretend to have an aggressive sort of indifference to them, although conscience calls them to follow better ideals.

There are certain standards of conduct which are recognized to be of importance to those who are growing into womanhood. The world is lenient in its judgment of those who disregard these laws.

Society requires the observance of definite lines of conduct for girls, and when these are ignored parents often get the credit of being neglectful and give the credit of being reckless in manners, intolerant of goodness.

It is to be assumed that parents consider their daughters very precious treasures, to be brought up carefully, shielded from being in a false position, and that they know a young girl's reputation is a sacred thing. Parents are sometimes strangely careless or lacking in responsibility in allowing very young girls to do what causes them to be gossiped about.

In the best social life of eastern cities girls do not go about alone with men to evening parties, theaters or public places. In small places or in the west or south there may be differences in customs; but no rule is stated in the acknowledged social code.

Where there may be modifications in customs, at least there should be a regard for dignity and propriety. If a mother cannot accompany her daughter she may be careful that she is under proper protection. It is best for a girl to be with a party of friends and that an older person should be with young people when going to theaters or public places, any annoying and distressing complications may be avoided if simple rules are followed.

Young girls who are carefully brought up know that the presence of an older person is not a restraint, but a protection, and that there is truly more freedom of mind for enjoyment in the consciousness of doing the right thing.

In extreme youth there is no doubt that unchaperoned associations between girls and boys are undesirable and may be dangerous. No excuse can be made for parents who allow very young girls to indulge in foolish flirtations, which may seem quite harmless, but which take from a girl her natural charm and simplicity of heart and (and that an older person should be with young people when going to theaters or public places, any annoying and distressing complications may be avoided if simple rules are followed.)

It is not to the credit of a girl if she assumes an independent self-assertive, aggressive manner, or if she attempts to put her parents in the background by disregarding their wishes or opinions.

Men do not admire a girl who treats her parents with disrespect or who deceives them. Men look for high ideals in a girl. They know that a good daughter makes a good wife. Another plain woman has to be old enough to have philosophized a bit about life before she finds this out. And before that time she is certain to have lain awake nights crying because of the compensations of plainness.

"The pretty woman hasn't all the good things in life," said a plain woman the other day. "She misses one thing certainly—the comfort of ugliness. The plain woman has to be old enough to have philosophized a bit about life before she finds this out. And before that time she is certain to have lain awake nights crying because of the compensations of plainness."

COUNTRYSIDE TIDINGS

WHAT WHIG CORRESPONDENTS HAVE TO TELL

News From Villages and Farms Throughout the Adjoining Counties — Rural Events, and Movements of the People.

Ardoch Items.
Ardoch, Aug. 6.—Berry-picking is the order of the day. Blueberries were very plentiful. Farmers report a good crop of grass-hoppers. R. G. Watkins has a gang employed improving the Clarendon Road. The young people all enjoyed the dance at M. McLean's on Friday last. Mrs. W. Ferris, son Bruce and Miss Williamson, of Toronto, are spending a few days at their summer cottage here. Miss Lucilla Gilmour, of Elfrink, and Miss Edna, of Toronto, have been spending the past two weeks at their home here. Born, to Mr. and Mrs. A. Brown, a son. Mrs. Alexander Gilmour has returned from spending a few days at Sharbot Lake.

Sand Bay Notes.

Sand Bay, Aug. 6.—The farmers have started grain harvesting and are reporting a good crop. Mr. and Mrs. Bruce Running, Toronto, are visiting at Mr. and Mrs. Josiah Running's. Mr. Raymond and Miss Vera and Marcella McDonald, at Edward Flood's, Warburton; Miss Ethel Running, at Richard Running's, Lansdowne; Mr. and Mrs. J. A. Lappan and Rosa and John and Maggie McDonald, at Mrs. Susan Patience's, Dulcanine; Mr. and Mrs. Hamilton, Montreal, at Benjamin Gavin's; Mrs. Albert Green and daughter, Fathie, Gannanogue, at Mrs. Lola Johnston's; Frank McDonald and Percy Flood, Melcombe, at C. McDonald's; Mrs. Daniel Vanorman has returned to her

home in Ebenezer, after visiting at Ross Vanorman's, at V. Goff's.

