

Quality

Chase & Sanborn's Coffees have been dependable for more than fifty Years



Try SEAL BRAND

In 1/2, 1 and 2 pound cans. Whole-ground-pulverized-also Fine Ground for Percolators. 170

Oh!

Come on over to Cooke's and have a Good Photo taken. His studio is 159 Wellington street, near Brock, right next to Carnovsky's Fruit Store.

MEN! WHY SUFFER?

DR. WARD'S speciality is DISEASES OF MEN. He treats nothing else. For the past 25 years he has given the best part of his life to the study of MEN'S DISEASES, including American and European's most insidious, the venereal diseases, Gonorrhoea, Syphilis, etc. He has treated thousands of cases of these diseases, and his success has been such that he has been recommended by the highest medical authorities in the world. He has also treated many cases of NERVOUS DEBILITY, LOSS OF VIGOR, etc. He has a special method of treatment which gives relief in such a short time that it is almost incredible. He has also treated many cases of BRUISES, SWELLINGS, etc. He has a special method of treatment which gives relief in such a short time that it is almost incredible. He has also treated many cases of BRUISES, SWELLINGS, etc. He has a special method of treatment which gives relief in such a short time that it is almost incredible.

DR. WARD, BUFFALO'S LEADING SPECIALIST. 79 Niagara Square, 1916, McKinley Monument. BUFFALO, N. Y.

DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION. Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs, a certain amount of indigestible material; which, if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation, should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

THE CONFESSIONS OF ROXANE

By Frances Walter.

ARTHUR AND I PLAN OUR FUTURE

(Copyright, 1916, by the McClure Newspaper Syndicate)

Arthur, his arm still about my waist, led me to the hammock and there we seated ourselves, side by side, arms entwined about each other; each with heart so full that utterance for the moment was impossible. I looked up at him and saw that tears were standing in his eyes. My own, long before, had grown misty with happiness.

"Dear Roxane!" he breathed, pressing me close to him.

"Dear Arthur!"

These were the only words we uttered for a long time. Arthur's mind must have been busy with the past, but the present was sufficient for me. I wanted nothing more; needed nothing more to complete my happiness. My husband had returned to me and I was not ashamed that I had taken him back to my heart. All things else became mere trifles in comparison. The question of home, business, future, did not enter into my mind. There was no room there for anything save the present.

"Roxane," Arthur's voice was hoarse and the moisture in his eyes increased. "It has been so long since I saw you; so long since I held you in my arms. Ah, it has been an eternity of misery!"

His voice choked so that he had to stop.

"Don't," I pleaded. "It is all over now. Don't talk about it. We have each other once more. The past doesn't matter. Let us live for the great, glorious NOW."

He pressed me close to him with convulsive strength.

"You are right," Roxane," he said. "We shall live in the NOW always. There has been too much of the past and too much of the future in our lives; there is too much of the past and the future in everyone's life. We shall forget the past and not think of the future."

"Nothing shall matter," I agreed. "Whatever the future may bring forth it shall mean only love for us, is it not so?"

"You are right, Roxane," he replied.

"How good it is to be able to pronounce that name!" he continued softly. "How often I have uttered it lately, and there was no response. Now you are in my arms and your gentle voice comes back to me when I speak to you."

"Hush!" I cried, placing my hand upon his lips. "We were not to live in the past; not to mention it. We are living in the NOW."

"It is a very delightful place in which to live, Roxane."

"The sweetest land in all the world. Better than the land which flowed with milk and honey; better than the pleasant plains beyond the moon; better than the elysium of the rainbow; better than the Happy Hunting Grounds or the Garden of Eden."

"Better than the oasis is to the desert traveler; better than the calm harbor is to the storm-tossed voyager; better than sleep that knits up the raveled sleeve; better than anything upon which the sun ever shone or the stars ever twinkled."

"And it is our land, Arthur—this Land of Now. We will build our



We walked through the garden until we came to the great swing, where we sat when we planned our marriage.

home in it—our new home. "And the home shall be called Now, and it will be in the City of Now as well as Nowland."

