

Become a Physician

Medicine, Surgery, Bacteriology, Public Health, Chemistry and Allied Sciences offer the greatest opportunities to ambitious men and women. Opportunities to work through the Chicago Hospital College of Medicine, located in the greatest medical centre of the world, with faculty, facilities and equipment unsurpassed, offer a recognized four or five year course leading to the degree of Doctor of Medicine and Surgery. For catalogue address: Secretary, 3530 Rhodes Ave., Chicago, Ill.

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.

Clear, Peachy Skin Awaits Anyone Who Drinks Hot Water

Says an inside bath, before breakfast helps us look and feel clean, sweet, fresh.

Sparkling and vivacious — merry, bright, alert — a good, clear skin and a natural, rosy, healthy complexion are assured only by pure blood. If only every man and woman could be induced to adopt the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, anemic looking men, women and girls with pasty or muddied complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists, we should see a virile, optimistic throng of rosy-cheeked people everywhere. An inside bath is had by drinking each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels, the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach. Those subject to sick headaches, biliousness, nasty breath, rheumatism, colds, and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate, at the drug store, which will cost but a trifle, but is sufficient to demonstrate the quick and remarkable change in both health and appearance, awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood while the pores in the thirty feet of bowels do.

Frankford Fair a Success.

Bellefonte, Sept. 25.—Frankford's annual fair was held Friday. In spite of heavy rains during the night the attendance was as usual, large, and the entry list reached a total of nearly two thousand. Exhibits were up to the past, except in fruit and cattle; the horse show was exceedingly fine and the poultry were first class. Much interest centered in the evening events and in the physical drill and machine gun demonstration by the machine gun section of the 155th Battalion under Lieutenant Allen and McGie.

A New York Produce Exchange seat has been sold at \$1,825.

"Low Cost of Living" Menu

Menu for Wednesday

- BREAKFAST: Stewed Flumm, Scalloped Rice, Crisp Bacon on Toast, Yeast Noodles, Marshmallow or Jelly, Coffee or Cocoa. LUNCHEON OR SUPPER: Japanese Ring Salad, Toasted Noodles, Hot Water Sponge Cake, Buttermilk or Grape Juice. DINNER: Old-Fashioned Vegetable Soup, Lamb with Mushroom Sauce, Browned Sweet Potatoes, Tomato and Celery Salad, Fruit Cake, Coffee.

Hot Water Sponge Cake: Materials—One cup sugar, 1 cup flour, 1/2 cup warm water, 2 eggs, 1 teaspoon baking powder. Utensils—Mixing bowl, eggbeater, shallow dish to beat eggs on, 2 measuring cups, teaspoon, tablespoon, flour sifter, jelly tins.

GILLET'S LYE

HAS NO EQUAL. It not only softens the water but doubles the cleansing power of soap, and makes everything sanitary and wholesome. REFUSE SUBSTITUTES.

THE CONFESSIONS OF ROXANE

By Frances Walter.

I MEET AN OLD FRIEND

(Copyright, 1916, by the McClure Newspaper Syndicate).

As I alighted from a car and turned into a side street to visit the next place on my list I saw a strangely familiar figure run down the steps of a pretentious dwelling on my left, while a soul-faced maid emerged from the doorway and stood looking after the young woman as if to make sure that she left the premises in all possible haste.

The girl, after gaining the street, turned, and seeing the maid gazing darkly at her, began to repeat apologies which evidently had been previously uttered. Then the girl turned to me.

"Why, Roxane!" she cried. "Mariam!" I exclaimed, in the same breath.

"What on earth are you doing here?" (This from both of us at the same time). Then we clasped each other in our arms.

It was some minutes after our public and affectionate greeting before we could recover from our mutual surprise sufficient to talk coherently. When we had looked up and saw the stern visage of the maid, who, arms akimbo, plainly was waiting to see that we left the neighborhood, Mariam shrank from her, placing a hand appealingly on my arm.

"It was the wrong house," she whispered. "It looks just like ours and I went in expecting to have Dora open the door as usual. But it wasn't the right house at all."

"Come," I said, moving away. "That maid will stand there forever, unless we leave, and it makes my blood curdle to look at her. Did you ever see such a countenance?"

"She thought I was a thief," said Mariam, almost tearfully. "She ordered me away. Do I look like a thief, Roxane?"

"Of course not, you silly child!" "But the maid thought so. She looked at me so hard, and then she pushed me out of the doorway. Don't try anything like that," she told me. "That game has been played on me before." I didn't know at first what she meant, but suddenly it dawned upon me that she suspected I wanted to rob the house or some other horrible thing. I simply turned and fled.

"She isn't a very good judge of human nature," I said. "One might suspect you of being almost anything nice and be quite right about it, but to mistake you for a burglar, Mariam, is a reflection on the observer."