Budget From Bath.
Bath, Aug. 6.—Dr. Frank McKenty, of Montreal, spent a few days here last week. Mrs. Joseph Keller, who has been visiting at H. Covert's, returned to Rochester, N.Y., on Wednesday night. Quite a number of visitors are here, amongst others being Mrs. Bonter, of Trenton, and Mrs. McBride, of Valleyfield, Que., at H. Covert's; Mr. and Mrs. Frank Kelly, of Buffalo, N.Y., at John Forrester's; Mr. Reid, of Toronto, at James Stevenson's; Mrs. and Miss Jory, of Ottawa, at Thomas Bain's; Mr. and Mrs. Alexander Ross, of Kingston, have returned home, after visiting friends here. Miss Pollock, of Toronto, has returned home from her visit with friends.

Colebrook Notes.
Colebrook, Aug. 4.—Miss Josie Ward has returned home from Montreal bringing Master Quinton Woodruff and his sister Myrtle, with her to remain for a visit with their grand-parents through the summer. Mr. and Mrs. Stanley Boyce have returned to their home in Winnipeg after visiting at their old homes. Mrs. Alexander Ward returned with them to visit her brothers who reside in Winnipeg. Frederick Easton visited at Woodruff's. Mrs. A. C. Warner has returned from Napanee, where she has been spending a week with her daughter, Mrs. Harold Anderson. Mrs. Harry Woodruff and family, of Sydneyham, spent Sunday with friends here. Mr. and Mrs. Smith and daughter, of Toronto, and Mr. and Mrs. Hudgins, of Selby, visiting at Edward Purcell's. Mrs. James Grey is slowly improving.

Accident at Collins Bay.

Collins Bay, Aug. 5.—The grain is ripening well, owing to the con-

tinued dry weather. Rain is badly needed. The beautiful yacht, Zanetta, owned by Dr. Van Buren, of Buffalo, has been at Sydneyham wharf for some time.

An accident which might have been serious, happened on Thursday evening, when an automobile and buggy collided, throwing two ladies out and scratching one quite badly about the face. The Ladies Aid Society will meet at the home of M. L. Wartman, on Thursday. Miss Vanlue, visiting Miss Jessie Asselstine. Miss Lola Madden, Napanee; F. Harris, Toronto, and A. Pomeroy, Port Hope, and Edna Warters, have returned home, after a month's visit with friends at Belleville, Rosmore and Crow Lake camp, Marmora. Mrs. Poland and family, of Boston, are visiting at her father's, T. D. Fairfield. Robert Henderson, who fractured his shoulder, is slowly improving at his sister's, Mrs. D. T. Finley. Miss Huff, Wolfe Island, spent last week with Miss Cora Britt. Rev. L. M. England preached an interesting sermon in the Methodist church Sunday evening. The choir rendered two splendid anthems.

News From Wilton.

Wilton, Aug. 15.—Wesley Parrott, who was stricken with paralysis on Monday last week has not regained consciousness, and is gradually recovering. He is a former resident of this vicinity. Mrs. Nelson Walker, were brought here for burial and the funeral service conducted in the Methodist church. She leaves to mourn her loss, her husband, Mrs. Archibald, two daughters, Mrs. Young, Sydneyham, and Mrs. Elmer Martin, Watertown, N.Y., and a sister, Mrs. Hiram Walker, Florida. Missionary addresses, accompanied by limelight slides, were given by some students from Victoria college, on Sunday morning and Tuesday evening. Visitors: Mrs. Ira B. Snider, Watertown, at William Walker's; Mr. and Mrs. Aselstine, New York, at James Lewis; Mr. and Mrs. Clarence Davey, Tweed, and Mr. and Mrs. Earl Buek, Harrowsmith, at Benjamin Davey's; Mrs. Clement Booth and two daughters, Rutherford, N.J., at Mrs. Ruggles; Mrs. Olive Barker, Harrowsmith, at William Forsyth's; Mr. and Mrs. Nelson Rockwell and Mrs. James Lapin, Napanee, at Mrs. B. B. Shibley's; H. Timmerman has returned from a three month's visit in Chattanooga, Tenn. He is accompanied by his niece, Mrs. (Dr.) W. A. Jaquith.

News From Yarker.

Yarker, Aug. 7.—The weather is rather warm. The farmers are in need of a good rain as the pasture land has all been burnt up. Mr. and Mrs. Smith and son, of Kingston, are visiting at Mrs. M. Miss Ruby Byrnes and J. Gair, of Kingston, at M. Lee's. Mrs. T. Eagle, of Peterboro, is with her sister, Miss Lizzy Babcock. Miss Ruth McCauley, Napanee, spent over Sunday with her grandmother, Mrs. Warner. Rev. Mr. Wilson are taking a month's vacation. The pulpit will be filled by Mr. Lovelace and Mr. Sanderson. Mrs. S. Winter has gone to spend a month with her daughter in Watertown, N.Y., accompanied by her daughter, Mrs. J. Shibley, and family, of Harrowsmith. Roy Skinner has returned after spending his vacation at home.

