

VIOLENT ATTACKS OF DYSPEPSIA

Suffered Tortures Until She Tried "Fruit-a-lives"

ST. JEAN DE MATHA, Jan. 27th, 1914.

"After suffering for a long time with Dyspepsia, I have been made well by 'Fruit-a-lives.' I suffered so much that at last I would not dare to eat for I was afraid of dying. Five years ago, I received samples of 'Fruit-a-lives' and after taking them I felt relief. Then I sent for three boxes and I kept improving until I was well. I quickly regained my lost weight—and now I eat, sleep and digest well—in a word, I am fully recovered, thanks to 'Fruit-a-lives.'

MRS. CHARBONNEAU.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.

How You May Throw Away Your Glasses

The statement is made that thousands wear eyeglasses who do not really need them. If you are one of these unfortunates, then these glasses may be ruining your eyes instead of helping them. Thousands who wear these "windows" may profit for themselves that they can dispense with glasses if they will get the following prescription: Buy once—do it only once—active drug store and get a bottle of Bon-Opto tablets; fill a two-ounce bottle with warm water and drop in one Bon-Opto tablet. With this harmless liquid solution bathe the eyes two to four times daily, and you are likely to be astonished at the results right from the start. Many who have been told that they have degeneration, cataract, strain, cataract, sore eyelids, weak eyes, conjunctivitis and other eye disorders, report wonderful benefits from the use of this prescription. Get this prescription filled and use it; you may so strengthen your eyes that you may no longer need them. Thousands who are blind, or nearly so, and who wear glasses might never have required them if they had cared for their eyes in time. Save your eyes before it is too late. Do not become one of the thousands of neglect. Eyeglasses are only like crutches and when you are used to them you must be changed to fit the ever-increasing weakened condition, so better see if you can, like many others, get clear, healthy, strong magnetic eye through the prescription here given. The Valma Drug Co., Toronto, will fill the above prescription by mail, if your druggist cannot.

A Message To Thin, Weak, Scrawny Folks

An Easy Way to Gain 10 to 20 lbs. of Solid, Healthy, Permanent Flesh.

This, nervous, undeveloped men and women everywhere are here to say, "I can't understand why I do not get fat. I eat plenty of good, nourishing food." The reason is, you are thin. You cannot get fat, no matter how much you eat unless your digestive organs assimilate the food. Take the fat from your food instead of passing them through the body as waste.

What is needed is a means of gently urging the assimilative functions of the stomach and intestines to absorb the oils and fats and hand them to the blood, where they may reach the starved, shrunken, run-down tissues and build them up. The thin person's body is like a dry sponge—eager and hungry for the fatty materials of which it is being deprived by the failure of the alimentary canal to take them from the food. A splendid way of working to overcome this splendid waste of flesh building elements and to stop the leakage of nutrients is to try Sargol, the famous flesh building agent that has been so widely sold in America in recent years. Take a little Sargol tablet with every meal and see if your cheeks don't quickly fill out and rolls of firm, healthy flesh form over your body covering each bony angle and projecting point. All good druggists have Sargol or can get it from their wholesaler, and will refund your money if you are not satisfied with the gain in weight it produces as stated on the guarantee in each large package. It is inexpensive, easy to take and highly efficient.

NOTE:—Sargol is recommended only as a flesh builder and while excellent results in cases of indigestion, constipation, etc., have been reported, care should be taken not to use it unless a gain of weight is desired.

DARKEN GRAY HAIR LOOK YOUNG, PRETTY

Sage Tea and Sulphur Darkens So Naturally That No-body Can Tell.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, bring back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which was messy and troublesome. Nowadays, by asking at any drug store for "Wyeth's Sage and Sulphur Compound," you will get a large bottle of this famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears; and after another application or two, your hair becomes beautifully dark, thick and glossy.

\$1,000.00 REWARD

For information that will lead to the discovery of whereabouts of the person or persons suffering from Nervous Debility, Diseases of the Mouth and Throat, Blood Poison, Skin Diseases, Bladder Troubles, Special Ailments, and Chronic or Complicated Complaints who cannot be cured at The Ontario Medical Institute, 263-265 Yonge St., Toronto. Correspondence invited.

News From Eastern Ontario Points

THE DISTRICT NEWS

CLIPPED FROM THE WHIG'S MANY BRIGHT EXCHANGES.

In Brief Form the Events in the Country About Kingston Are Told—Full of Interest to Many.

Belleville Council has voted \$300 to the British Red Cross Society.

A. M. Paton, Lindsay, has been appointed G. T. R. agent at Millbrook.

John Edwards, of the Customs staff at Prescott, is dead after a lingering illness.