He broke into a short, happy laugh, the very sound of which seemed to frighten him by its unusualness, for he stopped suddenly and looked at me, his face growing white.

I pressed his hand reassuringly for I understood. "Be as happy as you wish," I told him. "There is no law against it in Nowland."

"And never shall be, so long as you and I rule over it," he replied.

Silence again fell upon us. He had removed his arm from my waist, and our hands were clasped as we sat, each perfectly contented, side by side, in the hammock, my head resting on his shoulder.

Outside the summer house I could hear the bees buzzing in the sunshine, and further back a fussy old hen was clucking to her brood of chicks. Now and then some ruder

went through last week when Pte. E. O. Whitmarsh sold his meat shop to R. W. McDonald, Pte. Whitmarsh expects to leave for overseas the last of September. He will be missed in Westport as he always took a keen interest in the sporting circles and also in the welfare of the town.

Miss Nettie Taggart and Miss Marie Whelan left last week to take a year's course in normal college. The former in Ottawa and the latter in Peterboro.

H. W. Lockwood left on Tuesday for Calgary and Edmonton. Dr. H. Lockwood left last week for Chicago to resume his studies at the Dental college. Mr. and Mrs. James Menzie are spending a few days in Smith's Falls. John Kelley of Chicago, is the guest of Mr. and Mrs. Boburn. John McCann returned home on Friday from Kingston hospital.

MEET WITH BAD ACCIDENT An Auto Skidded and L. McAvoy had Arm Broken.

Seeley's Bay, Sept. 20.—Last Wednesday Lawrence McAvoy met with a bad accident while running an auto near Inverary. The auto skidded and overturned on him, pinning him underneath and breaking his arm. He is now doing as well as can be expected.

Mrs. C. Johnson, Lyndhurst, is visiting her old home and friends here for a few days. G. D. Gilbert, Gananoque, visited friends here last Tuesday.

Mrs. Ezra Baxter, Jones' Falls, taken to Kingston General Hospital last Friday for treatment died last Sunday, caused by an abscess on the brain. The body was brought to her father's, S. Caird's, and kept till Tuesday and then taken to Elgin for interment.

William Oatis, a vagrant, was arrested a few days ago by Constable C. Brady near Lyndhurst and was taken to Gananoque and tried by P.M. Carrell who sentenced him to six months in Central Prison with hard labor. Mr. and Mrs. W. J. Berry and son, Hilliard, Gananoque, visited friends here a few days ago.

Mrs. McTur, Bath, visited her daughter who is assistant teacher in the public school here, a few days ago. Miss Blanch Shook, a nurse-in-training at Cornwall, is spending a few holidays at her old home here.

Why Prize List Was Delayed. The Kingston post office is making a record for itself in prompt delivery. An official of the Inverary Fair mailed the prize list to the Whig on either Sept. 13th or 15th—the date on the postmark is not quite clear. The first notification the Whig had was on the forenoon of Wednesday, the 20th inst., when an unpaid card was sent us showing that the letter was ryppling in the Kingston post office awaiting the payment of 4c. Such a card should have been sent immediately upon receipt of the letter. We are publishing this information so that our readers in the country will understand why the prize list was not printed sooner. Apparently the post office authorities think we are publishing a monthly magazine instead of a daily newspaper.

Mrs. George Davis, accused of shooting and killing Fred Spencely at Kinmount on Sept. 6th, was committed for trial for murder at Lipd say on Nov. 14th.

Ellis Frederick, wife of Gilbert Frederick, died at Belleville on Sunday after two months' illness. She was sixty-one years of age, having been born in Sidney townshp. Rev. R. B. Grobb, rector of All Saints' Church, was elected president of the Peterboro Ministerial Association. Don't think for a minute that the actors and actresses kiss every time they wake up.