Carle Cummings has returned to Gannanogue after visiting his parents.

S. Winter and daughter, Lizzie, spent Sunday at Odessa. Miss Tenn Stewart has returned home after spending a week at Camden East.

The Yarker baseball team journeyed to Bath last Saturday and gave them a game of ball, the score being in favor of Yarker, 28 to 7. Wallace Babcock is erecting a new barn on his premises. Mr. and Mrs. D. Smith and son, Clinton, and Mr. and Mrs. A. Connolly, and Miss Helen Trickey have returned home after camping at Varty Lake. Miss Hazel McCabe, of Varty Bay, with her cousin, Maggie Edgar, Mr. and Mrs. Osborne, of Auburn, N.Y., at Mrs. G. Montgomery's. Mrs. J. Wright and Mrs. W. Smith spent a day recently at Varty Lake. Mr. and Mrs. D. Babcock and daughter, Ruth, are visiting at Yarker, N.Y. Mrs. Peters, of Saskatchewan, is with her brother, Mr. Peters. Miss Lulu Storms is spending a week at Wilton with her parents, Mr. and Mrs. J. C. Connolly's. Messrs. Babcock, Simpkins, Freeman and Babcock have all returned home after spending the summer on the steamer Syracuse. Mr. and Mrs. G. Woodhouse spent Sunday with his parents, Mr. and Mrs. W. Woodhouse. Miss Frances Ewart has returned home from Napanee. Mr. and Mrs. E. Walker and family and Miss L. Crabtree spent Sunday at Mrs. Stover's.

Those who spent Sunday at Varty Lake were: Mr. and Mrs. B. B. Larty, Mrs. J. Ewart, Mrs. Montgomery, Mr. and Mrs. B. Deane and family, Mr. and Mrs. Osborne, Mr. O'Loughlin, Miss M. Bryant, Kingston, at A. Holland's. Odessa baseball team journeyed and played in Yarker a game. The return game of Odessa 14 to 12. The return game will be played Saturday. A number from here attended Moscow lawn social.

PROTECT THE HEART FROM RHEUMATISM

Rheuma Purifies the Blood and Throws off Complicating Diseases.

Weakening of the blood tissues by continued attacks of Rheumatism affects the heart and produces complications which result fatally. RHEUMA puts the blood in condition to ward off other diseases and eradicates Rheumatic diseases from the whole system. Recommended for all forms of rheumatism. 50 cents at J. B. McLeod's. This letter will convince you of its great value.

"For nine weeks I was unable to work, owing to my feet being badly swollen from rheumatism. I also suffered severe pains in the back. After using two bottles of RHEUMA the rheumatism has entirely left me. F. H. Morris, Fort Erie, Ont.

KOREAN WEDDINGS.

Simple Ceremony Which Makes a Man of the Bridegroom.

The Koreans marry very young generally between the ages of twelve and fifteen. For a woman to reach twenty without marrying is considered a terrible thing. It would appear to be a matter of interest to everyone except the parties mostly concerned, who often see one another for the first time on the wedding morn. This is because in a Korean household the boys are kept apart from the girls, the father and the sons occupying the front of the house and the mother and daughters living in the rear of the establishment. Moreover, in their social life the boys are not allowed to mix with the girls.

The parents and friends arrange the match in accordance with their own interests, and if both parties agree and the bargain is concluded, the formalities are of the simplest. There is no religious ceremony and no legal contract.

Early on the wedding morn the best man arrives to tie up the bridegroom's pigtail in a knot on the top of his head. This not only remains as an ornamental and visible sign of his condition, but entitles him to wear a hat for the first time in his life and to be treated as a man and enter public life. He may be a mere child, twelve years of age, but he has no longer any right to play with his boy friends and must choose his associates among old men.

He has now all civil rights and is expected to behave accordingly. If on the contrary a man is unable to afford the luxury of a home and wife, he may reach the age of fifty, but he must still wear his pigtail down his back, has none of the advantages of citizenship and is expected to play with kites, marbles and such like. Any folly he may commit is excused in the same way as the naughtiness of a child who is not responsible for his actions.

The wedding ceremony itself is most simple. The whole function consists of a procession when the bride and bridegroom are conducted by their respective relations to a face and probably, as already stated, see each other for the first time. They merely glance at one another, then bow and the knot is tied indisputably.—Wide World Magazine.

LEAPS INTO SEA FROM OCEAN LINER

Thannhouser Star Risks Her Pretty Neck as Heroine of "The Million Dollar Mystery."

