

# Do you Believe

in going straight to the weak spot in treating disease? If so, you will never use anything but Peps for coughs, colds, bronchitis, and throat and lung troubles. Listen why!

Peps are tiny tablets, which contain rich medicinal ingredients, so prepared that they turn into vapour in the mouth, and are breathed down to the throat, the breathing tubes and lungs direct.

Cough mixtures go—not to the lungs and chest at all, but to the stomach. There is absolutely no direct connection between stomach and lungs.

When you have a bad cold, your digestion is weakened. You lose appetite, and if a man, your usual smoke does not "taste good." In other words, your digestive system is lacking tone. All cough mixtures make this condition worse.

Don't ruin your stomach to heal your lungs. Take a remedy that goes right to the spot—Peps.

Surprising how they end coughs, catarrh, bronchitis, sore-throat, "cleary man's throat," asthma, and all lung troubles. Contains no poison, and are best for children.

Dr. Gordon Stables says:—"If you wish to ease and cure a cough, you desire to loosen tickling phlegm, and clear the throat and the breathing tubes, use Peps. The pine fumes and balsamic fumes, so beneficial in throat and lung troubles, which are liberated when a Peps is put into the mouth, also serve another good purpose. They are strongly germicidal, and germ of disease in the mouth, on the palate, in the throat, and in the breathing tubes, are at once destroyed by their action."

Have you tried this famous remedy? If not, cut out this article, write across it the name and date of this paper, and mail it (with 1c stamp to pay return postage) to Peps Co., Toronto.

A free trial packet will then be sent you. All druggists and stores sell Peps at 50c. box.



## LONDON DIRECTORY

(Published Annually)

enables traders throughout the World to communicate direct with English MANUFACTURERS and DEALERS

in each class of goods. Besides being a complete commercial guide to London and its suburbs the Directory contains lists of

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25 Abchurch Lane, London, E.C. 4

## AN EASY WAY TO GET FAT AND BE STRONG

The trouble with most thin folks who wish to gain weight is that they insist on drugging their stomachs with stuffing it with greasy foods; rubbing on useless "dash creams," or following some foolish physical culture stunt, while the real cause of thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat.

Thanks to a remarkable new scientific discovery, it is now possible to combine into simple form the very elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This magic-stroke of modern chemistry is called Sargol and has been termed the greatest of flesh-builders. Sargol aims through its regenerative, reconstructive powers to coax the stomach and intestines to literally soak up the fattening elements of your food, and pass them into the blood, where they are carried to every starved, broken-down cell and stimulate your body. You can readily picture the result when this amazing transformation has taken place and you notice how your cheeks all out, hollows about your neck, shoulders and bust disappear and you rise on from 10 to 20 pounds of solid, healthy flesh. Sargol is absolutely harmless, inexpensive, efficient. Leading druggists of Kingston and vicinity have it and will refund your money if you are not satisfied, as per the guarantee found in every package.

Caution—While Sargol has given excellent results in overcoming nervous dyspepsia and general stomach troubles, it should not be taken by those who do not wish to gain 10 pounds or more.

## Zbar's Ice Cream Parlor

Choice Candies of all kinds in bulk or fancy boxes.  
Also serve all kinds of hot drinks.  
Reasonable Prices.

Phone 1128, 280 Princess St.

Man's mission in life is to pay for what woman wants.  
A woman who marries a man to whom she doesn't find life so monotonous.  
It isn't always safe to judge newspapers, signs and women by their wrappings.

## British Troops Rest In Shelter Connected With Trenches



During the battle of the Aisne, the British troops suffered severely from the large shells from the German 8-inch siege gun, although later the effect was mitigated by more efficient and thorough trenching. The picture shows a shell-proof shelter near the trench used as a rest room.

## COUNTRYSIDE TIDINGS

### WHAT WHIG CORRESPONDENTS HAVE TO TELL

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

**Frankville Notes.**  
Frankville, Nov. 20.—The patrons of the cheese factory contributed the receipts of one day's milk to the patriotic fund. Charles Mallory has moved his family to Alexandria Bay. He takes charge of a large farm. Mrs. J. I. Smith is in Brockville hospital with her little boy, who had an operation. The stone crusher gang is here putting stone on the road.

