

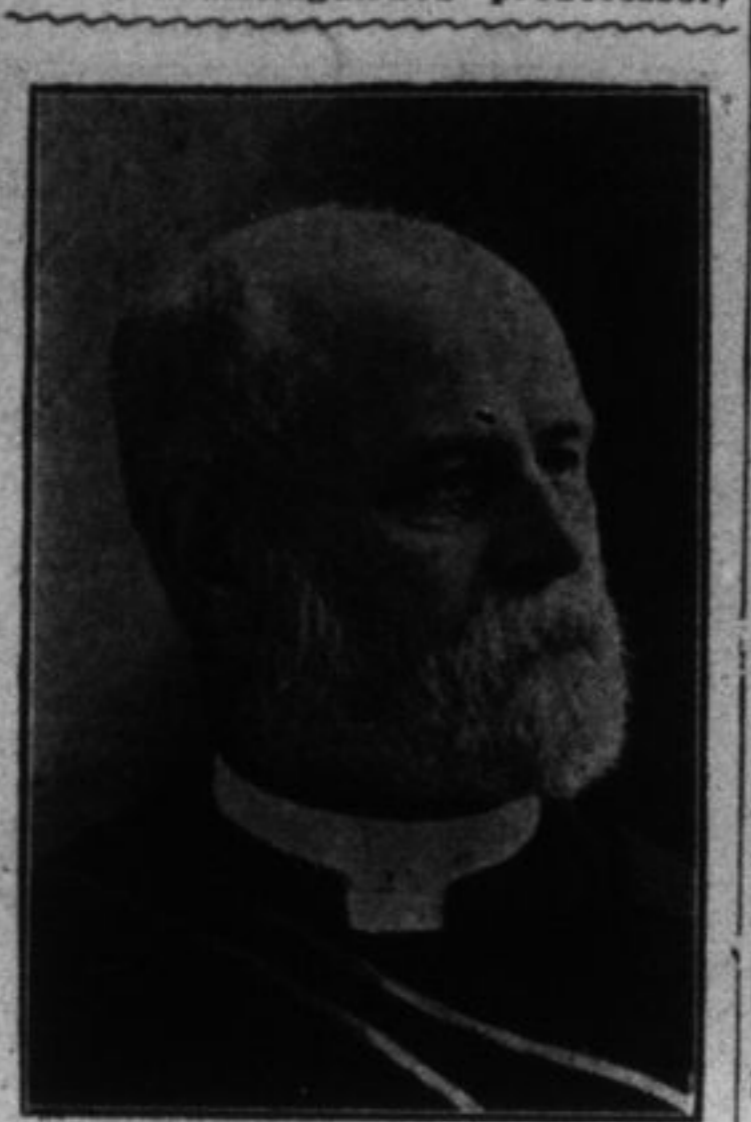
HOW FAT FOLKS MAY BECOME THIN

By Elizabeth Thomas. Perhaps you are suddenly becoming stout, or it may be that you have been putting on weight for years...

A MINISTER FIFTY YEARS

PRINCIPAL GORDON HAS SPENT HALF A CENTURY IN THE WORK

Has Been Head of the University For Thirteen Years—Has An Intimate Knowledge of Canada From Atlantic to Pacific.



Principal Gordon has two sons overseas. Rev. Alexander Gordon is chaplain with the Canadian forces, Capt. Huntley Gordon is also serving at the front.

JUMPED FROM MOTOR CAR

MRS. TOUT, WATERTOWN, N.Y., DIED SHORTLY AFTERWARDS.

Thought Car Was Going to Capsize—Deceased Was the Daughter of the Late Thomas Robinson, Kingston.

FARM FURLOUGH QUESTION

DEALT WITH BY THE WIFE OF A FARMER

Who Takes Issue With The View That the Farmers Have Not Done Their Share in the War and That They Are Making Money.

THOUSANDS OF MEN

Required For Harvesting In Western Canada.

Thousands of men are required to help in the great work of harvesting the western crop.

GOING DATES

August 17th and 31st—From Toronto-Sudbury Line and East, but not including Smiths Falls or Renfrew, also from London Line East of Sudbury, but not including North Bay.

A Patriotic Picnic

Will be held in Beattie's Grove on August 9th in aid of the 146th Battalion. Good programme. Speakers invited: Rev. Mr. Powell, Dr. Edwards, M. W. B. Black, M.P.F., Rev. Mr. McFadden, Chris. Fox.

