

THE WONDERFUL FRUIT MEDICINE

Thousands Owe Health And Strength To "Fruit-a-lives"

"FRUIT-A-LIVES", the marvellous medicine made from fruit juices — has relieved more cases of Stomach, Liver, Blood, Kidney and Skin Troubles than any other medicine. In severe cases of Rheumatism, Sciatica, Lumbago, Pain in the Back, Impure Blood, Neuritis, Chronic Headaches, Chronic Constipation and Indigestion, "Fruit-a-lives" has given unusually effective results. By its cleansing, healing power on the eliminating organs, "Fruit-a-lives" tones up and invigorates the whole system.

50c. a box, 6 for \$2.50, trial size, 20c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

BUILDERS! Have You Tried GYPSUM WALL PLASTER It Saves Time P. WALSH Barrack St.

Wood's Peppermint Cure
The Great English Remedy
Tones and invigorates the whole nervous system, makes new Blood, cures Bronchitis, Croup, Whooping Cough, Asthma, Hay Fever, Neuritis, Debility, Mental and Brain Worry, Dropsy, Loss of Energy, Polypitis of the Heart, Pulling Memory. Price 21 per box, 6 for \$1.00. One will please, six will cure. Sold by all Druggists or sent by mail. THE WOODS MEDICAL CO., WINDSOR, ONT.

Over-gaiters

In all the newest shades and choice materials, in

White, Fawn, Champagne, Battleship Grey, Light Grey, Cream, Black, Etc.

From 50c to \$3.00.

The Sawyer Shoe Store

WONDERFUL TALE OF AN ACTRESS

Struggled with Sickness and Discouragement; How Relieved.

Dayville, Killbuck, Conn.—"I shall be glad to have every woman know what I know now, after using Lydia E. Pinkham's Vegetable Compound. Although I am only 24 years old, I have suffered for the past eight years. I hated the doctors, for a doctor told me to give up the stage where I was playing with my husband. I was always downhearted and discontented with the world, and only lived for the sake of my little girl. The doctor said to move to some quiet little town away from the noisy city, and I might be able to live and feel well, so I went to Dayville in November. At that time I was so sick I could not walk around, and my husband kept house and I stayed in bed. One day in January I read your advertisement in a newspaper, and I sent for Lydia E. Pinkham's Vegetable Compound, and started taking it. Within two weeks time I was a different woman, could get around, and felt so good that it was a pleasure to do my housework. I felt contented and happy, and now am the picture of health, and am tempted to return to the stage. We appreciate my health as the most precious thing on earth."—Mrs. E. L. Killbuck, Box 85, Killbuck, Conn.

JOIN UNCLE SAM'S ARMY
Two Americans Were Tired of Being Called Slackers.
Watertown, N.Y., Oct. 21.—Robert Lembeck of Flint, Mich., and Thomas Franklin of Kingston, Ont., were accepted at the local army recruiting station in Smith block yesterday for service in the United States Cavalry. Both are nineteen years old and have been working up in the northern part of Canada for the past ten years. They say they got tired of being requested to join the Canadian forces for across-the-sea service. They were frequently jibed at for being "slackers."
"Only last week," said Mr. Franklin, "we were stopped on the streets of Kingston three times by a recruiting officer and were told we would look mighty good in khaki. We replied that we were Americans and were told that there was plenty of room for Americans. Franklin answered in return if we do any fighting it will be for Uncle Sam. So they came over the line and applied to Sergeant Sheehy yesterday for entrance into the United States Cavalry, and were accepted. They will be assigned to one of the Cavalry regiments now doing duty on the border."

THE CONFESSIONS OF ROXANE

(By Frances Walter)

THE LOVELIEST WOMAN IN THE WORLD.

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

"The same thrill which came over me when we left the hotel returned when we entered the brilliantly-lighted foyer. This sensation was succeeded by an exhilaration similar to that induced by wine. I could feel the color come into my cheeks and I knew that my eyes were shining and my face was reflecting new-born happiness. Mariam noticed the change and came nearer to me.