"That's precisely what I think, Roxane; but then one can hardly blame her if all persons are like me! I hardly ever go out that I do not try to get into the wrong house before I finally find my home. The houses here all look alike, and somehow I never think to look at the number. It's not like dear old America."

"But what are you doing in New York?" I asked. "The last time I saw you you seemed content to remain forever in the South."

"And so I was," replied Mariam. "This is not of my doing—this coming to New York. It's Uncle John's. He insisted and kept on insisting until I just had to come. He has given up his rooms in the hotel, and we have a home of our own. Poor father had relapsed—and—and—"

"Yes, I know," I said gently. "And after he died I wanted to stay at the old home and keep it from ruin, but Uncle John would not listen to me. He said I would die of loneliness or else grow so cranky and old maidish that nobody would want to look at me. I suppose he was right about the old maidness, because



"It is the wrong house," she whispered, "it looks like ours, but it isn't."

I feel that way sometimes even now.

"You foolish child!" I remonstrated. "You are just old enough to be full grown, and that is all. Yet you speak of being an old maid."

"It isn't how old you are, Roxane, it's how old you feel that makes you an old maid. I've discovered that."

"Perhaps you are right in some cases," I agreed. "But you are in no danger so far as you, yourself, are concerned. New York is too gay a place ever to permit one to grow old prematurely."

"It is too gay and too big," replied Mariam, "it's bigness appals me as times, and the people I see, and the display and the clothes—why, I sometimes rub my eyes, expecting to find that I have been dreaming."

We had walked more than a block when Mariam suddenly stopped. "I do believe this is our house," she said uncertainly. "It looks just like it." She ran up the steps and rang the bell.

"I'm afraid to try my key," she whispered. "I did that once at the wrong house and they almost sent me to jail!"

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"I'm afraid to try my key," she whispered. "I did that once at the wrong house and they almost sent me to jail!"

Footsteps sounded on the carpeted floor of the hall inside, and the door opened. "Dora," cried Mariam. "Oh, I'm so glad it's you!"

Mariam seized me by the arm and half dragged, half led, me into the library.

"Quick, Dora! Bring us some tea. I am almost famished."

"Take off your hat and gloves and be comfortable," Roxane, she continued, turning to me. "I have a thousand things to ask you. Just to think: Here we are in the greatest city in the world, and I meet the greatest friend I have in the world. I thought you were miles away, when, all at once, here you turn up right at my elbow. Isn't it strange, Roxane?"

"Almost uncanny," I agreed. "How happy Uncle John will be when he knows you are here. He never tires of talking about you. He will be so pleased he will quit work for a week and show us all, all over the city."

I moved uneasily in my seat. Here was an unexpected situation. (To be continued.)

LANSDOWNE NEWS BUDGET

School Fair A Success—Several Property Transfers.

Lansdowne, Sept. 21.—The school fair in spite of the rainy weather proved a success. Quite a large number were in attendance.

Thomas Lebestor of Montreal spent the week-end at his home here, Mrs. Randall, who has been spending the summer at the home of her son George, left last Saturday to spend a few days with her daughter at Picton. Miss Cross has returned to her home here after spending a couple of months at the river. Arthur Cooper of Illinois, who has been the guest of Dr. and Mrs. Cooper the last few days, returned to his home Wednesday.

Robert McCullough left for Kingston to spend a few days at the home of Mr. and Mrs. Thomas Campbell. Thomas McMunn expects to move in to part of A. M. Dixon's store.

W. W. Mitchell has gone into the implement business. Mrs. M. J. King underwent an operation in the General Hospital, Brockville, last week. Her friends will be pleased to know she is improving. Mrs. W. W. Mitchell is home after spending several weeks at the General Hospital, Kingston. Relatives from here attended the funeral of the late Charles Gray of Gananoque. The ladies of the Methodist church met at the home of Mrs. Jane Bowen on Tuesday evening. Thomas A. Bradley is remodeling his house by having the roof raised.

The Social held on Mr. and Mrs. Deane's lawn last Wednesday evening was fairly well patronized. Several from here attended Delta fair on Wednesday. Court of Revision was held here in the town hall on Monday with Judge Reynolds, Brockville, presiding. A considerable number of protests were disposed of.

T. A. Bradley has rented the premises recently vacated by E. E. Johnston and will continue his implement business there. Gordon Anderson has purchased M. R. McDonald's residence adjoining the Sheppard Brothers' bake shop. Mack Tennant of Mallorytown is clerking for H. C. Mulvaugh. Samuel Donevan is ill.

Miss Jennie Boyle, Almonte, operated on for appendicitis, was recovering favorably when she was suddenly taken ill, and the specialist who performed the operation was called, and found it necessary to operate the second time.

The Dominion Government has awarded a contract for a new concrete pier at Port Stanley, to cost \$160,000.

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 combined action on liver, kidneys and bowels. The system is cleansed, the blood purified and the pains and aches disappear.

