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Dick's Cotton Root Compound.
 A safe, reliable regulating medicine. Sold in three sizes of strength—No. 1, 2, 3. No. 2, 35¢ per box. No. 1, 50¢ per box. No. 3, 75¢ per box. Sold by all druggists, or sent by mail on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., Toronto, Ont. (Opposite Water Street.)

GRAND TRUNK RAILWAY SYSTEM

Local Branch Time Table
 IN EFFECT JUNE 20TH, 1916.
 Trains will leave and arrive at City Depot, foot of Johnson street.
 Going West:
 No. 15—Mail 12:20 a.m. 12:57 a.m.
 No. 12—Fast Ex. 2:55 a.m. 3:35 a.m.
 No. 37—Loc. to Tor. 9:20 a.m. 1:14 a.m.
 No. 1—Int'l. Ltd. 1:41 p.m. 2:12 p.m.
 No. 11—Mail 3:04 p.m. 3:30 p.m.
 No. 81—Local to Belleville 6:45 p.m. 7:37 p.m.
 Going East:
 No. 14—Mail 1:40 a.m. 2:17 a.m.
 No. 16—Fast Ex. 2:55 a.m. 3:35 a.m.
 No. 35—Local to Brockville 8:15 a.m. 8:50 a.m.
 No. 6—Mail 12:20 p.m. 12:52 p.m.
 No. 14—Int'l. Ltd. 1:08 p.m. 1:53 p.m.
 No. 21—Local to Brockville 6:45 p.m. 7:37 p.m.
 Nos. 1, 2, 7, 13, 14, 16, 18, 19 run daily, other trains daily except Sunday.
 Direct routes to Toronto, Peterborough, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, John, Halifax, Boston and New York.
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THE ONLY MEDICINE THAT HELPED HER

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ROCHON, QUE., March 2nd, 1915.
 "I have received the most wonderful benefit from taking 'Fruit-a-lives'. I suffered for years from Rheumatism and change of life, and I took every remedy obtainable without results. I tried 'Fruit-a-lives' and it was the only medicine that really did me good. Now I am entirely well—the Rheumatism has disappeared, and the terrible pains in my body are all gone. I hope that others, who suffer from such distressing diseases, will try 'Fruit-a-lives'. MADAME ISAIÉ ROCHON.
 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

THOMAS COPLEY Telephone 987.

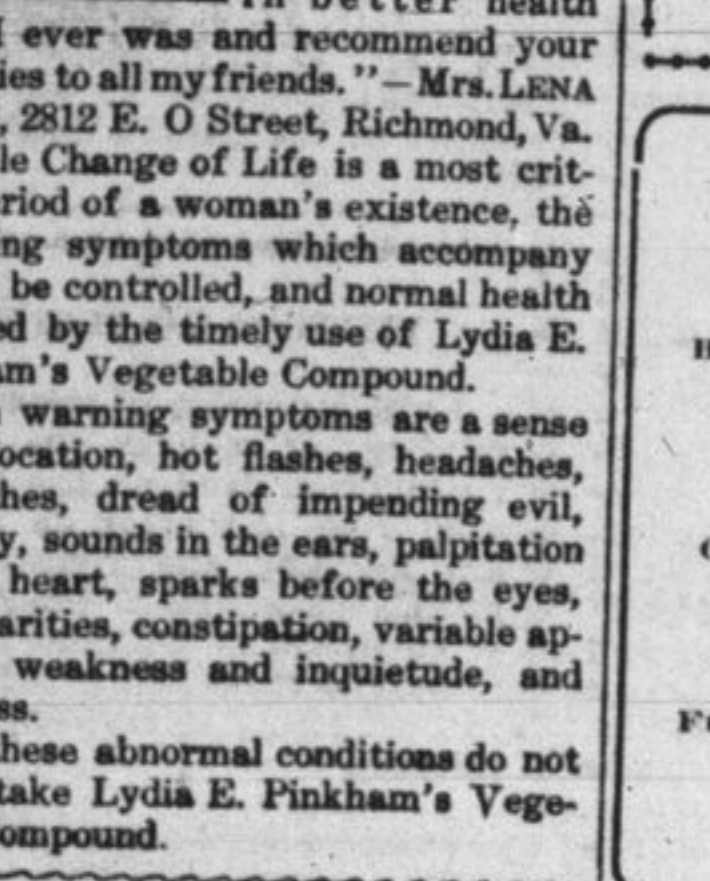
Drop a card to 18 Pine Street where wanting anything done in the carpentry line. Estimates given on all kinds of wood floors of all kinds. All orders will receive prompt attention. Shop 48 Queen Street.