"How beautiful you are to-night, Roxane!" she exclaimed. "I have never seen you so lovely."
I looked at her through the mist caused by my whirling senses. "It is because you are so happy yourself and so beautiful," I told her. "It is always the way. When we are happy we see lovely things and when we are miserable the whole world looks dark and gloomy and unlovely."

"But you are lovely," insisted Mariam. "Look, don't you see every one turn and stare as you pass."
"Nonsense," I exclaimed with an attempt at modesty. "They are merely animals of the Johnnie type who stare at everybody."
"I shall ask the big judge," declared Mariam, plucking Mr. Gordon's sleeve.

"Uncle John," she said, "Roxane insists that I am looking through rose-colored glasses when I tell her that she is lovely to-night. What do you think about it?"
Mr. Gordon raised his eyes to mine. There was a smile on his face, but it vanished slowly as his gaze met mine, and his very soul seemed to leap to meet my own. He looked as if he would stop there before all beholders and seize me in his arms.

"It was fully two minutes before he replied to Mariam's question. "She is the loveliest woman in the world."
He had bent low to speak in Mariam's ear, and his voice was husky with emotion. Then he straightened up, threw back his shoulders and gazed resolutely away from me while we were going to our seats.

I looked about the vast auditorium and could not help marveling that in the entire throng there was not one person, excepting my companions, whom I knew. It made me realize my own unimportance and drew me closer to my friends.
Mr. Gordon wanted to take a box, but Mariam would not permit him, so he had obtained seats in the centre tier comfortably back from the orchestra. Mariam sat on his left,

while I was at his right. "I have always said I never would sit in a box," explained Mariam. "It is all right for Uncle John, because he is so intent upon what he is doing all the time that he never sees anyone and doesn't care and doesn't know if people stare at him. But with me it is different. Nearly every time I come to the theatre I see persons in the boxes who are there merely to be seen and I know others would think I was the same way if I was in a box. So I am pleased for my uncharitable disposition. I must sit with the hot polloi."

"The hot polloi are all right," declared Mr. Gordon. "I am one of them, and I am glad of it. I am like you, Mariam. I do not like to sit in some seat that is set apart as if for the elect. I prefer to be with my fellow human beings."
"That is it precisely," said Mariam. "And those who sit in the seats that are set apart usually like to be set apart themselves. That is why I do not like such seats as if for the elect. I prefer to be with my fellow human beings."

"The same family, but a different branch," ventured Mr. Gordon. "He had persisted in his refusal to look at me in an effort to drive some more serious thought from his mind. As I glanced at him I could not help noting how wonderfully young and handsome he looked. Mariam once said he would have made a stately courtier, and she was right. He would have graced any position in which fortune had placed him. Mariam reverted to the subject of boxes.

"Do you like them, Roxane?" "I like to be with my friends," I said, "and my friends usually sit with the rest of the human family. So I agree with you and Mr. Gordon."
"Thus we are all happy," concluded Mr. Gordon, smiling confidently at me.

"Perfectly," cried Mariam. "I cannot imagine anything in the world that I would rather be doing just now than to be right here with you two dear people."
"And you?"
It was Mr. Gordon's inquiry, and he was gazing at me. I did not reply at once, and just then the music started. As the mellow, seductive notes floated out upon the air I drew a deep breath and again that thrill passed over me. I turned to my companion.

"I am happy," I said quietly. "He took my gloved hand and pressed it. "If only it could be forever!" he breathed.
(To Be Continued.)

"Low Cost of Living" Menu

Menu for Tuesday

BREAKFAST
Sliced Peaches
Crisped Wheat
Coral Eggs
Toast
Coffee or Cocoa

LUNCHEON OR SUPPER
Cheese Toast
Marquis Salad
Apple Sauce Cake
Butter, Cocoa or Tea

DINNER
Thick Vegetable Soup
Boiled Beef with Horseradish Sauce
German Potatoes with Sauce
Onions
Custard
Apple Wafel
Coffee.

