

The more you know about Coffee



The better you like - SEAL BRAND

In 1/2, 1 and 2 pound cans. Whole-ground-pulverized-also Fine Ground for Percolators.

Oh!

Come on over to Cooke's and have a Good Photo taken.

"Ranks with the Strongest" HUDSON BAY Insurance Company

CATARRH OF THE BLADDER... SANTAL MIDY

Coal... The kind you are looking for is the kind we sell. Scranton Coal

HUSBAND SAVED HIS WIFE

Stopped Most Terrible Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Denison, Texas. "After my little girl was born two years ago I began suffering with female troubles and could hardly do my work."

THE CONFESSIONS OF ROXANE

By Frances Walter.

The time is rapidly approaching when Roxane will be compelled by fate to readjust her views on matrimony.

DOUBTS AND FEARS AND ANOTHER MAN'S WIFE.

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When we are seriously aroused our method of thinking undergoes a change. There seems to be only one channel for thought and our mind sees nothing to the right or left of that channel.

Perhaps on that morning I did not think these things. I know I have since thought them. That morning I was insane.

When I was finished I looked again into the mirror. My eyes were wide and red and my lips were swollen. I had not cried. I was unconscious of everything except my determination.

I do not remember how long I stayed in the hotel that morning or what the hour was when I entered.



"Every mental process must have ceased, and I sat there immovable, inanimate."

noise, I know, but to me it seemed faint. The sounds, like the colors, seemed to be gray and monotonous. Every mental process must have ceased, and I sat there immovable, inanimate.

and, as I looked into the corridor, I saw him. He was looking to the right and left, and as he came toward me he forced a smile.

"Low Cost of Living" Menu

Menu for Wednesday... BREAKFAST: Suggested Fresh Currants, Cereal of Choice, Bacon Curls with Eggs, Toast, Fruit Butter, Coffee or Cocoa.

Raspberry Recipes.

Raspberries and Bananas... Raspberries and Bananas A raspberry salad is made by slicing bananas and covering them with lemon juice, then arranging them neatly, with slices overlapping, on lettuce leaves, and garnishing plentifully with ripe raspberries.

half and half, and serve with the fruit salad, very cold.

Raspberry Pie... Fill a baked pie crust with ripe, fresh berries. Mash some other berries, sweeten well and press through a fine sieve, to strain out seeds.

Raspberry Mousse... Raspberry mousse made in this way is a delight. Whip a pint of cream and add two cups of raspberries, the juice of half a lemon and a few gratings of nutmeg, for half an hour. Pack in ice and salt in a mold for three or four hours.

"Meat Takes Another Jump"—a familiar headline in your daily newspaper.

But why worry about the cost of something you don't need? The most expensive foods are generally the least nutritious. In Summer health and strength come from a meatless diet.

A PRACTICAL DUCHESS.

\$35,000 Spent on the Soldiers in Hospital.

While the Duke of Westminster has been performing deeds of heroism at the front—it will be remembered that he saved the life of his friend, Captain Francis Grenfell, of the 9th Lancers, while time after time he has carried despatches under the heaviest fire—his wife, the Duchess of Westminster, has been working indefatigably since the beginning of the war at La Touques, where she has established the most luxuriously-equipped private hospital for soldiers in France.

The Duchess was married in 1901. She had known the Duke from his early boyhood, and they had always been devoted to one another.

Few Diamond Finds. Much prospecting work was carried out by the different diamond companies in South West Africa, prior to the outbreak of the war, but no important diamondiferous deposits were discovered.

One Man's Adventures. A remarkable story of how a gunner was first punished and then decorated was published recently in a London newspaper. The gunner was one of the naval reservists who were called up on the outbreak of the war, and one day while on duty he saw the periscope of a submarine appear.

The White Tower. The White Tower, or Keep, of the Tower of London, said to be the oldest, largest, and most interesting part of the whole fortress, will, shortly be opened to the public to its uttermost depths.

To Boycott German Goods. A society was formed recently in various important towns in South Africa under the title of the British Patriotic Traders and Consumers' Alliance. The object of this alliance is to enlist members pledged not to buy German-made goods, to dissuade others from doing so, and to exert their influence to induce traders to support this movement, thereby encouraging trade within the Empire.

A Maori Kaiser. Fifty armed police recently attacked the Maori Prophet Rua, who proclaimed himself to be a Kaiser, and his armed followers, in the bush. They succeeded in capturing the Prophet, and in the fight killed two Maoris, including Rua's son. Four policemen were wounded, two of them seriously. The trouble originated in the conviction of Rua for illicit sale of liquor.

Coal Owner Loses Two Sons. Lord Joicey, who has lost a second son in the war, is probably the greatest coal-owner in the United Kingdom. His father worked in the pits, and that fact lends an added appropriateness to the family coat of arms, in which two miners' picks and two Shetland ponies stand out prominently.

Storms of applause are apt to wreck the amateur speaker's train of thought. And some people imagine that they are busy when they are merely busy.

For the Laundry... For nearly 60 years, Edwardsburg "Silver Gloss" has been the standby. In one pound packages and six pound fancy enamelled tins.

Motor and Auto Service... KINGSTON MOTOR TRANSPORT & LIVERY CO., 34-38 Princess Street. Phone 177.

Charm Ceylon Tea... Black, Green, Mixed. Packed in Kingston by Geo. Robertson & Son, Limited At All Grocers.

FOR THE EMPIRE'S SAKE Save the Babies... USE ONLY PASTEURIZED MILK. Our Milk is thoroughly pasteurized and sold in sealed bottles. Phone 845 :: Price's

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 Dr. J. C. Fletcher, and has been made under his personal supervision since its infancy.

GENUINE CASTORIA ALWAYS Bears the Signature of Dr. J. C. Fletcher In Use For Over 30 Years The Kind You Have Always Bought

Whenever You Please FOR frequent bathing there is nothing as safe as Ivory Soap. No matter how often used, it will not irritate your skin because it contains no free alkali nor inferior material. 5 CENTS IVORY SOAP 99 1/100% PURE