

**Icing Sugar**  
For frosting cakes, making bonbons and other confections without cooking. Ask for it by name at your grocers.

2-lb Cartons only

**Lantic Sugar**

is packed at the factory in dust-tight cartons. Yours is the first hand to touch it.

2 and 5-lb Cartons  
10 and 20-lb Bags

"The All-Purpose Sugar"

Atlantic Sugar Refiners Ltd.  
Power Bldg., Montreal

**Bring Out Your Hidden Beauty**

Beneath that soiled, discolored, faded or aged complexion is one fair to look upon. Mercolized-wax will gradually, gently absorb the dehydrated surface skin, revealing the youthfully fresh, white and beautiful skin underneath. Used by refined women who prefer complexion of true naturalness. Mercolized wax in one ounce package, with directions for use, is sold by all druggists.

**JOHN M. PATRICK**

Sewing Machines, Umbrellas, Suit Cases, Trunks, repaired and re-fitted. Saws, Axes, 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

**Blankets**

Our method of finishing blankets raises the nap, keeps them soft, and prolongs their period of usefulness.

Blankets are returned to you just like new.

The Parker process of dyeing or cleaning Bedspreads and Eider Quilts is most successful, and does not impoverish them in any way.

**PARKER'S DYE WORKS**  
LIMITED

69 Princess Street, Kingston, Ontario.

**BAD DREAMS ARE SYMPTOMS**

Ill Health the Cause—Many Alarming Symptoms of Women's Ailments—How Cured.

Paterson, N.J.—"I thank you for the Lydia E. Pinkham remedies as they have made me feel happy and healthy. Some time ago I felt so run down, had pains in my back and side, was very irregular, tired, nervous, had such bad dreams, did not feel like eating and had short breath. I read your advertisement in the newspapers and decided to try a bottle of Lydia E. Pinkham's Vegetable Compound. It worked from the first bottle, so I took a second and a third, also a bottle of Lydia E. Pinkham's Blood Purifier, and now I am just as well as any other woman. I advise every woman, single or married, who is troubled with any of the aforesaid ailments, to try your wonderful Vegetable Compound and Blood Purifier and I am sure they will help her to get rid of her troubles."—Mrs. ELLEN J. VAN DER SANDER, 7 Godwin Street, Paterson, N. J.

Women suffering with any form of female ill, or any symptoms that they do not understand, are invited to write the Lydia E. Pinkham Medicine Co., Lynn, Mass. (confidential), and receive advice wholly free of cost.

**Wood's Sassafras**

The Great Specific. Remedies for Rheumatism, Gout, Gravel, Sciatica, Neuralgia, Migraine, Headache, Stomach Troubles, Indigestion, Constipation, Liver Troubles, Dropsy, Catarrh of the Bladder, Hemorrhoids, Piles, Itching, Pruritus, Eczema, Scabies, Ringworm, Tinea, and all other skin diseases. Price 50¢ per bottle, 60¢ per dozen. One will please six will cure. Sold by all druggists or mailed in plain wrapper. Write for literature. New pamphlet mailed free. This medicine is made in Canada.

**THE CONFESSIONS OF ROXANE**  
(By Frances Walter)

I CONVINCED MYSELF THAT I AM A NEGLECTED WIFE.

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

Mariam did not again refer to the subject which had so agitated both of us the day she invited me to lunch. I expressed on that occasion my notice of her face which convinced me that she still was bearing the burden of Mr. Gordon's disappointment. The affair had not been permitted by either of us to break our friendship, but for a time there was a certain constraint in our bearing to each other, which plainly revealed, however, we apparently had individually agreed not to permit it to come between us and we succeeded. As the days wore on our old unrestrained attachment to each other reasserted itself and we became inseparable. Myself and the greatest solace and comfort to me. Arthur's absorption in business had become even more pronounced than before and so far as my home life was concerned I was utterly miserable.