WHEN USING WILSON'S FLY PADS
 READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY.
 Far more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

HEAT FLASHES, DIZZY, NERVOUS

Mrs. Wynn Tells How Lydia E. Pinkham's Vegetable Compound Helped Her During Change of Life.

Richmond, Va.—"After taking seven bottles of Lydia E. Pinkham's Vegetable Compound I feel like a new woman. I always had a headache during the Change of Life and was also troubled with other bad feelings common at that time—dizzy spells, nervous feelings and heat flashes. Now I am in better health than I ever was and recommend your remedies to all my friends."—Mrs. LENA WYNN, 2812 E. O Street, Richmond, Va.
 While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal health restored by the timely use of Lydia E. Pinkham's Vegetable Compound.
 Such warning symptoms are a sense of suffocation, hot flashes, headaches, backaches, dizziness, dreading of impending evil, timidity, sounds in the ears, palpitation of the heart, sparks before the eyes, irregularities, constipation, variable appetite, weakness and inquietude, and dizziness.
 For these abnormal conditions do not fail to take Lydia E. Pinkham's Vegetable Compound.



THE CONFESSIONS OF ROXANE
 (By Frances Walter)

DICKY APPEARS UNEXPECTEDLY

(Copyright, 1916, by the McClure Newspaper Syndicate)
 How empty the house seemed without Arthur! He left the day after the receipt of the letter, as there was an urgent situation in New Orleans requiring his immediate presence. He took time merely to throw a few necessary articles of dress into his grips and he was off.
 As I saw his train pull out of the station all the fears, which before had entered my heart, were rebuffed and made more acute. I had heard much of the gaiety of social life in New Orleans, and I wondered what might happen if Arthur became acquainted with a fast set there before I could be with him. After all, he was nothing but a boy with an overly developed business brain. Such a delicately poised machine as his might easily be thrown out of balance and become wrecked. I determined to make all the haste I possibly could and be with him at the earliest moment. But there were details which delayed me. Our land-lord declined at first to cancel our lease and only after days of argument would he compromise at a figure which I considered most unreasonable, yet was compelled to accept. Then, too, there were the customary delays on the part of the packers, whose principle seemed always to put off until tomorrow what they did not want to do today.
 But at last the day of my departure came. Only a few hours remained before I was to leave. I had abandoned my empty rooms and taken quarters at the Navarre pending the complete demolition of our cozy little place. It was in my room at the Navarre that I waited impatiently for train time. A few of my friends had dropped in to tell me goodbye, and on my dressing table was a huge bouquet of roses which Arthur had ordered by wire. In another hour or two of the closest acquaintances I had in town were to arrive and accompany me to the station. When the telephone rang, therefore, I was not surprised to hear the operator say that there was a visitor for me and I told her to tell the caller to come to my room. Presently I heard footsteps on the carpeted corridor and a timid knock at my door. In response to my "Come in," the door opened and there stood Dicky, pale and haggard. An involuntary exclamation escaped me, and I stepped back in alarm.
 "You?" I cried.
 He closed the door and advanced into the sitting-room.
 "Yes, I," he said sadly. "I have come to say good-bye, Roxane."
 I sank into a seat and mentioned him to another, but he remained standing.
 "I heard only today," he explained, "that you were leaving the city."
 I could not let you go without seeing you once more."
 He seemed a wreck of his former self. His face had thinned and I noticed that his clothes sagged on him. He appeared not so much like one recovering from a long illness as one who was in the grip of a chronic malady. His eyes shone, but it was the lustre of nervousness and not the brightness of care-free, sparkling boyhood. His hands opened and closed incessantly, as though he was seeking to grasp something which continually evaded his clutch. His voice sounded hollow, and as he spoke it seemed that his tones were either those of a helpless man or one who was pleading for something which he knew he could not obtain.
 An infinitely keen pain was in my heart as I watched him. When I could bear it no longer, I went to him and took him by his cold thin hands, and led him to a seat.
 "Oh, Dicky," I said, "tell me what is the matter? Are you ill? Can I do anything for you?"
 He cast his hopeless eyes upon me and slowly shook his head. Even then I did not realize that I had played any part in bringing him to this condition. It merely seemed to me that he was ill.
 "Where have you been, and what has been the matter with you?" I asked.
 Again that hopeless look. This time his eyes gazed longer into mine and a tinge of color crept into his cheeks. He moved uneasily in his seat. He started to speak, but stopped, and turned away from me.
 "Tell me, Dicky, what is it?"
 "Don't you know?" he asked huskily.
 There was something in his voice that startled me; something that reminded me of the night that he and I had dined alone in the hotel, which now sheltered us.
 All at once I knew. I knew that his infatuation had wrought this change in him, and with the knowledge my heart stood still and then sank within me. Was it possible that I had wrecked this boy's life?
 My hand stole to his. It was impossible for me to speak. Indeed, I knew that it was the fateful invitation which I gave him that night that had finally worked its destruction. To an old man such an incident would soon have been forgotten. Even had he considered it a flirtation, my subsequent attitude would have been enough to repel him. But with Dicky, how different! Inexperienced as he was, that evening with him had evidently marked an epoch in his life. Probably he had never looked upon a woman so seriously before. Certainly he had never known what love was in the sense of a man passionately yearning for a woman. That evening he had awakened from boyhood to manhood!
 (To be continued)