One pill a dose, 25 cts. a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto.

Dr. Chase's Kidney-Liver Pills

"EUGENE" COULD SIZE THEM UP

Funny Things Noted Author and Journalist Wrote About Newspaper Men.

The Business Manager. Here we have a Business Manager. He is Blowing about the Circulation of the Paper. He is Saying the Paper has Entered upon an Era of Unprecedented Prosperity. In a Minute he will Go up Stairs and Chide the Editor for leaving the Gas Burning while he Went out for a Drink of Water, and he will dock a Reporter Four Dollars because a Subscriber Licked him and he cannot Work. Little Children, if we Believed Business Managers went to Heaven, we would Give up our Pew in Church.

The City Editor. Here we have a City Editor. He is Talking with the Foreman. He is saying he will have a Full Paper in the Morning. The Foreman is Smiling Sadly. Maybe he is Thinking the Paper will have a Full City Editor before morning. (Not after September 16th).

The Bad Man. Here is a Man who has just Stopped his Paper. What a Miserable Looking Creature he is. He looks as if he had been stealing Sheep. How will he know what is going on, now that he has Stopped his Paper? He will Borrow his Neighbor's Paper. One of these Days he will Break his leg, or be a Candidate for Office, and then the Paper will say Nothing about it. That will be treating him just Right, will it not, little Children?

The Foreman. Who is this Ferocious Looking Man? He is Foreman in a Printing office. He gets Paid for Throwing Men Down Stairs when they Come in the Lick the Editor, and for Putting wrong dates at the Head of the Paper. He can Print more type in fifteen Minutes than Seven Printers can Set up in Two Weeks. He loves to ask the Editor for Copy. If it were not for Him, the Paper would Look pretty Well every morning. Everything would be Fat and none of the live Ads would be Left out.

A Diamond Pin. Here is a Diamond Pin. The Editor won it at a Church Fair. There were Ten Chances at Ten Cents a Chance. The Editor Mortgaged his Paper and Took one Chance. The Pin is Worth Seven Hundred Dollars. Editors like Diamonds. Sometimes they Wear them in their Shirts, but Generally in their Mind.

Rev. W. Nichol, pastor of Knox Presbyterian church, Dundas, has received a unanimous call for the second time to the pastorate of St. Paul's church, Brandon, Man.

Thomas E. Jory, Riceton, Saskatchewan, formerly of Douro, Ont., is applying for a divorce from his wife, whose present address is unknown.

The Government of Quebec has made a subscription of five hundred thousand dollars to the war loan on special provincial account.

Sergt. Airth of Military Stock. Renfrew, Sept. 25.—Regret is expressed over the death in action of Sergt. Rob. Roy Airth, a member of the 21st Battalion. His father, Capt. H. J. Airth, is quartermaster of the 130th Battalion, while his grandfather, the late Henry Airth, a Renfrew pioneer, was a sergeant in the early Canadian militia. Sergt. R. R. Airth enlisted here as a private. Before the war he worked in town as

a plumber and was a member of the Citizens' band. His mother and two younger brothers reside here.

An old and much respected resident of Big Creek, in the person of Charles Brown passed peacefully to his reward on Wednesday last. He was born and brought up on the farm on which he died. His funeral was held on Saturday afternoon to White church.

TRAINING SCHOOL FOR WOMEN DENTAL HYGIENISTS OPENED IN NEW YORK.

The first school in New York State to be devoted exclusively to the training of women to become dental hygienists has just been opened at Hunter College Building, New York City. It is affiliated with the Vanderbilt Dental Clinic College of Physicians and Surgeons, Columbia University.

A young woman is the founder and director of the training school. She is Miss Louise C. Ball, A.B., L.L.D., and in the opening of the school she is realizing the ambition of her life.

Miss Ball was an honor pupil through her course of study in school and college. She was a graduate from the Morris High School and the Normal College. In addition to being the valedictorian of her class, she was awarded the prize for pedagogy and psychology, and also received the award of the Board of Education for general excellence in her studies. Her ambition was to become a D.D.S. and as this first school is to be devoted to the care of children's teeth she realized it.

The photo shows Miss Ball in the Children's Clinic for Preventive Dentistry, instructing a student boy to clean stains and remove tartar from a child's teeth.



The habit of promptness grows on a man who carries a Waltham Watch. The accuracy that is part of a Waltham soon becomes part of the man. In business or in social life, wherever accuracy is admired, there you will find the Waltham. For Walthams time the movements of most people throughout the world. You will appreciate having your watch possess Waltham accuracy and the Waltham name on the dial. You will be delighted with the Waltham Exhibit at Toronto Exhibition. See it in Manufacturers' Building. WALTHAM WATCH COMPANY, MONTREAL



REGAL FREE RUNNING Table Salt. Use it in your kitchen.



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