It does not mean that Arthur spent more time away from me than before. That was impossible, for ever since he had become a stockholder in the A. B. C. Company he had spent from 12 to 15 hours each day away from the hotel apartments which were more wrapped up in business affairs, and as day succeeded day it seemed to me that the point was rapidly being reached when I should no longer play any part at all in his life.

Immediately after he became interested in the company Arthur's homecoming was a signal each evening for an eruption of enthusiasm regarding the business in which he was so deeply concerned. He would tell me of his day's work, of his successes and defeats, of his plans for the morrow. If he brought his business home it was merely to make me a sharer in his cares and triumphs, to which no wife could find objection. But there came a change. As he became more and more involved in the company's transactions he spoke less and less of his affairs, until at length I heard nothing of what he did during the day.

This would not have worried me had Arthur, in keeping his business to himself shown that he had thrown off its weight so that he could enjoy my company and the comforts of our home. But he did not. On the contrary he thought of nothing but business, even when he was with me. The little time he was at the hotel was spent in deep thought. He seldom spoke to me except to answer my questions, and even then his replies were brief and absent enough to indicate he either did not hear me or did not care to converse with me.

He did not become morose or sullen, and there was nothing in his manner to indicate antagonism to me. I think he was glad in some sort of subconscious way that I was with him. Had I not been near I think he would have missed me in the same sort of vague manner.

This realization gave me small comfort. He might have felt the same way to any other animate object with which he had been accustomed to associate. The pedestal upon which he loved to place himself by her husband was not a part of the furnishings of our home. Even that intimate confidence which should exist between husband and wife vanished. I was no longer his aid and comfort. I found myself in the position occupied by so many wives whose husbands, for one reason or another, become involved in affairs remote from their families. The same problem which has confronted so many of my sex now confronted me. I stood face to face with the necessity of losing my husband en-

while refusing to consider it acute, I would compel my husband to come to his senses. I would decline to have my life ruined either by his neglect or by my own impetuosity. I would enjoy myself until such time as he should realize his mistake. If he persisted in his course—well, so much the worse for him!

(To Be Continued.)

**Told In Twilight**

(Continued from Page 3.)

Miss Una Poleon, King street, was hostess at a delightful luncheon on Saturday. Covers were laid for ten, the guests including Miss Margaret Murray, Miss Agnes Bellhouse, Misses Helen and Marjorie Uglow, Miss Myra Dyde, Miss Veta Minnes, Miss Hilda Laird and Miss Ruth Anglin.

Mr. and Mrs. C. W. Livingston came down from Toronto on Saturday and are the guests of Mr. and Mrs. C. Livingston, Barrie street.

Miss Agnes Richardson has returned to town from Chaffey's Locks, and has her cousin, Mrs. Good, with her.

Harold Hughes has returned from London.

Mr. and Mrs. G. A. McGowan and Miss Ethelwyn McGowan are spending a couple of weeks in New York.

Miss Amy Campbell, who has been the guest of Mrs. H. W. Richardson at "Alwington," left to-day to visit Miss Helen Campbell in Chicago, en route to her home in Palo Alto, Cal.

The marriage is to take place very quietly on Saturday, Oct. 21st, of Miss Annie Johnstone, daughter of Mr. and Mrs. J. S. Johnstone, 150 Clergy street, to A. Yorke, of Montreal. Mrs. Johnstone will be at home from four until six o'clock on Saturday afternoon.

Mrs. Carter, who has been visiting her sister, Mrs. Adam Shortt, in Ottawa, has returned to Kingston.

Lieut. Guy Bowie, 154th Battalion, is leaving soon for overseas service. Mrs. Bowie, at present in Kingston with her husband, will return to Ottawa at the end of the week, and will spend a short time with her parents, Mr. and Mrs. T. G. Brigham, before leaving for England to rejoin her husband.

**CLASS OF 1916.**

Graduation Gown For This Year's Valedictorian.

Irish lace is coming into vogue again. This graduation frock is trimmed with it down the front and about the cuffs.



A FEMINE MAIDEN.

White voile is the material, the skirt having its double sounce corded twice. A surprise waist takes a crusted girdle of wide white velvet ribbon.