"Low Cost of Living" Menu

Menu for Tuesday
 BREAKFAST
 Stewed Cherries or Fruit of Choice
 Boiled Rice with Brown Sugar
 Toast and Marmalade
 Coffee or Cocoa
 LUNCHEON OR SUPPER
 Eggs Goldenrod
 Buttered Rice
 Cold Boiled Rice with Grated Pineapple
 Biscuits, Milk or Iced Tea
 DINNER
 Iced Fruit Juice
 French Lamb Stew with Vegetables
 Lettuce and Beet Salad
 Iced or Hot Coffee

Eggs Goldenrod
 Materials—Four hard-boiled eggs, 4 slices toasted bread, round or square, 2 tablespoons finely chopped parsley, 1 cup cream sauce.
 Utensils—Small saucepan, teaspoon, measuring cup, tablespoon.
 Directions—Remove the shells from the eggs and slice 2 whole eggs and the whites of the other 2 very fine and mix with the cream sauce; pour this over the toasted bread and grate the remaining 2 yolks around the edge; sprinkle the chopped parsley over the top and dust with salt and pepper. The cream sauce is made as usual.

Cold Boiled Rice with Grated Pineapple
 Material—One pineapple.
 Utensils—Knife, grater, measuring cups, saucepan.
 She Cannot Be Dead.
 In a couvent school in Newcastle the class were having a history lesson, and the subject under consideration was the life of Queen Elizabeth. The teacher, after outlining the career of this wonderful woman, who found England poor, weak, and divided, left it strong, and conscious of greater possibilities, asked:
 "Now, can any boy tell me when Queen Elizabeth died?" Perhaps Tommy will tell the class?"
 "She's not dead yet," replied Tommy, "because An hard me fether say she was fightin' in th' Dardanelles."
 He Got Furlough.
 A young seaman belonging to Cullen, Banffshire, who has been interned at Groningen since the fall of Antwerp, has arrived home on parole, leave having been granted for a few weeks on account of the illness of his mother. He does not look any the worse of his long stay in Holland. A young fisher-girl from Cullen is going out with his party, when he returns, to marry one of the Portknochie seamen who are interned at Groningen.

