

MISERABLE FROM STOMACH TROUBLE

Felt Wretched Until He Started To Take "Fruit-a-tives"

594 CHAMPLAIN ST., MONTREAL. "For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I had frequent Dizzy Spells, and when I took food, felt wretched and sleepy. I suffered from Rheumatism dreadfully, with pains in my back and joints, and my hands swollen. A friend advised "Fruit-a-tives" and from the outset, they did me good. After the first box, I felt I was getting well and I can truthfully say that "Fruit-a-tives" is the only medicine that helped me". LOUIS LABRIE. 50c. a box, 6 for \$2.50, trial size, 25c. All dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.



WHEN USING WILSON'S FRUIT PADS READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

Far more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

Vacation Shoes

Ladies' white Sport Shoes, Ladies' white canvas Oxfords, with rubber sole and heel; Ladies' white canvas Pumps, with rubber sole and heel; Ladies' white canvas tan trimmed with rubber sole and heel; Ladies' white canvas high cut lace boots; Ladies' white canvas pumps, white heels, \$1.50 to \$4.00.

Child's, Girls' and Boys' white canvas yachting boots. Shoes for summer wear, vacation or holiday season.

The Sawyer Shoe Store

212 PRINCESS ST.

YOUNG WOMEN MAY AVOID PAIN

Need Only Trust to Lydia E. Pinkham's Vegetable Compound, says Mrs. Kurtzweg.

Buffalo, N.Y.—"My daughter, whose picture is herewith, was much troubled with pains in her back and sides every month and they would sometimes be so bad that it would seem like acute inflammation of some organ. She read your advertisement in the newspapers and tried Lydia E. Pinkham's Vegetable Compound. She praises it highly as she has been relieved of all these pains by its use. All mothers should know of this remedy, and all young girls who suffer should try it."—Mrs. MATHIDA KURTZWEIG, 529 High St., Buffalo, N. Y.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion, should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy. If you know of any young woman who is sick and needs help, full advice, ask her to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass. Only women will receive her letter, and it will be held in strictest confidence.

Jack Craig, son of Mr. and Mrs. David Craig, Renfrew, will have to be operated on in England for injuries sustained to his chest by a German explosive shell.

FROM THE COUNTRYSIDE

Frontenac

HARLOWE July 19.—A large crowd attended the L.O.L. picnic. A nice sum was cleared. Mrs. Caton and son, Teddy, returned to Toronto today after a few days' visit with her mother, Mrs. E. Scott. N. Mills makes a business trip to Oso this week. M. Simpson has gone to Kingston. Miss L. Clancy and Ward Clancy have returned from Watertown, N.Y., the latter having his eyes treated there. Congratulations to Misses Clara Black and Rilla Connors, for having successfully passed the entrance. Mr. and Mrs. Wagoner and very good, Fredie, are visiting at her mother's, Mrs. G. Conner's. J. Godkins spent Sunday last at Arden. D. Thompson at W. Miller's.

ELGINBURG. July 22.—Rev. Mr. Codling preached to the Glendale Orange Lodge on Sunday afternoon. F. Danby, Smith's Falls, spending his holidays here, has gone to General Hospital on Monday and underwent an operation for appendicitis. He is getting along all right. Lance-Corpl. M. W. Kell of the 48th Battalion, Montreal, now in Valcartier, with his wife and baby, spent a couple of days at his father's, W.W. Kell's. Frank Letherland is putting metallic walls and ceiling in the school house. Gerald Barclay, Toronto, is visiting at his grandfather's, J. Irvin's. Edward Seneca, was successful in passing the entrance examination. H. Lawson is working on E. Lawson's barn at Kepler. Harry Porter has blood-poison in his hand.