**Bulbous Plants.**  
Many amateur gardeners when their bulbous plants are through blooming are in great haste to let the bulbs dry out and pull them up. This is a mistake. As soon as crocuses, hyacinths, tulips and narcissuses are through flowering remove blooms and begin a systematic preparation for next season's flowers. It must be known that just after a bulb has finished flowering is the time when it stores up nourishment for the next season, and if the flowers are not to degenerate in a few years the bulbs should be given attention. Give doses of liquid manure once a week for at least a month after the flowering is done and do not neglect to water the dry stocks. In this way one can materially help them to store up food. Rich soil is not necessary for very young plants, as they derive most of their sustenance from the air and moisture. The soil should, however, be kept light and porous.

The easiest way does not always bring the desired results.

**How often do you fix the fire?**

To clean the ashes out of the fire-box you simply turn the grate-handle over once and back as illustrated. Or if there are a lot of ashes, repeat the operation. That is all.

The Pandora triple grates work easily because each of the three grates is shaken separately. It will be found that they turn smoothly after years of use. And the fire-box being made of McClary semi-steel, is smooth, allowing the ashes to drop easily instead of clinging to the sides as in the case of rougher metals.

In taking out the ashes, there is no need of spilling them over the floor. The ash-pan is made large enough to hold more than one day's ashes.

The same thought is given to every feature that might save a little time and labor in the kitchen.

IT'S quite a part of the day's work to look after the range. Day after day for months at a stretch there is the shaking down and making up of the fire. It is work that we have tried to lessen in making the Pandora. And this is how:

**McClary's Pandora Range**

Careful thought now before you buy your range will save much in the years to come. It will save your time, your money and your temper. If you want to study the matter over for yourself, let us place in your hands our new booklet, "The Magic of the Pandora." This booklet explains clearly the things you should know about your new range. There is a copy for every woman who wants to buy her range intelligently. You may secure one by sending the coupon to the factory. Why not tear it out now as a reminder.

**McClary's**

London Toronto Montreal Winnipeg Vancouver  
St. John, N. B. Hamilton Calgary Saskatoon Edmonton

Sold by J. B. Bunt & Company.

**McClary's Pandora Range**

Tear off this Coupon

Kindly send me a copy of your booklet, "The Magic of the Pandora."

Name.....

Address.....

**More Man-Power Behind the Job**

is wanted in every factory, in every store, in every office. Manpower comes from nourishing food that is rich in muscle-making material. **Shredded Wheat Biscuit** contains all the body-building material in the whole wheat grain in a digestible form. A man's food for a man's job. Serve with milk or cream or with sliced peaches or other fruits.

**"Low Cost of Living" Menu**

**Menu for Thursday**

**BREAKFAST**  
Baked Apples  
Omelette  
Fried Tomatoes on Toast  
Warm Rolls  
Coffee or Tea

**LUNCHEON OR SUPPER**  
Green Corn Pudding  
Pepper Cabbage  
Browned Rice with Whipped Cream  
Buttermilk, Onion or Tea

**DINNER**  
Tomato Soup  
Braised Short Ribs with Vegetables  
Lettuce  
Apple Pudding  
Coffee

**Fried Tomatoes.**  
Materials—Four large tomatoes, 2 tablespoons drippings, 2 tablespoons flour, 2 tablespoons sugar, 1 teaspoon salt, 1/2 teaspoon pepper, 8 pieces of toast, 4 sprigs of parsley.

Directions—Put the tomatoes in a pan; when hot put in the tomatoes, which have been dusted with salt and pepper and sifted with flour. Sprinkle with sugar and pour in the cold milk; cook until thick, (about 15 minutes). Lay the pieces of toast on platter and put the tomatoes on the toast; pour the gravy around and garnish with parsley.

**Green Corn Pudding.**  
Materials—Six ears of corn or 2 cups of grated corn, 1 tablespoon butter, 2 eggs, 1 cup milk, 1 teaspoon salt, pepper.