**Notes From Elginburg.**  
Elginburg, Nov. 20.—The Ladies' Aid will meet at Mrs. E. Stover's on Wednesday afternoon. The funeral of the late Edgar Tolles was largely attended. Albert Tolles, Harrowburgh, is moving here. N. Spooner, Kingston, spent a couple of days with his daughter, Mrs. W. Clogg. Mrs. Ritchie and Mrs. Bailey, Toronto, are spending a few days with Mrs. Tolles.

**Unionville Tidings.**  
Unionville, Nov. 21.—Much sympathy is extended to Mrs. B. Day in the loss of her father, Mr. Tolles. Miss M. Hicock spent the week-end with Miss Gladys Knapp. Mrs. K. Day has returned home from Odessa. All are glad to hear of the good work being done by the revival meetings. The high winds of the past week have made a wreck of the tower on F. Truscott's farm. Miss Gladys Knapp was "at home" to a few of her friends on Saturday evening, all having a very pleasant time.

**Wolfe Island News.**  
Wolfe Island, Nov. 20.—Capt. McDonald of the ferry boat, is having very rough and windy weather to contend with. So far he has brought her through without an accident. Mrs. James Conley is visiting her daughter, Mrs. Edward House, Brownville, N.Y. Mrs. William Wells Cape Vincent, has returned home after spending a few days visiting relatives in the village. Mrs. Nicholls and her three children who had been summering on the island, have returned to her home in New York. Dr. Spankie has made some modern improvements to his dwelling house. Miss Sarah Donohue is confined to her home through illness.

**Reports From Arden.**  
Arden, Nov. 21.—The Misses Greene and C. Alexander are at Edgewater cottage. A political lecture was given in the village hall by Dr. J. W. Edwards, M.P., on Tuesday evening last. Mrs. H. E. Newton, "Billie's Place," spent Tuesday at B. Deltor's. Miss Dell Loyd, Havelock, at G. Nugent's. Mrs. C. C. Williams and children are visiting at Elm Tree. Miss Genevieve Deltor, who has been ill, is convalescent. Mrs. J. Milton Williams, is at C. Loyd's. Mrs. E. Hayward has gone to Peterboro on business. Mrs. M. Brown has gone to Tweed. Dr. Cockeridge is at the Pringle house. Miss E. Osborne is ill. Messrs. "Well" and Russ, M. Monds, Minor Boomhovel, and K. Gaylord are home from the west. An "At Home" will be held in the village hall to-night. A baby girl has come to stay at George Huggins's. Miss Jennie Trotter, at G. Kirk's. Miss Dell Miller is the guest of Miss Madge Weiss.

**Willowbank News.**  
Willowbank, Nov. 21.—Quite a number were disappointed in the ground freezing up, as their ploughing was hardly finished. G. Baldick has moved to George S. Cowan's farm, while Wilfred Eastwood has gone to the farm he bought from Elijah B. Jackson. Mrs. Frank Beaubien, of Howe Island, was visiting her daughter, Mrs. James Cowan this week. Miss McCammon has commenced drilling her pupils for a Christmas entertainment at the close of the term in the school house. The genial cheesemaker, George K. Wright, has gone to his home in Athens. William Little has commenced buying cattle. Mrs. Purvis, of Gananoque was visiting with her nephew, George Haig, for a few days last week. Mr. and Mrs. David McClement, sr., have returned home after spending some time

### Catarqui News.

Catarqui, Nov. 23.—The hockey club has reorganized for this season, making arrangements for a well-ordered and well-lighted rink. Mr. and Mrs. Angus Riley have a baby daughter. A number from here took in the excursion to Toronto on Friday, viz.: Mr. and Mrs. Ernest Cooke, Mrs. Walter Cooke, Mrs. W. E. Connelly and Mrs. Percy Ward. Rev. H. Currie, of Princess Street Methodist church, occupied the Methodist pulpit here on Sunday, in the interests of missions. Catarqui lost one of its oldest residents in the person of John Harpell, who died at his home here recently. He leaves a number of children, all away from home, except Miss Mattie Harpell, who now resides with her mother on the homestead. Mrs. J. G. Dunlop, of Kananisawa, Japan, has been visiting relatives here. She addressed the meeting of the W.M.S. on Thursday of last week. Mrs. Gibson is spending a few days in Wydenham.