F. Crowter, Trenton, reports to the police that a horse has been stolen from his premises.

J. J. Duffus, Peterboro, will be one of the candidates to contest the mayor's seat in the municipal election.

Theodore Canfield, aged ninety-two years, one of Sackets Harbor's oldest residents, passed away on Sunday.

F. J. Daly, a Peterboro horseman, is seriously ill in Montreal. He stepped on a nail and blood poisoning ensued.

Mrs. Ellis, widow of the late Thomas Barron Ellis, Pembroke, died on Monday at the home of her daughter, Mrs. William Wedd, Toronto.

Administration of the estate of Elgin Simon Barrigar, Chicago, has been granted to Frank Levi Barrigar, Elizabethtown, a brother of deceased.

Mrs. J. B. Austin died in Toronto after a brief illness. Deceased, about forty-five years of age, was a daughter of Martin Stortis, Belleville.

Corp. C. A. W. Thompson, a popular police officer at Belleville, now at Barriefield, in the 33rd Battery, has been promoted to the rank of sergeant.

Major C. W. McLean, Brockville, writing home, says his detachment is located at St. Omar, quite close to the headquarters of General Sir John French.

Henry P. Knigh, Belleville, died on Tuesday of an illness he had suffered five years. He was a son of the late Jonathan Knight, Sidney, and born in 1841.

The remains of Mrs. Louise Goodwin, who died on Friday last at Detroit, were interred at Belleville. Deceased was fifty-five years of age, and was a daughter of N. S. Demill, formerly of Belleville.

The death occurred on Monday of Mrs. Margaret Harper. She was the widow of the late William Harper, who died nine years ago. Mrs. Harper was born in Cornwall, and lived most of her life in Brockville.

On Tuesday the wedding took place in St. Peter's Church, Brockville, of two popular young people, Harry Ingram, son of Mr. and Mrs. Arthur Ingram, and Miss Winnifred E. Bacon, daughter of Mr. and Mrs. A. G. Bacon, Brockville.

John S. Lewis, late of the Montreal Star, and with the Canadian Grenadier Guards, is asking if a number of Hastings county boys would not like to enlist in this regiment, where only men of good character and intelligence are wanted.

JAM SHOWER FOR SOLDIERS.

Six Thousand Pints Supplied by Peterboro Society.

Peterboro, Oct. 20.—Mrs. J. C. Davidson was re-elected president of the local branch of the Red Cross Society at the annual meeting, when the work of the year was reported on. Large quantities of Red Cross supplies have been made, and a jam shower realized over six thousand pints of jam and fruits for the sick and wounded soldiers. The branch has a balance of \$640.20.

EVAPORATOR BURNED.

No Insurance On Property Destroyed At Wellington.

Pictou, Ont., Oct. 20.—The apple evaporator owned by L. K. Shourds, Wellington, was burned Monday night. The building and nearly all the contents were a total loss, with no insurance. The evaporator was one of the best in the district, having been recently rebuilt.

Prince Edward County's Help.

Pictou, Oct. 20.—D. L. Bongard, County Treasurer, will mail a cheque for \$3,000 to the British Red Cross Fund, which was voted by the County Council at a recent session. This amount will be supplemented by private subscriptions and municipal grants by the villages of Wellington and Bloomfield, and it is expected the sum total will reach \$5,000.

Bancroft Gives a Gun.

Bancroft, Oct. 20.—The goal for which the patriotic citizens of this part of North Hastings have been striving has been reached. The machine gun fund has been swelled to the grand total of \$1,026.65. A request will be made that a plate be placed on the gun to show where it came from.

Cheese Sales.

Cambridgeford, Oct. 19.—Some 525 white offered; all sold at 15 11-16c.

Stirling, Oct. 19.—At to-day's cheese board 515 boxes were offered; all sold at 15 1/2c.

St. Paschal, Que., Oct. 19.—At the St. Paschal Cheese Board held to-day 160 boxes cheese sold at 15 15-32c; 175 boxes butter sold at 32 1-16c.

Hastings County Attorney.

Belleville, Oct. 20.—William Carnew, of this city, has been appointed to the position of county attorney in place of the late Mr. Anderson. Mr. Carnew has been for some years the law partner of E. G. Porter, K.C., M.P.

Three Years in Penitentiary.

Belleville, Oct. 20.—William English, who pleaded guilty to stealing ladies' clothing, was sentenced by Magistrate Masson to penitentiary for a term of three years.

The Ontario Lands, Forests and Mines revenue for the year will be about \$2,000,000.

Deseronto

Oct. 19.—A successful dance and card party was held in the home formerly occupied by Mrs. E. W. Rathbun on Friday evening by the young people. A goodly sum was made for the Patriotic Woman's League.

