

OUR FRESH GROUND COFFEE AT 40c. CAN'T BE BEAT. Try a sample order and be convinced. NOLAN'S GROCERY, Princess St. Phone 720. Prompt Delivery

Automobile For Hire

(1915 REGAL) Special Rates for all kinds of Drives. Weddings a SPECIALTY. Prompt Attention to Boat and Train Calls. Service and Efficiency Guaranteed.

R. J. Allen, Phone 300, 340 Johnson St.

BUILDERS!!

Have You Tried GYPSUM WALL PLASTER? It Saves Time P. WALSH. Barrack St.

KINGSTON CEMENT PRODUCT

Best brick Flower Vases, Tile, Cap & Gro Blocks. We also make Cement Grave Vaults. Estimates given for all kinds of Cement Work.

Office and Factory Cor. of CHARLES AND PATRICK Phone 730. MGR. H. F. NORMAN.

Yellapatty

A High Grade Black Tea with Exceptional Flavor. 60c per lb. For Sale at D. COUPER'S, 341-3 Princess St. Phone 76

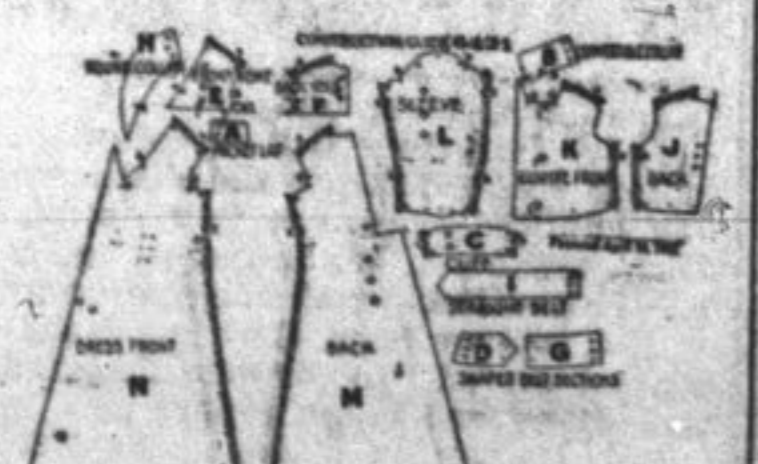
Easy & Practical Home Dress Making Lessons

Prepared Especially For This Newspaper by Pictorial Review

A PRINCESS FROCK FOR MISSES.



extracting from the effectiveness of the design. The gumpie has a convertible collar. For a miss of average size the princess can be reproduced with 3 1/2 yards 54-inch material and 1 yard of batiste or lawn for the gumpie. It would be a practical idea to add an extra yard of material and make sleeves for the gumpie so that it could be worn with any frock. The first step in the making of the gumpie, however, is to turn under the front edge of the front on slot perforations for an underfacing, locating the center-front by the large "O" perforations. Close under-arm and shoulder seams as notched, hem the lower edge of the gumpie and insert a drawstring. Face the collar and sew to neck edge, notches and center-backs even. Taking the princess, close the center-back seam from neck edge to extension; then close seam of the extension.



By crossing on line of slot perforations an inverted pleat can be formed; next bring folded edge to center-back seam; stitch to position invisibly underneath at upper edge of pleat and press. The yokes can now be adjusted to position on front and back, center-backs and corresponding edges even. Slash front on lines of three small "o" perforations and finish edges for openings to pass belt through; or the belt may be adjusted, bringing the large "O" perforation near upper edge of belt to corresponding perforation in back. Close under-arm and shoulder seams as notched. Turn hem in front on small "o" perforations. For the sleeves, first pleat, placing "o" on corresponding small "o" perforations; then close seam with piping. Finish the lower edge with piping. A slash of braid or a ruffle of lace, stitching or sewed into the shoulder, easing in the fullness, with the small "o" perforation at the shoulder seam.

Princess costume in silk poplin to be worn with sleeveless gumpie and straight or shaped belt. The princess mode about which one hears so much, is charmingly adapted to the uses of designers who specialize in frocks for misses and small women. The model shown here is carried out in silk poplin and is worn with a sleeveless gumpie. If the home dressmaker considers the management of a shoulder yoke too much for her abilities this may be omitted without

Pictorial Review Costume No. 6421. Sizes 14, 16, 18 and 20 years. Price, 15 cents. Above Patterns can be obtained from NEWMAN & SHAW, Princess Street.