BATH ROAD. July 17.—A few of the farmers have been mowing hay, while others have not yet started. All report hay an abundant crop. The weather of the past three weeks has been excellent for curing hay. The late potatoes are doing very good, better than people expected, planting them so late. Strawberries are about over, while the other fruit crops promise very good. Arthur Keyes was with the Orangemen in Brockville on the 12th of July. The automobiles are certainly making use of the new road. Miss Elsie Dawson, who has been visiting her aunt, Miss Hyland, for the past week, has returned to her home in Odessa. Mrs. Liddle was a week visiting at Van Order's. Mr. and Mrs. William Hamilton and little Miss Mildred, Kingston, spent Sunday at her home here.

PERTH ROAD. July 24.—The Orangemen's service was held in the Methodist church Sunday afternoon. An able address was given by Rev. Mr. Throop, a brother Orangeman. A number of picnickers drove to Draper Lake on Wednesday. Mrs. William Raymond, sr., is still very low. Miss Dempsey, Detroit, who has been the guest of Miss Ruby Buck for the past few weeks, has returned home. The Misses Stothens have returned from the States, where they have been visiting friends and relatives. Mrs. Halliday, Elgin, was the guest of Mrs. Chas. and Mrs. William Raymond. Mr. and Mrs. William Shales and little son have returned from Toronto and are visiting relatives here. Miss M. Raymond is visiting here sister, Mrs. B. Johnston, Lansdowne. The Maple Leaf Mission Circle met last Thursday at the home of Mrs. W. McFadden. It will hold its next meeting August 3rd at Mrs. William Ennis' home. It is hoped there will be a large attendance. Mr. and Mrs. Bert Simkins and family at Walter McFadden's.

BARRIEFIELD. July 25.—S. Turner and family, city, spent Sunday with her parents, Mr. and Mrs. G. Tisdale. Miss Harriet McKeeney, city, is visiting with her uncle and aunt. Mr. and Mrs. W. Forest, city, are at Mrs. Bramah's. Miss Lizette and Master Miller Douglas, city, visited with their uncle and aunt. Mr. and Mrs. Stanton have returned home. T. Turner and daughter, Maud, visited at Joyceville and Cusheadall. Robert Worthington and his bride, of Toronto, are visiting among friends here. Miss Jean Crozier has left for Montreal where she will join Mrs. W. M. Campbell and M. Campbell and party for a trip down the Saguenay River. J. Stanton and two little daughters, Margaret and Thelma, spent Sunday here. Mr. and Mrs. T. Connell, Cusheadall, spent Sunday at Mr. and Mrs. S. Smith's. The many friends of Mrs. Knapp are sorry she is so ill. Miss Etta Dowler, who spent a few days with her cousin, Miss Isabel Nelson, city, has returned home. Mr. and Mrs. Burnside and son, Master George, are the guests of her parents, Mr. and Mrs. G. Crozier. St. Mark's Sunday school picnic will be held August 1st on the rectory grounds.

Lanark

LAVANT STATION. July 25.—Miss M. Lattin and her late week to spend a couple of months with friends in Lavant. Percy Powell and sister Alma of North Gore motored to Lavant Saturday to visit their brother, J. A. Powell. Frederick student on Lavant Mission Field. Mrs. Peter Lee and family of Tofteld, Alberta, who have been visiting friends around Snow Road and Dalhousie Lake for a couple of weeks, have returned to spend a few days with friends here.

MABERLY. June 24.—Quite a severe electric storm passed over here to-day. The heat for the past two weeks has been intense. Miss Rhoda Wesley is among the successful pupils at the recent entrance examination in

Leeds

Perth. The farmers are cutting hay and report a bumper crop. Miss Blanche Wesley, nurse-in-training in the Kingston General Hospital, has returned after spending her vacation here and in Perth. Norman Buchanan and son, Sloux City, have arrived to spend some time with his parents. Miss Annie Robinson, Kingston, is visiting friends in Maberly. The Buchanans, wife and daughter, Smith's Falls, are enjoying the breezes of Silver Lake. Frank Harvey is spending a few days with friends here. William Bourke and family, of Kingston, spent a few days at Thomas Briggs'.