Mr. and Mrs. G. W. Wright returned home on Monday, after spending a few days with relatives at Welland and Toronto.

The schooner Lizzie Metzner left Deseronto on Thursday with lumber for Clayton, N.Y., and thence to go to Oswego for coal for the Rathbun Company.

Confirmation service was held at Christ's Church, Tyendinaga, by Bishop Mills, Kingston, when a number were received. A large congregation was present. In the evening the Bishop held service at St. Mark's Church, Deseronto.

Archbishop Gauthier, Ottawa, held confirmation at St. Vincent de Paul Church on Sunday last.

Miss Gladys Thompson, Belleville, spent Sunday at home here. Miss Dora Gammon, Gananoque, spent Sunday with her parents, Mr. and Mrs. James Gammon.

A shower was given at the home of Miss Jennie Cole for her cousin, Miss Helen Cole, whose marriage, takes place on Tuesday evening.

The Young People's Society of the Church of the Redeemer has decided to work in the interest of the Woman's Patriotic League, and have rolled now 196 badges.

The Woman's Missionary Society of the Church of the Redeemer held its annual Thanksgiving service in the parlor of the church, when G. M. James, principal of the High School, and Rev. M. Wilson, of the Presbyterian Church, Niagara, gave splendid addresses. The parlor was beautifully decorated with fruit, which was bought after the service.

Mrs. A. G. Bogart gave an afternoon tea on Thursday afternoon in aid of the Ladies' Aid.

The market is splendid, as all kinds of vegetables can be bought. Eggs are selling at 25c and 30c; butter at 25c and 30c; potatoes at \$1 a bag.

LEEDS TEACHERS' INSTITUTE

Twenty-Eighth Annual Convention Was Interesting and Instructive.

Elgin, Oct. 20.—The twenty-eighth annual convention of the West Leeds teachers' Institute was held in Delta, Oct. 14th and 15th. The meeting opened Thursday with Inspector Johnston, B. C. Taggart as president and Miss Carpenter as secretary. After the reading of the minutes and appointment of committees, the president addressed the seventy-seven teachers. The report of the O. E. A. delegate, Miss M. Howard was splendid. The afternoon session opened with a paper, "The Growth of Our Country," by Miss Cal Jahey. After Miss E. Jackson had presented "The Rural School in Relation to the Patriotic Movement," discussion was opened by Dr. O'Connor, Mayor of Gananoque. Many different opinions were expressed with the result that the association voted \$50 to the Patriotic Fund and \$25 to the British Red Cross.

"Teaching Children to Study," by Miss Edith McCammon was a splendid and much appreciated paper. R. F. Fleming, Normal School Ottawa, gave an excellent address on "Black-board Illustration and Decoration" and illustrated the beauty and addition of such to the school room.

Prof. N. E. McNeill, Queen's University gave an address at the evening session on "Machado." Many teachers appreciate Prof. McNeill very highly and are always delighted with his lectures. After short addresses of welcome by local men, music was tendered by the Misses Birch and Gilbert.

The opening exercises, Friday morning, were conducted by Rev. Mr. Carter. After reports and much discussion on "The Superannuation Scheme," Inspector Johnston pointed out the value of certificate. There are 60 per cent first and second class teachers in this inspectorate—more than ever before. R. F. Fleming, Normal School Ottawa, and Animal Life in Representation and Design," and the teachers learned much to assist in the teaching of Art. "The Psychology of Great Work," by J. M. Somerville gave many useful points.

With the singing of the National Anthem the convention closed.

Farmer Lost Crop.

Smith's Falls, Oct. 19.—George Simpson, a farmer living in North Elmsley, was awakened at four o'clock in the morning to find his barn and outbuildings on fire. The flames had made such headway that all that could be done to save the buildings was of no avail, and they were burned to the ground. The barns were filled with this season's grain, which had not yet been threshed, and unfortunately nothing could be saved. The fire is a mystery.

Proceeds to Red Cross.

Kemptville, Oct. 20.—Five hundred and fifty-one cheese were presented at Kemptville cheese board Friday last, all selling at the advance price of 15 1/2c per lb. All the members of the board and the cheese buyers were present. At the meeting it was decided by the Patriotic League that each factory would give one day's make, or the equivalent in money to the Canadian Red Cross Society. The day chosen on for this contribution was October 22nd.

Wilfrid Throop Wounded.

Cobourg, Oct. 20.—Official word was received here that Private Wilfrid Throop was wounded in action in France. This is the first casualty reported so far among the boys from Cobourg who went to France with the Second Canadian Expeditionary force. He comes from a well-known Cobourg family. Captain W. T. Throop, recruiting officer here for the 40th, is a cousin.

Gananoque

GANANOQUE.