This Sample of LUX

is for you, Madam! WHAT IS LUX? It is a soap of unusual purity made into the thinnest of flakes that readily dissolve in hot water. It makes a creamy, foamy lather that cannot injure the daintiest fabric or the hands.

LUX is a wonderful life lengthener of all woolen and flannel garments. It absolutely prevents them from matting, thickening or shrinking in the wash. Will you let us send you a sample, free? Address LUX Dept., Lever Brothers Limited, Toronto. All grocers sell LUX 10c.

Wont shrink Woollens

MADE IN CANADA. THOMAS COPLEY Telephone 987.

RED CROSS DONATIONS RECOMMEND REFORMS

AN ACKNOWLEDGEMENT OF GIFTS AND SERVICES. BY THE INSPECTORS OF THE PENITENTIARIES.

Those Who Assisted the Red Cross Society Between July 15th and Aug. 1st—A Noble Work Loyally Performed. The Red Cross Society, Kingston, acknowledges the following donations from July 15th to August 1st:

- Work From Societies. Als-I-Kan Club, Harrowsmith—109 bandages, 3 pillows with cases, 4 mouth organs, 4 sheets, 5 handkerchiefs, 4 wash cloths, 1 roll old linen, 16 pillow cases, 18 sterilized bandages, 4 complete kit bags, 4 kit bags without night shirts. Menie Women's Institute, Campbell—1 bale old linen. St. James' Church, Kingston—4 pair socks, 2 pair bed socks, 4 abdominal bandages, 31 laparotomy dressings. Sydenham Street Methodist Bible School—770 bandages. Miss Booth's Sunday School Class—4 pneumonia jackets, 26 laparotomy dressings. Young Ladies Patriotic Club, Elkinburg—23 pads. Prince Charles Chapter, I.O.D.E., Kingston—26 laparotomy dressings. Mrs. Gardner's Sunday School Class—10 rolled bandages.

- Donations to Queen's Hospital Fergus Women's Patriotic League—50 hospital night shirts, 2 dozen kit bags, 50 hospital night shirts, 25 dozen handkerchiefs, 18 abdominal bandages, 1 package old linen, 1 dressing gown, 2 quilts, 2 sets pyjamas, 2 dozen linen towels, 2 packages cigarettes, 2 dozen kit bags, 1-2 doz. bath towels 1-3-4 lbs. absorbent cotton, 129 swabs, 4 packages soap, 4 dozen pair socks, 1 pair bedroom slippers, 16 tea towels. Mrs. George Malcolm, Stratford, 15 towels. Mrs. John Robertson, Ottawa, 6 towels. No. 5 Stationary Hospital Association, Westford—286 bandages, 4 pillows, 17 dozen handkerchiefs, 27 face cloths, 32 towels, 23 sheets, 55 night shirts, 87 pillow covers, reading matter, 3 convalescent gowns, 1 bed jacket, 150 mouth wipes, 20 o.d. linen.

- Donations to Red Cross Miss Rogers, pillows; Children's Knitting Class, 3 wash cloths; Miss Crisp, 2 pair socks; Miss Mowat, 6 T bandages; Mrs. W. J. Kemp, old linen and towel; Misses Leslie, 11 pillows; Miss Emily Baker, 2 dozen wash cloths; Mrs. Voigt, 5 pair socks; Miss Graves, 1 pair socks; Miss L. Tandy, 50 gauze bandages; Miss Bessie Chown, 2 dozen wash cloths; Mrs. H. R. Chown, old linen; Mildred and Irene Lambert, 6 wash cloths; Mrs. Casey and Mrs. Carson, 7 pair socks 2 caps.

- Work For Red Cross Socks—Mrs. Dyke, 1 pair; Miss C. Smith, 1 pair; Miss M. Adams, 1 pair; Mrs. VanLuven, 2 pair; Mrs. H. Mowat, 2 prs; Miss Callander, 1 p; Mrs. Quirk, 1 pair; Mrs. Phelan, 2 pair; Mrs. W. J. Anderson, 20 pair. Pneumonia jackets—Mrs. Wallace 4.