Leeds

TOLEDO. July 25.—Miss Pearl Bell spent the week end at Kingston. Mr. Eyre, Smith's Falls, has the job of painting the interior of the Methodist church, and during the time of repairing the edifice services will be held in the Presbyterian church. Harold and Donald Sitter, Alexandria Bay, are visiting at the home of their grand parents, Mr. and Mrs. N. Tallman. Capt. Hagar and Lieut. Lind say they are calling on friends last week. A. Riley has purchased a new Bristol car. Bow to the city, Mrs. Merrill Phillips, a daughter.

Leeds

TAYLOR. July 20.—L. Sly held a raising of his new barn on Saturday. The Misses Nora and Hazel Sands, who have been visiting at J. Birmingham's, returned home on Sunday last. Pte. Hadden Sly, who has returned home from Barriefield camp, intends to spend a month here. Michael Featherstone is spending a few weeks at home. The social held in Street's grove was a decided success. Visitors: Miss Anna Gray at E. Moore's; Miss Mabel McCalpin spending a few days in Brockville; Sadie Rattle at J. Birmingham's; Miss Helen Moore is spending a few days in Lansdowne.

Leeds

POOLE'S RESORT. July 22.—Mrs. William Hoffman, Long Island, N.Y., is visiting her parents, Mr. and Mrs. Robert Poole. Miss Florence Adams has undergone a successful operation at Brockville Hospital. A number from here attended the 12th of July celebration at Brockville. Cherry Buell has gone to Algoma to attend the funeral of a niece. J. T. Weeks received a nasty summons to court a few days ago, owing to the serious illness of his mother. Pte. William Dickey, Caintown, called on friends here on Sunday. Pte. Gordon Lake has engaged with Cherry Buell through having. Mrs. (De) Campbell and baby, Lansdowne, spent a few days last week guests of her sister, Mrs. J. T. Weeks.

Leeds

MORTON. July 24.—Miss Estella Sly spent a couple of days last week with friends at Selley's Bay. Charles Stewart and mother spent Sunday with Mr. and Mrs. Burns Simpson, Jones' Falls. Miss Etta Witse is ill with measles. Misses Maud and Lucy McMaichen spent Friday in Lyndhurst. Miss M. Smith is spending a few days the guest of Miss Mabel Henderson. Miss Olive M. Witse, teacher at Orillia, is home for the holidays. Miss Laura Witse has gone to spend a few days with friends at Smith's Falls. Miss Clara Louck has returned to her home at Smith's Falls after spending a few days with the Misses Florence and Hazel Witse. Miss Jennie Henderson, Miss Laura Witse and Gordon Coon were among the successful pupils at the entrance examinations.

Leeds

SAND RAY. July 24.—The farmers are at their haymaking and report a good crop. Raspberries are very plentiful. Mrs. Charles O'Connor and Miss Madeline, Long Point, at Charles McDonald's; Miss Annie Patience, Dulcemaine, at J. A. Lappin's; Mr. and Mrs. Brown, John McDonald and Robert Watson, motored to Athens on Sunday. Mrs. Joseph Burnash and family called on Friends on Sunday. She is leaving for her home in the west Monday. William McDonald and Henry Maloney, Mooretown, at William McDonald's; Mr. and Mrs. J. A. Lappin and family, at Susan Patience's, Dulcemaine; Miss Ellen O'Connor has returned to her home at Long Point after visiting her sister, Mrs. John McDonald. Carl Sweet and Miss Ina Kenney, Sweet's Corners, visited at J. Running's.

Leeds

WARRINGTON. July 25.—James Heffernan and Hubert Beale passed the High School entrance. Mrs. J. Sexton, Stratford, are at Green's cottage. A number of Lyndhurst ladies are enjoying themselves at Bertha Island. Miss Daisy Masterson, nurse-in-training at Rochester, N.Y., is holidaying with friends here at J. R. Deane Swayne and family and J. E. Durwell and family are camping at the Green rolling bank. Mrs. T. McConnell, Lyndhurst, is spending a few days with her mother, Mrs. Mulvernee, Mr. and Mrs. Fisherman, home here. There is a great rush of visitors to the lake. Hotels are full and cottages nearly all taken. Mrs. Thompson and Mrs. Hibbert Irene Woods narrowly escaped drowning on Wednesday while in bathing with some other girls near the wharf. She waded out too far, but was rescued by little Albert Kelly. Mrs. Thompson and son are at their cottage. Rev. Mr. Usher and daughter, Athens, are holidaying at their cottage. J. Kelly, Ottawa, and E. Dobbs, Lansdowne, are at the lake. Mr. and Mrs. Redmond and automobile are camping at the lake. A rifle camp paid Charles a visit on Sunday. The raspberry crop is heavy, but huckleberries are light. Farmers are busy at their hay, which is heavy.