Directions—Paring knife, vegetable brush, grater, teaspoon, measuring cup and a quart pudding pan or bake-

**Instant Relief for LIVER TROUBLE**

No liver sufferer can fail to benefit from the use of Dr. Cassell's Instant Relief. Its action is natural as nature, sure as science. It is altogether different to ordinary liver stimulants and morning salts. These weaken the liver by forcing it, till it cannot work at all without the daily dose. Dr. Cassell's Instant Relief strengthens the liver and enables the system to cure itself. Then cure is lasting.

Take Dr. Cassell's Instant Relief for constipation, biliousness, torpid liver, sick headache, dizziness, spots before the eyes, flatulence and windy spasms, acidity, heartburn, impure blood, and that dull, heavy feeling which is a sure indication of liver troubles.

Ask for Dr. Cassell's Instant Relief.

Price 50 cents, from all Druggists and Storekeepers, or direct from the Sole Agents for Canada, Harold F. Hixson and Co., Ltd., 10, McCaul-street, Toronto. War tax 2 cents extra.

Dr. Cassell's Instant Relief is the companion preparation to Dr. Cassell's Tablets.

Sole Proprietors: Dr. Cassell's Co., Ltd., Manchester, England.

**Dr. Cassell's Instant Relief**

LIVER TONIC  
ANTACID  
CARMINATIVE  
LAXATIVE

**GRAND TRUNK RAILWAY SYSTEM**

**Local Branch Time Table**  
IN EFFECT JUNE 27TH, 1916.  
Trains will leave and arrive at City Depot, foot of Johnson street.

**Going West**

No. 18—Mail	11:30 a.m.	12:57 a.m.
No. 15—Fast Ex.	1:55 a.m.	2:55 a.m.
No. 37—Laf. to Tor.	2:35 a.m.	3:35 a.m.
No. 1—Int'l. Ltd.	1:41 p.m.	2:15 p.m.
No. 7—Mail	1:54 p.m.	2:46 p.m.
No. 31—Local to Belleville	6:45 p.m.	7:37 p.m.

**Going East**

No. 18—Mail	1:40 a.m.	2:11 a.m.
No. 15—Fast Ex.	1:55 a.m.	2:55 a.m.
No. 37—Local to Buffalo	1:55 a.m.	2:55 a.m.
No. 7—Mail	1:55 p.m.	2:55 p.m.
No. 1—Int'l. Ltd.	1:54 p.m.	2:15 p.m.
No. 31—Local to Brockville	6:45 p.m.	7:37 p.m.

Nos. 1, 4, 7, 15, 18, 31, 37, 15 run daily, other trains daily except Sunday. Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York.

**CUNARD LINE**

CANADIAN SERVICE

**MONTREAL TO LONDON**  
(Via Falmouth)

From London	Oct. 18th	ASCANIA	Oct. 21st
From Montreal	Oct. 21st	CABIN AND THIRD CLASS	

**MONTREAL TO BRISTOL**  
(Avalonmouth Dock)

From Bristol	Sept. 26th	PELITRIA	Oct. 21st
From Montreal	Oct. 21st		

CABIN PASSENGERS ONLY.  
For information apply local Ticket Agent or The Robert Balfour Company Limited, General Agents, 29 King St. East, Toronto.

**THOMES COPLEY**  
Telephone 987

Drop a card to 19 Pine street when wanting anything done in the carpentry line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop, 99 Queen street.

**Farms for Sale**

We make a specialty of selling farm properties and have at present a large number of farms for sale. We are thoroughly posted on farm values in Kingston district. If you wish to buy or sell it would be to your advantage to consult us.

**A. Hood, T. J. LOCKHART**

Real Estate and Insurance.  
Bank of Montreal Bldg.  
Phone 1055 or 1020 Kingston.

**Do You Like SAUSAGE?**

Every ounce of my sausage is made here out of the best lean pork I can get.

I prepare them with the utmost care, and I can promise you something you will say for time and again.

I make them fresh every day.

**Wire Railings, Fences, Gates, Flower Border and Wire Work of All Kinds on Order**

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