French Lamb Stew With Vegetables.
 Materials—One and one-half lbs. lean stewing lamb, 2 cups carrots, cut in 1-inch rounds, 1 cup cut or small onions, 1 quart cut or small potatoes, 1 tablespoon salt, 1/2 teaspoon pepper, 2 tablespoons finely cut parsley, 2 tablespoons flour, 1 cup green peas.
 Utensils—Four-quart saucepan, 2 measuring cups, teaspoon, tablespoon, knife, skimmer.
 Directions—Have the meat cut in pieces, rinse with cold water; put in four-quart saucepan with one quart of boiling water (four cups); boil one hour; then add carrots, onions, and boil fifteen minutes; add another quart of boiling water, the potatoes, peas, salt and pepper; boil slowly thirty minutes or until the potatoes are done; remove potatoes with skimmer to hot platter, then the meat, carrots and onions; to the gravy add the flour, which has been mixed with cold water; boil five minutes; if not thick enough, add a little more flour; pour the gravy over the meat and vegetables; sprinkle with parsley. This makes only one cooking for the meat and three vegetables, and is a very attractive dish.

Mustard Sauce.
 Materials—Two tablespoonsful butter, one tablespoonful flour, one cupful warm water, two tablespoonsful dry mustard, salt, red pepper.
 Utensils—Saucepan, cup, spoon and knife.
 Directions—Melt the butter, add the flour; when thick add water and stir smooth; add mustard, salt and pepper to taste.
 This is a good sauce for a white fish like haddock or cod.
 The Swish of the Rod.
 A college president in an address on pedagogy said:
 "And one of the most remarkable changes in the last thirty years of teaching is the abolition of corporal punishment. A boy of this generation is never whipped. But boys of the last generation must have believed that their instructors all had for motto: 'The swish is father to the taught.'
 Caution.
 He—Now that we are in this great field alone with each other and nature, let me tell you a sweet secret. She—Let's go out of this field into the potato patch. You must remember that, though potatoes have eyes, corn has ears.
 Appropriate.
 "So your manufacturer has sued your dentist for breach of promise?"
 "Yes, and the case is to be fought tooth and nail."
 Boatman, ask not what to do; pull the oar that's nearest you.
 Mrs. Catherine Welsh, wife of Pte. Ray Welsh, Pictou, received a telegram Wednesday stating that Pte. Welsh was dangerously ill at one of the Canadian casualty stations in France.

SHOEBLACKS IN GREECE.

They Shine as Artists in One of the National Recreations.

Boot cleaning, one of the milder recreations that Saloniki offers, ranks among the national industries of Greece. To sit drinking little cups of Turkish coffee and having his boots cleaned at the same time is the Greek ideal of a pleasant afternoon. The lustros, as Greek shoeblocks are musically called, though usually of tender age, is a true artist and is by no means content with the dull burnish that satisfies the English boot boy.
 He first meticulously scrapes your boot clean of the smallest fragment of mud, then wipes it carefully so as to have a perfectly clean background to work on. After that he applies the blacking, not by dabbing the blacking brush into the tin, but with a variety of little metal implements and sponges.
 When he has brushed this to a bright polish you imagine that your shine is over, but it has really only begun, for the lustros now goes on to bring out the high lights by smearing your boot over with a colorless cream which he brushes again to great brilliance and finishes off by two or three minutes' friction with a velvet cloth. He completes his work by painting the edge of sole and heel with a sort of varnish.—G. Ward Price in London Times.

A Slight Misadventure.

When Roosevelt was in the White House he received from an inmate of a penitentiary an appeal for a pardon couched in something like the following terms:
 "Dear Colonel—Maybe you'll remember I was with you in the rough riders. They've got me locked up in this hole, and I want you, please, to get me out."
 "It was all a mistake, anyhow. The judge sent me up for ten years for shooting a lady in the eye. I didn't mean to do it—honest, I didn't. I wasn't even shooting at the lady. I was shooting at my wife."

Cutting Diamonds.