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Leeds

NORTH BROOK. July 22.—The farmers are taking advantage of the fine weather to secure their hay, which is a bumper crop. Many from here went to Harlowe to celebrate the 12th. Every one is glad to see Mrs. Joseph Barker able to attend again. Misses Rose and Grace Wood have gone to Sharbot Lake to attend the 12th of July Model school. Mrs. George Stapley spent last week the guest of Mrs. J. Barker. Mrs. Pyke, of Kingston, is able to be with her daughter, Mrs. C. Thompson. Mr. and Mrs. W. Actkins made a trip to Plinton on Saturday.

Leeds

ENTERPRISE. July 23.—The farmers are haying and report a fine crop. Every day there are wagon loads of berry pickers passing through. Many from here took in the circus in Kingston on the 18th and in Nanapan on the 19th. B. A. O'Laughlin, Yarker, called on Mrs. T. H. Laveck recently. Miss J. Frank, Kingston, returned to Kingston after spending a few days with friends here. Miss Nellie M. Finn is visiting Mrs. Thomas Scanlan, James Foster and mother at Joseph Kenny's on Sunday last. Thomas Kennedy is home for a couple of weeks. Miss Annie Laveck, Kelly's, is home for a few days. Mrs. Perrault at Joseph Kidd's, Erinville on Sunday last. Miss Mary Sagriff is spending a few days with friends in Belrook. Mrs. J. Dutcher, Detroit, Miss J. at the home of her father, James Dillo, Frank Cassidy was with Mr. Thomas Dunn's on Sunday. Joseph Kenny at John Kelly's recently.

Leeds

PRINCE EDWARD. July 25.—Evelyn Christy, the eight-year-old daughter and only child of Mr. and Mrs. Wm. Christy, died on Saturday morning after only a few days' illness with diphtheria. Her death came suddenly and very unexpected. Rev. Mr. Clark and daughter, of Newcastle, the former a former pastor here, spent a few days in the village last week. Rev. James Thom and wife of Toronto are visiting their daughter, Mrs. Clayton Burr. Miss Daisy Neuth of Toronto is visiting Miss Rowena Saylor. Having 14 in full swing and the crop is the largest in a good many years. The apple crop is almost a total failure. Peas are being canned at the factories. A lawn social will be held tonight at Edgington's. The proceeds are for the Red Cross. Alfred Godwin received word last week that his son Harold had been killed in action. Harold was a fine young man and was among the first to enlist in the west.

Leeds

GIVEN A RECEPTION. Smith's Falls, July 25.—J. Harold Kidd and his bride were given a hearty welcome on their arrival home by some thirty relatives and immediate friends, who met them at Merrickville, on the arrival of the evening train from Montreal and escorted them to the residence of T. A. Kidd, Burritts Rapids, where a reception was held. Mr. Kidd was married in Dublin, Ireland, on June 28th.

WAR DOGS IN THE VOSGES.