Oct. 20.—William Albert Ormiston, one of Gananoque's elderly and highly esteemed residents, passed away on Monday evening at the family residence, Victoria avenue in the 59th year of his age. Deceased was a brother of the late John Ormiston, formerly customs officer here, and of Alexander Ormiston. Several years ago he was incapacitated for work by a paralytic stroke, against its effects, however, he fought heroically and for several years was able to be around but later on was stricken with blindness. Besides his widow he leaves a family of grown-up sons and daughters. The funeral took place from the family residence, Victoria avenue, this afternoon to Christ Church where Rev. Walter Cox conducted the funeral service of the Anglican Church, from which Gananoque Lodge, No. 114 I.O.O.F. took charge of the ceremony and laid their brother's remains to rest in Willow Bank cemetery.

John Pelow, grocer, King street, who recently bought the property on the corner of King and Charles street from Isaac Cole, moved his grocery stock there yesterday.

The band bazaar under the auspices of the ladies of the this town was continued in Turner's Hall again last evening and again drew out a large attendance.

DISTINGUISHED SERVICE

Two Decorations For Sergeant R. Beavis.

Peterboro, Oct. 20.—The Review is in receipt of a letter from respondent in London, England, who signs himself E. J. McCann, and who says he is a major in the English army. He writes:

"I take this means of letting the people of Peterboro know of their brave boys at the front; one especially, named R. Beavis, of your city, whom I wish to say is the bravest and noblest young man I have ever had anything to do with. I am a major in the English army, and I met this chap while a prisoner. He was a prisoner with me, and I might say he planned our escape, and now he is in hospital. I am very sorry to say. He received his medal from the King and his distinguished service in the field, and also the French Legion of Honor, both of which he dearly earned. I wish I were half the man he is, and being as I owe my life to him, I think it is my duty to let the people of his home town know what a brick he is. I should be very pleased if you publish this letter. The poor chap is badly wounded now, and I never miss a day but I go to see him."

The writer evidently refers to Sergeant R. Beavis, whose father, George Beavis, resides at 113 James street, East City. It has been officially stated from London that Sergeant Beavis had received the Distinguished Conduct Medal, but this is the first intimation that he had also won the French decoration.


GENERATOR BLOWN TO PIECES.

Strangers May Have Caused Trouble At Plant.

Cardinal, Oct. 20.—The authorities are puzzled over a mysterious explosion early Monday morning, in which the big electric generator at the starch plant was blown to pieces. Although the soldiers are guarding the canal, taking every precaution against strangers, it is hinted that spies may have been responsible.

A part of the six-foot drive wheel went through the ceiling, the floor above and the roof, leaving a large hole. The night engineer had been out of the room for fifteen minutes, and the assistant engineer was washing his hands in the next room, and a piece of the generator struck him in the foot, inflicting a severe gash.

The factory had been running on auxiliary power, and will be closed for some time.



FREE!

Domestic Science Lectures

WATCH FOR ANNOUNCEMENT

From the daylight into the daylight!

(5—From a daylight factory)

THOSE who step each morning into the Sterling Factory do not exchange the daylight of the open streets for the musty gloom of some dark corner.

They come into kitchens flooded with light—kitchens as sunny as modern construction can make them.

From this clean, bright home Sterling comes to you—a pure, finely-flavored confection.

This thought, no doubt, will reassure you in looking for the 7th point of Sterling excellence.

- 1—Crowded with flavor
- 2—Velvety body—NO GRIT
- 3—Crumble-proof
- 4—Sterling purity
- 5—From a daylight factory
- 6—Untouched by hands

What?

Sterling Gum

The 7-point gum

The Sterling Gum Company of Canada, Limited

Peppermint and Cinnamon Flavours Made in Canada

Suitable rewards for the discovery of the 7th point will be offered later

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

Students and Citizens

We have a variety of Desk, Table, and Piano Lamps, from \$2.00 up. Also a stock of Heaters to make your room cozy and warm. Home Lighting our Specialty.

H. W. NEWMAN ELECTRIC CO.,

Phone 441. 79 Princess Street.



Imperial Underwear

Made to meet the requirements of the most exacting men. The result of nearly 35 years' experience in producing garments of quality, fit and finish.

"MADE IN KINGSTON"

Kingston Hosiery Co.

KINGSTON ONTARIO.

3 Piano Bargains

A \$450 Nordheimer Piano, slightly used, for \$335. Terms \$15 cash and \$8 per month.

Organ Bargain

Handsome Walnut Piano, Cased Doherty Organ, 5 1-2 octaves, 12 stops. In excellent condition; \$67. Terms \$10 cash and \$5 per month.

C. W. Lindsay, Limited

121 Princess Street. M. S. Grace, Mgr.