Florence La Badie, the heroine of "The Million Dollar Mystery," added a new deed of daring to her long list when she leaped into the water from the deck of the George Washington passenger liner on the night of the big tugboat collision.

A camera abroad a tugboat caught Miss La Badie's leap and her struggles in the water. Strong swimmer as the daring young woman is, the great waves caused by the movement of the big German liner seemed to toss her about at will. Directed to toss her about at will. Directed to toss her about at will. Directed to toss her about at will.

The Waiter's Code.

The waiter who bows out his order to the cook in the kitchen may soon be as extinct as the dodo; but his motto should live forever.

"Mutton broth in a hurry," says a customer. "Baa-baa in the rain! Make him run!" shouts the waiter.

"Beefsteak and onions," says a customer. "John Bull! Make him a dog!" shouts the waiter.

"Where's my baked potato?" asks a customer. "Baked as turp in a seaikin coat!" shouts the waiter.

"Two fried eggs. Don't fry 'em too hard," says a customer. "Adam and Eve in the garden! Leave their eyes open!" shouts the waiter.

"Fried eggs on toast," says a customer. "Bride and groom on a raft in the middle of the ocean!" shouts the waiter.

"Chicken croquettes," says a customer. "Fry! Ball!" shouts the waiter.

"Hash," says a customer. Gentleman wants to take a chance!" shouts the waiter. "I'll have hash, too," says the next customer. "Another sport!" shouts the waiter.

"Glass of milk," says a customer. "Let it rain!" shouts the waiter.

"Frankfurters and sauerkraut, good and hot," says a customer. "Flo, Shep and a bale of hay!" shouts the waiter; "and let 'em sizzle!"

New Director Named.

Montreal, Aug. 7.—J. Malcolm McIntyre, of the firm of McIntyre, Son & Company, Limited, whoesopriated a director on the Canadian board of the Phoenix of England, to replace the late Mr. J. Reid Wilson.

Mr. O. Latch, Stoney Creek, and his eight-year-old son, were instantly killed and Mrs. Webster, the dead woman's mother, severely injured, three miles from Stoney Creek, when the fast Buffalo express, westbound, ran them down.

Many a man who knows just what he would do in the other fellow's place never succeeds at doing the right thing in his own place.

If the bride has seven gowns the honeymoon will last at least a week.

WHOLE FAMILY USES THEM

"Fruit-a-lives" Keeps Young And Old In Splendid Health



J. W. HAMMOND ESQ., SCOTLAND, ONT., Aug. 25th, 1913

"Fruit-a-lives" are the only pills manufactured, to my way of thinking. They work completely, no gripping ordinary person at a dose. My wife was martyred to Constipation. We tried everything on the calendar without satisfaction, and spent large sums of money until we happened on "Fruit-a-lives". I cannot say too much in their favor.

We have used them in the family for about two years and we would not use anything else as long as we can get "Fruit-a-lives".

Their action is mild, and no distress at all. I have recommended them to many other people, and our whole family uses them."

Those who have been cured by "Fruit-a-lives" are proud and happy to tell a sick or ailing friend about these wonderful tablets made from fruit juices. 50c a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-lives Limited, Ottawa.

Albion Hotel

Remodelled throughout. One of Kingston's Best.

Wood's Phenophine

The Great English Remedy

Tones and invigorates the whole system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Folly, Depression, Loss of Energy and Habitual Headaches, Failing Memory. Price \$1 per box, six boxes \$5.00. One trial please, as will cure. Sold by all druggists or mailed in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor)

Notice

Arrange your coal bin so that baskets will not be required in delivery. This will save you the extra charge of 25 cents per ton.

Stove Coal, \$7.50 if shovelled in.
Nut Coal, \$7.75, if carried.
Nug Coal, \$8.00, if carried.

THE JAS. SOWARDS COAL CO
PHONE 155

MRS. WILLIAMS' LONG SICKNESS

Yields To Lydia E. Pinkham's Vegetable Compound.

Elkhart, Ind.:—"I suffered for fourteen years from organic inflammation, female weakness, pain and irregularities. The pains in my sides were increased by walking or standing on my feet and I had such awful bearing down feelings, was depressed in spirits and became thin and pale with dull, heavy eyes. I had six doctors from whom I received only temporary relief. I decided to give Lydia E. Pinkham's Vegetable Compound a fair trial and also the Sanative Wash. I have now used the remedies for four months and cannot express my thanks for what they have done for me.