The method of cutting diamonds is a very delicate one, diamond dust being largely used for the cutting, as no steel is hard enough for the purpose. It is remarkable that the diamond cutters can cut such small stones into perfect brilliants, but sometimes there are cut 100 to a carat, a carat weight being only 3.2 grains, and when shown in a bit of white paper look like a number of brilliant minute stars.
 The wonder is not that diamonds are so costly, but that they can be purchased for any price within reason, when the rarity of good stones and the difficulty of cutting is all considered.

Beauty of the Silver Acacia.

There are many miracles. A silver tree is always one of them. When it rains your heart is likely to be broken because the silver acacia has its bright eyes so filled with shining tears that it may spill them any minute from the weight, and its death means the end of joy. This is the one acacia that seems almost at its loveliest when not in bloom. It is like a hand illumined edition of fairy stories bound in bright gray silk, with tassels for book marks. Every trembling leaf makes you think of the kiss of a child. When you pass the tree you feel baby arms about your neck. You may exist without a silver acacia, but you cannot be said to live without one.

Orders of British Knighthood.

The titles of the different orders of knighthood are all of a most high and mighty description. The Garter is "most noble," the Thistle "most ancient and most noble" and St. Patrick "most illustrious." The Knights of the Bath are officially "most honorable," the Star of India is "the most exalted," St. Michael and St. George is "the most distinguished," the Order of the Indian Empire is "the most eminent"—London Globe.

THE Goodyear Service Station Dealer advocates Goodyear Accessories because they are tire savers. He knows that they will add mileage to your tires. He is anxious to have your tires give you greater mileage, for that is part of Goodyear Service.
 So he recommends a Tire-Saver Kit—everything to repair tires when on the road.
 He puts your wheels in alignment; he tells you frankly whether an old tire is worth repairing—whether an Inside Protector will add to its mileage; he will supply you with Goodyear Tire Putty, to fill dangerous tread cuts.
 He will do all in his power to help you make your decreased tire-cost-per-mile offset your increased gasoline-cost-per-mile.
GOOD YEAR
 MADE IN CANADA
 TIRE ACCESSORIES

Buy Peace of Mind
 We are offering for sale the things that every man should buy—peace of mind, freedom from care and protection from worry.
 In our Twenty Pay Life Rate Endowment Policy we not only protect your family while they need it but without extra cost provide for your old age when you will need it.
 Why worry?
 Here is a company that undertakes to do all the worrying—for you, your wife and your children. It is the shock absorber of this work-a-day world.
 Send us your name and address and let us tell you how to buy peace of mind.
The London Life Insurance Company
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A Big Saving
IVORY SOAP costs 5 cents. So-called "toilet" soaps cost 8 cents to 25 cents. Ivory Soap is as safe as any toilet soap and safer than most. Use Ivory Soap and you will save from a third to four-fifths of the money you now spend for soap and have, very probably, better soap.
IVORY SOAP 5 CENTS 99 2/3% PURE
 Procter & Gamble Factories in Hamilton, Canada

Rev. M. F. Boudreau, Westport is dangerously ill. Mrs. Boudreau expects to leave next Tuesday for his old home in Illinois. He has received word that one of his brothers Boudreau have a cottage.

HELP! HELP!
THOUSANDS OF FARM LABORERS WANTED
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WESTERN HARVEST
 Good Pay and Employment in the Fertile Districts SERVED BY THE C.N.R.
\$12.00 TO WINNIPEG
 Plus Half a Cent Per Mile Beyond.
 Return Half a Cent per Mile to Winnipeg plus \$18.00
 Special trains will be operated from Montreal and Toronto to Winnipeg.

Canadian Northern All the Way
 See Later Announcements for Train Service and Excursion Dates.
 For Full Particulars Apply to Nearest C.P.R. Agent, or General Passenger Department, Montreal, Que., or Toronto, Ont.

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

Twinges of Lumbago
 Poisons left in the blood by deranged kidneys cause rheumatism, lumbago, backache and bodily pains.
 Lasting cure is only obtainable when the activity of the kidneys is restored.
 This is best accomplished by Dr. Chase's Kidney-Liver Pills, because of their combining action on liver, kidneys and bowels. The system is cleaned, the blood purified and the pains and aches disappear.
 One pill a dose, 25 cts. a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.
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