Gasoline War On

There is a gasoline war on in the various lake and river resorts around Watertown. Dealers in Watertown charge 25 cents and 26 cents while nearby towns have dropped the price to 24 cents.

BOWLING GAMES PLAYED.

At the Queen's Green on Friday Evening—The Teams. Three bowling games were played on Friday evening at Queen's bowling green.

MAGIC BAKING POWDER

NO ALUM. MAGIC BAKING POWDER. MADE IN CANADA. E.W. GILLET COMPANY LIMITED.

Outing Footwear. Yachting, Tennis and Bathing Shoes, for men, women and children. Barefoot Sandals for boys and girls. Small suit cases for lunches, etc. 35c, 60c, 75c and \$1.00. Special Japanese lunch carriers, \$1.00. Just arrived direct from Japan. ABERNETHY'S SHOE STORE

Store Closes at Five O'clock During August, Saturdays excepted.

Our Annual Straw Hat Sale is On. Are you going to share in the bargains. Campbell Bros. The house of successful hat styles.

PURE ICE CREAM. Best in Kingston. Made Fresh Every Day. SAKELL'S. Next Opera House. Phone 640.

Do You Propose. Going housekeeping pretty soon? Then come and see our display of furniture, fitted for every room and for every purse. You'll be delighted with its low price and if you are a judge, surprised at its strictly high class.

England. Makes many good articles. Among them the Ensign Camera. We have them from \$1.50 up. Also films and supplies. Developing and printing a specialty. Prouse's Drug Store. Opposite St. Andrew's Church.

FRESH STOCK OF BATHING CAPS. From 25c up; also good stock of English Water Wings, at SARGENT'S DRUG STORE. Cor. Princess and Montreal Sts. Phone 41.

Have You a Photo Taken in Your Own Front Room? No deposit required. We try to please. Prices from 57 to 635. Have a negative taken at our expense. Home portraiture and group specialities. BLAKEMORE, Stuart Street, City.

ONTARIO LADIES' COLLEGE. and Conservatory of Music and Art, Whitby, Ontario. A SCHOOL OF IDEALS AND AN IDEAL SCHOOL FOR GIRLS. Healthful, picturesque location with the outdoor advantages of the country as well as the cultural influence of Toronto, which is only 30 miles away.

Oh, it's here too! 'So many homes I go to now are using Century Salt—and everyone remarks what a beautiful, white, clean, flavoured salt it is—quite above the ordinary.' 'Yes, my Grocer says Century Salt is made by the newest vacuum process and it's really the best salt on the market.' Dominion Salt Co. Limited - Manufacturers and Shippers, Sarnia. Century Salt

WESTERN FAIR

London :: Ontario. September 8th To 16th, 1916.

Western Ontario's Popular Exhibition

ART, MUSIC, AGRICULTURE AND AMUSEMENTS. A Fine Combination at London's Exhibition.

A Real Live Program of Attractions. Twice Daily. Two Speed Events Daily.

FIREWORKS EVERY NIGHT. New Process Building. Every Building Full of Exhibits.

SINGLE FARE Over All Railways West of Toronto. Special Excursion Days.

Prize Lists, Entry Forms and All Information from the Secretary. W. J. REID, President. A. M. HUNT, Secretary.

THE NEW PHARMACY. 104, St. George Street. Dispensing with the latest scientific methods. Special attention given to the treatment of all diseases.

Use Water - Save Coal. You feel warmer at 65 degrees when the air is moist than at 70 degrees when it is dry. Keeping the air mellow is just another way the Hecla saves coal. A heating system with large air ducts, to keep the air moving freely and with the generous moisture supplied by the Hecla Furnace gives the most healthful—and most economical—heat you can buy. We can help plan your heating. Ask for plans and figures. LEMMON & SON, Kingston. Representatives of CLARE BROS. & CO. Limited, Preston, Ont., Makers of the HECLA MELLOW AIR FURNACE.

Cool Floor Coverings. Crex and fibre rugs, all sizes, all the new shades of green, rose, blue and brown. Mats to match. Ethnoleums for bedrooms, dining room and kitchen floors. Appropriate designs and colors. White bedroom furniture; a big stock just received. All new designs. T. F. Harrison Co. LIMITED. PHONE 90.