IF YOU DO NOT LIKE EGG-O BETTER THAN THE BAKING POWDER YOU HAVE BEEN USING RETURN IT AND GET YOUR MONEY BACK BEST BY TEST

Save the Babies FOR THE EMPIRE'S SAKE USE ONLY PASTEURIZED MILK Our Milk is Thoroughly Pasteurized and sold in Sealed Bottles. Phone 845 :: Price's

Dr. J. Collis Browne's Chlorodyne THE ORIGINAL AND ONLY GENUINE. Acts like a Charm in DIARRHOEA and is the only Specific in CHOLERA and DYSENTERY. Checks and arrests those too often fatal diseases—FEVER, CROUP, AGUE. The best Remedy known for COUGHS, COLDS, ASTHMA, BRONCHITIS. Effectually cuts short all attacks of SPASMS. Is also palliative in NEURALGIA, RHEUMATISM, TOOTHACHE. Chlorodyne is a liquid taken in drops, graduated according to the malady. It temporarily relieves pain of whatever kind; creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail; leaves no bad effects; and can be taken when no other medicine can be tolerated.

WHO Is Going to Control Sales of the Carola In Your Territory?

Carola \$25 COMPLETE Plays All Standard Records

The Nightingale of Phonographs

GRAND TRUNK RAILWAY SYSTEM One way, second class colonist tickets will be on sale daily, Sept. 24th to Oct. 8th, inclusive, at following fares: Vancouver, Victoria, \$54.40; Prince Rupert, New Westminster, and Nelson, B.C., \$54.40; Portland, Oregon, Seattle, Tacoma, and Seattle, Wn., \$57.30; Los Angeles, San Diego, and San Francisco, Calif., \$57.30.

CUNARD LINE CANADIAN SERVICE MONTREAL TO LONDON (Via Palmers) From London From Montreal Sept. 5 ... ASCANIA ... Oct. 23 Sept. 23 ... ASSOCIATA ... Oct. 23 Cabin and Third Class MONTREAL TO BRISTOL (Avonmouth Dock) From Bristol From Montreal Sept. 26 ... FELTRIA ... Oct. 12 Oct. 3 ... FOLIA ... Oct. 24 Cabin Passengers Only. For information apply Local Ticket Agent, or The Robert Heford Co. Limited, 60 King Street East, Toronto.

CANADIAN PACIFIC OCEAN SERVICES LIMITED MANAGERS-AGENTS ALLAN LINES. Lv. Liverpool. Lv. Montreal Sept. 8 Corcoran Sept. 23 Sept. 22 Scandinavia Oct. 7 Lv. London. Lv. Montreal Sept. 13 Sicilian Sept. 30 Lv. Glasgow. Lv. Montreal Sept. 2 Pretorian Sept. 16 CAN. PAC. LINES. Lv. Liverpool. Lv. Montreal Sept. 15 Misamis Sept. 30 Sept. 29 Metagama Oct. 14 For Rates, Reservations, Etc. apply Local Agents or ALLAN LINES 65 King St. W., Toronto I. E. SICKLING, 1 King St. E., Toronto General Agents Passport application forms furnished on request. The Montreal City and District Savings Bank has made a subscription of two million dollars to the war loan.

"Low Cost of Living" Menu

Menu for Friday Stewed Peas, Cereal of Choice, Baked Mackerel, Baked Potatoes, Toast and Jam, Coffee or Cocoa. LUNCHEON OR SUPPER Coddish Cakes, Spiced Tomato Sauce, Corned Beef, Cocoa Cornstarch Milk or Tea, Dinner, Cream Soup, Fried Small Fish, Baked Potatoes, Escalloped Tomatoes, Open Apple Pie, Coffee or Iced Tea.

Cocoa Cornstarch Materials—Two cups milk, 1 tablespoon cocoa, 2 tablespoons sugar, 1 tablespoon cornstarch, 1/2 teaspoon salt. Utensils—Double boiler, measuring cup, teaspoon, tablespoon, mixing bowl. Directions—Put the milk in in top of double boiler; mix cornstarch, sugar and salt with a little cold milk and add to the boiling milk and boil ten minutes. Pour into glass dish or ice-cream glasses. This is a very attractive dessert if served with a spoonful of whipped cream on top and a quarter teaspoon red jelly on the cream.