### Perth Road Presentation.

Perth Road, Nov. 21.—The ladies of the Mission Circle gave a farewell supper at the home of William Guthrie on the 19th of Nov. in honor of the Rev. Mr. Drinnan and daughter, who are leaving this place and going to a distant field of labor. The house was beautifully decorated with union Jacks. A pleasant evening was spent in games and music. After refreshments had been served Mrs. McAden read an address on behalf of the Mission Circle, expressing the deep regret that was felt by all the congregation and people of the neighborhood, and asked Mr. Drinnan to accept a small token of their esteem. Mrs. Walter Guthrie presented Miss Keith Drinnan with a beautifully bound hymn book and Mr. Drinnan a solid leather Gladstone bag with complete toilet set combined. The presentation was a great surprise to both of them. Mr. Drinnan very ably responded, thanked the Mission Circle on behalf of himself and daughter for the kindness shown them.

### Budget From Elgin.

Elgin, Nov. 18.—Dr. Bracken has returned from Toronto. F. Halladay has returned from his annual deer hunt with his full complement of game. Arrangements are being made to open up the town line for a public driveway to Brockville junction on the C.N.R. F. Munro spent last week with his mother at Iroquois. J. Macdonald is appointed tax collector for 1914. T. Scanlan, Berrington spent Sunday with his sister. Mr. and Mrs. W. G. Darvill, Newboro, were recent visitors in the village. Mrs. W. H. Pearson, who has been confined to her room with heart trouble, is reported better. H. Knapp, of the Merchants' bank, has been moved to Athens. Dr. Hamilton is receiving congratulations on passing the medical council for the province of Ontario. Miss Lynette spent Sunday at her home in Westport. Dr. D. A. Coon, who spent the

### Verona House Burned.

Verona, Nov. 19.—An enjoyable quadrille party was held at the home of A. Wilkins, near Piccadilly, last week. The affair was largely attended. Division court was held here to-day. Several important cases were dealt with by the judge. Harold Genge is building a new habitory on his property here. Several families are making articles of wear for the soldiers. George Vandewater lost his house by fire on Wednesday night. William Storms left yesterday for a trip to Florida. S. Asaelstine has returned from deer hunting, bringing a beautiful specimen, weighing 287 pounds. Ernest Newman has moved in the house vacated by William Abrams. A. A. Ludbrook has gone to Bancroft to spend the winter with his son, Wilbert. C. W. Reynolds is erecting an addition to his dwelling. W. Hofferd is moving to Uncle Sam's domains and M. Williams is moving in the house Mr. Hofferd left.

### At Washburn's Corners.

Washburn's Corners, Nov. 21.—Farmers here have finished ploughing and the ring of the "woodman's axe" is heard in the distance. Local hunters have returned home and report deer quite plentiful. John Wilson has returned to his home in New York after a visit with his sister, Mrs. E. Davis. Patrons here of Soper's cheese factory received \$27 a ton for October. A. Hudson, of Brockville, is a guest at the home of his brother here. P. J. Quigley, of Athens, has purchased the Windsor House, Westport, from P. McParland, the purchase price being \$4,800. Mrs. Lester, Renfrew, is visiting friends in Athens. Mr. and Mrs. R. Preston, Chantry, visited the latter's parents here on Sunday last. Mrs. Ann Derbyshire, Wright's Corners, who has been an invalid from rheumatism for years, now at the advanced age of eighty-four years, faithfully plies the needles from morning till night knitting for the brave boys at the front.