They Come From Alaska, Canada, and Labrador, and Do Good Service. Last year, when the question of transport through the mountain snow had become a matter of urgent importance, the French authorities had the idea of using dog-drawn sleighs for carrying supplies. Several hundred trained dogs from Alaska, Labrador, Canada, and Labrador were brought over by a French lieutenant who had spent 14 years in Alaska. From the beginning of the year to April 21, with a short interval, the snow in the neighborhood of the Schlicht Pass was deep enough for the dogs to be able to render yeoman service. They were able to draw heavy loads over almost inaccessible country and to supplement to a valuable extent the wheeled transport, which would otherwise have been the sole means of revictualing the army of the Vosges. But their utility has not ceased with the disappearance of the snow. They are now being harnessed to small two-foot-gauge light railways, which run everywhere behind the front, and they are capable of drawing the heaviest load up the steepest gradient. Eleven dogs, with a couple of men, can carry a ton up some of the most precipitous slopes in the mountains and I was assured that two teams of seven dogs each could do the work of five horses in this difficult country, with a very great economy of men.

The kennels, which I visited recently, lie just below the crest of a certain mountain in the Vosges. It would be hard to conceive two amiable creatures than the 250 dogs who welcomed our visit. Of them all, there was only one who passed by with the warning, "He bites!" Three breeds are in service—the Alaskan, the Labrador, and the Canadian—and the best of these is the Alaskan as his courage never fails, and he will work until he drops, though he is perhaps the weakest of them. They are all shaggy dogs, with prick ears and bushy tails, their color ranging from black to white, between gray and brown. Their chest development, so necessary for hauling, is remarkable. They are mainly fed on rice, horseflesh (of which there is abundance), and waste military biscuits, and this fare appears to suit them admirably, as they are always in splendid condition and disease is practically unknown. A team of seven dogs was harnessed to a makeshift truck, formed of ammunition cases, to take us along one of the two-foot-gauge railways. The harness consists of a chest strap and a wooden bar behind which takes the place of a horse's kicking strap. It is extremely simple, and can be put on or taken off in a minute. No whip was used, and order was maintained simply by commands shouted in English. As soon as they were hitched to the truck the whole team gave tongue and began to pull with obedient delight. They soon got up speed, and in a few minutes we were jolting along over the rails with seven bushy tails waving vigorously in front of us.

The experiment of transporting these dogs to France has shown that they can be of real service in mountainous country, and represent a real economy.—London Times.

Colors Placed in Abbey. With simple dignity, the colors of the 38th Canadian Battalion were deposited recently in Westminster Abbey for safe-keeping till the war is over. Officers present included Lt. Col. C. M. Edwards, Commandant; Lts. Green, Belle, and Orerar, Chaplain (Capt. Horsey, Col. Stacey, Capt. Macdonald, Bishop White of Honan, formerly of Toronto, and Sergeant-Major and four Company Sergeants of the battalion were also in attendance. A procession was formed from the west end nave of the Abbey, the choir being present. Sir Frederick Bridge at the organ. When the high altar was reached, two of the Abbey organs received the colors and bore them to Bishop Ryle, Dean of Westminster, who placed them on the holy table. The Dean then formally signified the Abbey's charge of the colors. "Remember," he said, "in the days to come that the colors of the 38th Battalion are kept here in the House of God in St. Peter's, the Abbey of the Empire's most holy and sacred memories." "Ob God, Our Help in Ages Past" was sung, the brief ceremony closing with the National Anthem. The Dean afterwards showed the partly general places of interest in the Abbey, including Wolfe's tomb, where the colors will be placed, alongside those of the Kingston Artillery, which were put into the keeping of the Abbey twelve months ago.

Record for Broken Bones.

Six-year-old Edith Halton, of Toronto, probably holds the world's record for misfortunes. The child fell from a chair at her home yesterday and broke her leg. This, according to the police, is the fourteenth time that little Edith has experienced broken bones. She has spent most of her short life wearing splints. The police understand that the child has an abnormally brittle bone, and that this peculiarity is responsible for practically all her accidents. In practically all cases the breaks occurred from the ordinary tumbles and falls that are the lot of a youngster. The child was taken to the Hospital for Sick Children, where her latest injury is being treated.

Industry for Renfrew. Work has been begun upon the construction of a molten-metal concentrator in Renfrew. The concentrator will have a capacity of 100 tons per day, and draw its supply of ore from mines at Mount St. Patrick, Enterprise, Wakefield, and Sudbury. The concentrated product will be sent to a refinery at Orillia, but a refinery will be established in Renfrew as soon as Renfrew can furnish the company with sufficient electrical energy.