"If these lines will be of any benefit you have my permission to publish them."—Mrs. SADIE WILLIAMS, 455 James Street, Elkhart, Indiana.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (Confidential), Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Canada Pacific

FOR HARVESTING IN WESTERN CANADA

"GOING TRIP WEST." \$12.00 TO WINNIPEG
"RETURN TRIP EAST." \$18.00 FROM WINNIPEG

GOING DATES

August 15th—From all stations, Kingston, Sharbot Lake, Renfrew and west to Astoria and August 16th—From all stations east of Kingston, Sharbot Lake and Renfrew, in the Division of Ontario, to all points in Manitoba, Saskatchewan, Alberta, British Columbia, Yukon, Northwest Territories, and Alaska.

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For full particulars regarding transportation west of Winnipeg, etc., see agents C.P.R. Agents, or Wm. H. C. STURDEE, Asst. D.P.A.

Great Clearing Sale

Boots and Shoes

Every pair of boots and shoes in stock will be reduced from 25 to 35 per cent. in order to make room for our fall stock coming in.

Ladies' Patent Leather Pumps worth \$2.50 to \$3.00, now \$1.75
Ladies' Gun Metal and Vici Kid Oxfords, regular prices \$2.50 and \$3.00, now \$1.75
Children's White Buttoned Boots, worth \$1.25, for \$1.00
Children's Oxfords, from 8 to 10 1-2, worth \$1.25, now \$1.00

H. B. WARTELL

232 KING STREET
Phone 1278

LAUNDRING DONE WITHOUT ACID.

If you want your clothes to last, you must have them washed without acid. We use no acid whatever. A postcard will bring our boy to the door. We appreciate the opportunity to serve you.

Best family washing, 40 to 60c.
CHONG, ROS, LAUNDRY.

GRAND TRUNK RAILWAY SYSTEM

Harvest Help Excursions To Winnipeg \$12.00

Going Dates, Aug. 11th, and 18th. FROM WINNIPEG—For Aug. 11th, excursions there will be proportionately low fares to point in Manitoba ONLY.

For August 18th excursion low fares will be named to certain points in Saskatchewan and Alberta, where help is required.

Seaside Excursions

Lower St. Lawrence, Maritime Province Points and Newfoundland. Going Dates, August 14th, 15th, 16th and 17th. Return Limit September 1st, 1914.

For full particulars apply to J. P. HANLEY, Railroad and Steamship Agent, Cor. Johnson and Ontario Sts.

Canada Steamship Lines

DELIGHTFUL WATER TRIPS

MONTREAL—QUEBEC—SAGUENAY
S.S. Toronto and Kingston leave daily at 6 a.m., connecting at Prescott with 6:30 p.m. Steamer, arriving Montreal 6:30 p.m.

TORONTO EXPRESS SERVICE
Steamer King's on Wed. 5 a.m. daily except Monday for Toronto, arriving 7 a.m. Returning leaves Toronto 8 p.m. daily except Sunday, arriving Kingston 5 a.m.

On Mondays steamers leave at 5 p.m. for Charlottetown and St. John's. 1000 ISLANDS—RAY OF QUINTE
S.S. Capitan leaves at 10:15 a.m. Wednesday, Friday and Sunday for 1000 Islands, and at 5 p.m. for Charlottetown via Bay of Quinte.

HAMILTON—TORONTO—QUEBEC
Weekly service by S.S. Alexandria, Belleville, City of Ottawa and City of Hamilton. Delightful water outings at reasonable rates.

For orders and information from E. E. HORSEY, J. P. HANLEY, General Agent, City Ticket Agent, Phone 31. Phone 99.

Rideau Lakes Navigation Co.

For Ottawa

Every Monday, Wednesday, Thursday and Saturday at 6 a.m.

Passengers going through to Ottawa may occupy stateroom the evening previous. No extra charge. For Clayton every Tuesday, Wednesday, Friday and Saturday at 6 p.m. One hour in Clayton; leaves Clayton at 9 p.m., except Saturday.

James Falls and return, 50c, every Wednesday and Saturday at 6 a.m.

OFFICE FOOT OF JOHNSON ST., PHONE 391.

CANADIAN SERVICE

From Southampton. From Montreal July 25 ALAUNIA Aug. 5
Aug. 13 ANDANIA Aug. 25
Aug. 20 SCANDIA Sept. 6

Steamers call Plymouth eastbound. Rates—Cabin (11) \$46.25 and up; 3rd-Class, British eastbound, \$39.50. Westbound \$29 up.

Apply Local Ticket Agent, or THE ROBERTS REEFORD CO., LIMITED, General Agents, 50 King St. East, Toronto.

CUNARD LINE

Many Thousand Farm Laborers Wanted

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