### Hartington Happenings.

Hartington, Nov. 20.—The members of the Epworth League and choir drove to the home of Earl Leonard and presented him with a writing desk on Tuesday evening of last week. The Heloise Mission Circle gave Mrs. Leonard a brass jardiniere. E. Sigsworth and Amos Townsend have had windmills erected. Mrs. Jago and daughter, Mrs. Gallbraith, of Chicago, have returned home after visiting relatives here. Samuel Derbyshire and sister, Ella, of Westport, have returned home after visiting at J. E. Freeman's. Mr. Porter, of Elginburg, visiting at M. Trousdale's. Mrs. Thomas Trousdale is visiting in Sydenham. Miss Minnie Campbell has returned after spending a few days in Kingston. Miss Beatrice Freeman is visiting in Kingston. Miss Thora Clow, Sydenham, is at her grandfather's. Mrs. W. Wood is with her father for a couple of months. Miss Maude Walker,

### Holleford, at Alexander Thompson's.

A number from here have gone fishing. Edward Whitty, Archibald Jodin and Robert Freeman have returned from partridge hunting. Mr. and Mrs. Edley Campbell, attended the funeral of Mrs. Campbell brother at Elginburg, on Thursday. John Saul, of Toronto, is visiting his sister, Mrs. E. Sigsworth, Miss Helen Sigsworth will act as supply teacher at Camden East school. Harold Godfrey and Herbert Hill, Godfrey, at Harry Campbell's. The Heloise Circle met at the home of Miss Dottie Campbell, on Tuesday.

### Death at Elginburg.

At Elginburg, on November 17th, the death occurred of Edgar Tolles, deceased was sixty years of age, and death was caused by heart failure. He was born in Inverary, in religion he was a Methodist, and in politics a staunch liberal, he was a member of Court Inverary, Independent Order of Foresters, he was held in high respect by his many acquaintances, and the sincere sympathy of all is extended to his wife and family. There are three sons and three daughters. Mrs. Norman Graham, Elginburg; Mrs. Bailey Day, Sydenham, and Miss Elizabeth at home; Frank, of Kingston; Edgar, of Antrim, and Albert at home; also two brothers, and two sisters, W. Tolles, of Inverary; C. J. Tolles, of Montville, Oregon; Mrs. Bailey, of Toronto, and Mrs. E. Campbell, of Hartington. The funeral took place on Thursday afternoon at Catarqui cemetery, Rev. E. Coding, of Elginburg, officiated at the services. The pallbearers were M. Silver, J. Clogg, J. Irwin, J. Porter, W. W. Keill and E. Stover. Among the relatives present from a distance were Mrs. A. Ritchie and Mrs. Bailey, of Toronto; E. L. Spencer, of Gananoque. A large number of friends from Latimer and Inverary were present.

### PITH OF THE NEWS

**Condensed Items By Telegraphic and From Exchanges**  
Henry Berger a Toronto laborer out of employment, shot himself and child.  
Druggists and physicians will confer as to making drugs formerly secured from Germany.  
Emperor William has decided to return to Berlin shortly to be present when the rotating assembly of the Austrians are adopting more rigorous measures against British citizens in their country.  
H. H. Stevens, M.P., of Vancouver blames Germans for sending the cargo of Hindus to Vancouver in July.  
It is stated by the International Nettle company of New Jersey that little Canadian nickle has gone to Germany.  
The embargo against importation of cattle from Canada has been raised by the United States department of agriculture.  
Some 3,000 bags of apples and several tons of vegetables sent from rural Ontario were distributed among Toronto's poor.  
A proposal will be placed before the British Commons to the effect that members forego their salaries for the present.  
Hon. Walter G. Mitchell was elected unopposed to succeed the late Hon. P. S. G. MacKenzie as treasurer of Quebec Province.  
The London Daily Chronicle says the subscription to the new British loan of \$1,750,000,000 will aggregate \$2,000,000,000.  
At a meeting of governors of King's college, Windsor, N.S., Canon Powell resigned from the presidency to go back into the ministry.  
James Bissell, Brockville, aged 87 a pioneer diaryman of eastern Ontario, died on Friday after a brief illness. A grown-up family survives.  
The Rockefeller foundation food ship Massapequa, which left New York November 3rd, with provisions for the starving Belgians, arrived at Rotterdam Sunday.  
Rose Coleman, aged twelve, was instantly killed when a 22 rifle in the hands of her seventeen-year-old brother was discharged in their mother's home at Fort Erie.  
At Auburn, N.Y., Paul Briston, son of Mayor Charles W. Briston, of Auburn, and Julian Cannon, son of Justice R. R. Canades, of Cayuga, are believed to have been drowned, Sunday morning, while duck hunting.  
"The Study of the French and English Languages in Canada" was the subject of a lecture delivered by Sir Wilfrid Laurier before the Women's Canadian Club at the Chateau Frontenac, Quebec, Saturday afternoon.