Rev. Father Doucet, St. Andrew's, is visiting in Pembroke, after an absence of twenty-three years. Rev. H. Edgar Allen, has resigned the pastorate of the First Presbyterian church, Brockville.

SKIN TROUBLES THAT TORTURE



and Disfigure Quickly Healed by CUTICURA SOAP and OINTMENT. Such as eczemas, rashes, pimples, dandruff, sore hands and most baby skin troubles. Sample Each Free by Mail. With 32-p. Skin Book. Address post-card "Cuticura, Dept. 3M, Boston, U.S.A." Sold throughout the world.

What Thin Folks Should Do To Gain Weight. Good Advice For Thin, Undeveloped Men and Women. Thousands of people suffer from excessive thinness, weak nerves and feeble stomachs who, having tried advertised flesh-makers, food-salts, physical culture stunts and rub-on creams, regard themselves as life-long skinniness and think nothing will make them fat. Yet their case is not hopeless. A recently discovered combination of assimilative agents has made fat grow after years of thinness, and it is also unequalled, judging from reports, for repairing the waste of sickness or faulty digestion and for strengthening the elements of acknowledged meat harvest. This preparation, called Sargol, six strength-giving, fat-producing assimilative elements of acknowledged merit have been combined in this preparation, which is endorsed and used by prominent people everywhere. It is absolutely harmless, inexpensive and efficient.

Few weeks systematic use of Sargol should go far to produce flesh and strength by correcting faults of digestion and by supplying nourishing fats to the blood. If not, every druggist who sells it, authorized to return the purchase price. Increased nourishment is obtained from the food eaten, and the additional fats that thin people need are thus provided. If you find a druggist who is unable to supply you send \$1.00 money order registered letter to the National Laboratories, 74 St. Antoine St., Montreal, Que., and a complete ten days' treatment will be sent you postpaid, in plain wrapper. While this new preparation has from reports given the results of a nerve-tonic and vitalizer, its use is not recommended to nervous people unless they wish to gain at least ten pounds of flesh.

Cook's Cotton Root Compound. A safe, reliable regulating medicine. Sold in three doses of strength—No. 1, 1¢; No. 2, 2¢; No. 3, 3¢ per box. Sold by all druggists, or sent direct on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor).

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By their garden party on the evening of the 11th inst, the Calabogie Presbyterians cleared a sum approximating \$300.

FOR SALE Farm of 200 acres—180 acres of good plow land, about 8 miles from Kingston. W. H. GODWIN & SON Phone 424 39 Brock St.

JOHN M. PATRICK Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted, Saws filed, Knives and Scissors Sharpened, Razors honed. All makes of Firearms repaired promptly. Locks repaired; Keys fitted. All makes of Lawn Mowers sharpened and repaired. 149 SYDENHAM STREET.

GRAND TRUNK RAILWAY SYSTEM Kingston Civic Holiday, July 31st Round Trip Tickets will Be Sold at SINGLE FARE Good Going and Returning July 31st Only.

At First Class Fare and One-third Good Going July 29th, 30th and 31st. Returning on or before August 1st. Minimum fare for adults or children, 25c. For particulars apply to J. P. Hanley, C. P. & T. A., cor Johnson & Ontario streets.

Ask for a copy of our Complete Travel Guide It will assist you to plan your Vacation Itinerary. Free on application to ticket offices C. & N. W. Ry. B. H. Bennett, G. A. Toronto, Ont.

ALLAN LINE From Montreal To Scotland Aug. 5 Glasgow xCorinthian Aug. 6 London xOrion Aug. 12 Liverpool xFrederick Aug. 19 Liverpool xNiellian Aug. 19 London xScandinavian Sept. 2 Liverpool xCorinthian Sept. 7 London xOrion Sept. 16 Liverpool x-Corinthian passengers only. For full information apply local agents or THE ALLAN LINE 25 King St. West, TORONTO.

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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.