- Pads—Miss Keenan, 13; Mrs. Dowling, 22; Mrs. Henderson, 6; Mrs. J. Henderson, 12; Mrs. Tohill, 5; Mrs. McKenzie, 6; Miss Kelley, 10. Abdominal bandages—Mrs. Dowling, 9. Laparotomy dressings—Miss Keenan, 12; Mrs. Tohill, 10; Miss Bessie Chown, 36; Mrs. Quirk, 12; Miss M. Jones, 37; Margaret Wilton, 12; Miss Reetz, 24. Bandages rolled—Mrs. Quirk, 20; Mrs. Boyd, 36; Mrs. J. Henderson, 24; Mrs. Quirk, 11. Hospital night shirts—Miss Elder, 18 cut out; Miss St. Reney, 4. Army shirts—Mrs. Harold Day, 4. Gauze dressings—Miss Orford, 6 packages; Mrs. Ellis, 84 dressings; Miss Orford, 72 dressings. Pyjamas—Mrs. W. J. Henderson, 4 pairs; Mrs. Gow, 1 pair; Miss M. Boyd, 3 pairs. Pillows—Mrs. W. J. Anderson, 3 pillows and 4 pillow slips.

YOUR SOLDIER BOY

Needs Zam-Buk—Read How They All Ask For It. In your next parcel to your soldier at the front be sure to include a few boxes of Zam-Buk. Remember, they can't buy it out in the trenches, and depend upon you to supply them. Read the following to see how they need it!

Private E. Westfield writes: "It is the best remedy for sore hands after trench-digging, and for frost-bite, cracks and cold sores, which are very common out here. The man who has a box of Zam-Buk is very popular."

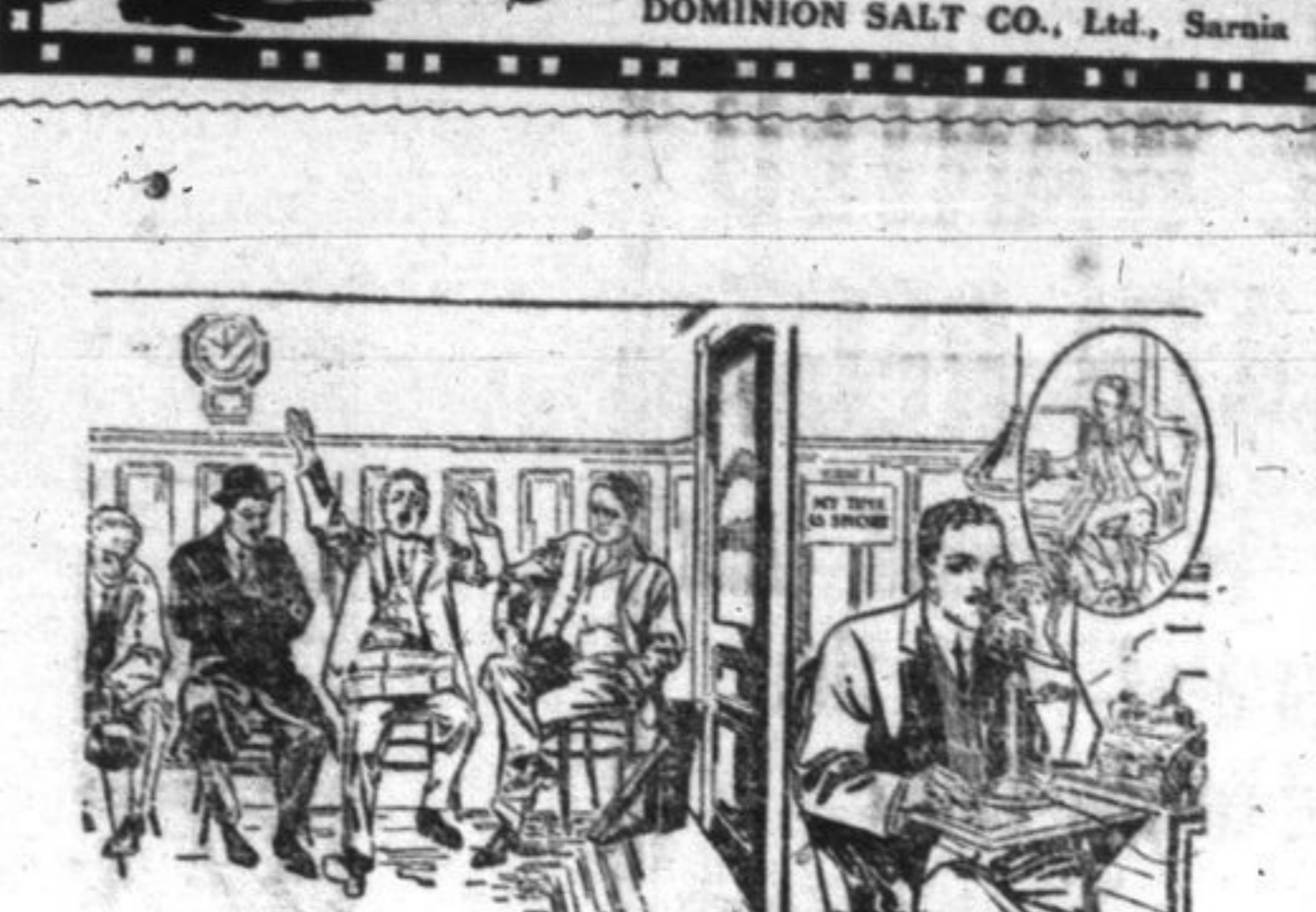
Private J. R. Smith, of the "Princess Pats," writing to a friend in Ottawa, says: "Tell the friends if they want to help me, Zam-Buk would be useful indeed."