## A Great Blessing to be Freed of Indigestion

For Years He Suffered After Almost Every Meal—Attributes Complete Cure to Use of Dr. Chase's Kidney-Liver Pills.

The experience of many people who suffer from indigestion is like that of the writer of this letter. Stomach medicines may bring some relief, but chronic indigestion is almost invariably the result of derangements of the liver, kidneys and bowels, and cannot be actually cured until these organs are set right.

With the liver sluggish there is constipation, and the food ferments in the bowels instead of being absorbed. This is the source of pain and suffering, and the cause of such dreaded diseases as appendicitis, peritonitis

and kidney disease. It is much better to be on the safe side and prevent such ailments by the timely use of Dr. Chase's Kidney-Liver Pills.

Mr. J. B. B. B. Nelson, 21-C, and formerly of Twillingate, N.B., writes:—"For several years I was a great sufferer from indigestion. The least bit of food caused me considerable trouble, and often I could scarcely eat a meal a day. The many remedies I tried proved futile until I began to use Dr. Chase's Kidney-Liver Pills. After using about eight boxes I was completely cured."

"Since that time I have not been troubled with indigestion, and I consider a great blessing. I feel grateful for this cure, and shall gladly answer any inquiries from persons suffering as I did."

Dr. Chase's Kidney-Liver Pills, 25c a box, 5 for \$1.00, all dealers, or Edman, 227 St. St., Toronto, Limited, Toronto.



MANY BRANDS OF BAKING POWDER CONTAIN ALUM WHICH IS AN INJURIOUS ACID. THE INGREDIENTS OF ALUM BAKING POWDER ARE SELDOM PRINTED ON THE LABEL. IF THEY ARE, THE ALUM IS USUALLY REFERRED TO AS SULPHATE OF ALUMINA OR SODIC ALUMINIC SULPHATE.

**MAGIC BAKING POWDER**  
CONTAINS NO ALUM

THE ONLY WELL-KNOWN MEDIUM-PRICED BAKING POWDER MADE IN CANADA THAT DOES NOT CONTAIN ALUM. AND WHICH HAS ALL ITS INGREDIENTS PLAINLY STATED ON THE LABEL.

**E. W. GILLETT COMPANY LIMITED**  
WINNIPEG TORONTO, ONT. MONTREAL.

10c Cakes

**MOTT'S**  
*Ice Cream*  
**Chocolate**

10c Cakes

For Cooking and Drinking, also for Cake Feing and making Fudge.

Fill the Salt Cellars direct from the "Regal" package.

**REGAL TABLE SALT**  
FREE RUNNING

Children Cry for Fletcher's

**CASTORIA**

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Junk" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

**What is CASTORIA**

Castoria is a harmless substitute for Castor Oil, paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

**GENUINE CASTORIA ALWAYS**

Bears the Signature of

*Chas. H. Fletcher*

**In Use For Over 30 Years**

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THE CENTAUR COMPANY, NEW YORK CITY.

**SPECIAL IN WOMEN'S BOOTS**

In Dongola or Gun Metal, with a medium or heavy sole, button or laced.

**\$2.50**

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