Private Johnson writes: "Mrs. — offered to send me a rug. I have written to tell her to send out some Zam-Buk instead. It will be of more use than all the blankets in creation."

Another says: "Advise every one of the boys to bring with him a box of Zam-Buk; it is better than a loaf of bread to a starving man out here." For sore feet, chafed places, scalp sores, barbed wire scratches, cuts, abscesses, cold sores, chapped hands, etc., Zam-Buk is a veritable marvel. It stops the pain and heals so rapidly. Here it costs but 50c. per box. Get it at the front, to your friends in the trenches and engaged on communications, it is priceless. Send a few boxes in your next parcel. Remember also that for similar injuries sustained at home it is just as good.

When a young man is given to surplus style it is proof positive that his brains are below par. The robe is usually placed on the prodigal's back through love—not because he deserves it. Often the skeptic finds it extremely difficult to prove to you why he does not believe. It is well to remember that the Lord will never be misled by false inventories.

Advertisement for Century Salt. You will like this Salt! It will please you just as it did me with its wonderful whiteness, its strength, its purity, and free-running properties. CENTURY SALT. "The Salt of the Century" is made by Sarnia's oldest and best equipped works. The superior vacuum processes used give Century Salt a decided preference for either table, dairy or farm use. All leading grocers can supply you. DOMINION SALT CO., Ltd., Sarnia.



Lost While Waiting!

MANY a good order has been lost to the salesman waiting at the door. The Long Distance Telephone has caught the Manager's ear first, and the sale made while competitors waited. In fact, Long Distance is now recognized as a foremost member of the sales force. It is such a time and labor saver, so intimate and so accurate that to the busy man it is indispensable. Why not begin a systematic use of Long Distance? Keep in touch with your customers, encourage them and stimulate their trade, keep down expense!

Every Bell Telephone is a Long Distance Station. The Bell Telephone Co. OF CANADA.

Coal. The kind you are looking for is the kind we sell. Scranton Coal. It is good coal and we guarantee prompt delivery. BOOTH & CO., Foot of West St.

Given Away FREE!! Eight-Piece Kitchen Cutlery Set, given away free at our store for \$15.00 in cash trade. Nearly 100 already have been given out, and everyone who received a set is more than delighted. Ask for a card to-day and get one of these sets while they last. They also make an excellent Xmas Gift. J. R. B. GAGE, Phone 549, 254 Montreal Street.

Women's Footwear of Finer Quality. Those who desire Shoes of especially fine quality—Shoes that possess individual style—will find their every wish gratified in our showing of Autumn Shoes. Our Shoes are selections from the best makers of Fine Shoes.

The Sawyer Shoe Store. 212 Princess Street. Phone 159.

For over 40 Years ENO'S FRUIT SALT. —has been the household remedy in thousands of homes the world over. Never has the medical profession endorsed any preparation so heartily and so completely as this. Because ENO'S is the only and original "FRUIT SALT"—possessing all the beneficial constituents of ripe fruit, without harmful ingredients, and well termed "Nature's own Remedy." A little taken in water acts as a quick, safe and valuable corrective, and makes a delicious, refreshing drink, too. It's action is to Purify and Cleanse the Entire System. by gentle, natural means—removing all poison and waste from the digestive organs and giving tonicity—new vim and vigor. But—beware of imitations! There is only one ENO'S. Sold by all good Druggists. Prepared only by J. C. ENO, Ltd., "Fruit Salt" Works, LONDON, Eng. Agents for North America HAROLD F. RITCHIE & CO. LIMITED 10 McCaul Street, Toronto. Beware of Substitutes.