Coral Eggs.

Materials—One cup strained tomatoes, 3 eggs, 1 teaspoon butter, 1/2 teaspoon salt, 1 teaspoon cut parsley, dash of pepper, 4 slices toasted bread.
Utensils—Omelet pan, cup, teaspoon, knife, fork, spatula, small bowl, egg-whip, toaster, strainer.
Directions—Cream shortening and add tomatoes, when hot add the eggs, which have been well beaten; add seasonings and stir with fork until set. Dip bread in hot water; dust with salt and lay on hot platter; put the coral eggs on slices of bread; garnish with parsley. Onion flavor adds much to tomato and egg, but it is a matter of taste.

Apple Sauce Cake.

Materials—One cup brown sugar, 1/2 cup shortening, 1 cup sweetened apple sauce, 1 1/2 cups flour, 1 teaspoon cinnamon, 1 teaspoon nutmeg.
Utensils—Mixing bowl and spoon; two measuring cups, one for dry and one for liquid; teaspoon, cake pan, 8 inches square and 2 or 3 inches deep; paper to bake on.
Directions—Cream shortening and sugar together; stir the soda into the apple sauce and add with the sugar and spices to same. Line pan with paper and bake 40 minutes in moderate oven. One-half cup chopped raisins or nuts may be added.

Boiled Beef with Horseradish Sauce

The beef has been boiled with the vegetable soup, so we will only make the horseradish sauce.
Materials—Two cups milk, 1/2 cup grated horseradish, 1 tablespoon sugar, 1/2 teaspoon salt, 2 tablespoons flour, 2 tablespoons butter.
Utensils—Double boiler, cup, grater, teaspoon, tablespoon, small bowl.
Directions—Put the milk in top of double boiler; when boiling add the flour and butter, which have been rubbed together until smooth. Boil until sauce is smooth and creamy, then add the horseradish, sugar and salt; boil 10 minutes. Pour over thinly sliced meat; garnish with sprigs of parsley.

FLOUR UP AGAIN

It Approaches Dangerously Near \$10 Mark.
Watertown, N.Y., Oct. 21.—It was announced yesterday that flour has again taken another jump. The price

Beans Is Beans

—and the cost is soaring skyward with pork, beef, eggs and other foods until the cost of living represents an increase of from 30 to 50 per cent. While meats and vegetables are beyond the reach of many millions of families, Shredded Wheat Biscuit continues to sell at the same old price and retains the same high nutritive quality. Shredded wheat biscuit contains all the rich body-building nutriment in the whole wheat grain, including the bran coat, which is so useful in keeping the bowels healthy and active. Eat it for any meal with milk or cream or in combination with fruits.
Made in Canada

LIBERALISM AND WHAT IT AIMS AT

Ottawa Citizen (Con.).
Mr. Asquith did not by any means say the last word on Liberalism. But what he said of the Liberal party, as follows, might be taken as a fair standard for measuring the Liberal party in Canada:
"The Liberal party was free and unfettered by entangling alliances with interested monopolies, classes and privileges which with a kind of network of interdependence covered the frame of society and made progress with social reform seem sometimes desperate."
When the Liberal party in Canada is free it will reflect Liberalism in its measures. It will propose and, when it has the power, pass measures to restore equality of opportunity to the Canadian people. It will purge itself of the influence of political mandarins in alliance with the privileged interests. Until it does, distrust of the so-called Liberal party will continue where Liberalism might be strongest in Canada.

Beans Is Beans

Mr. and Mrs. Thomas Pybus, Napanea, celebrated the fiftieth anniversary of their marriage on Thursday evening.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

A Bodice for Evening Wear

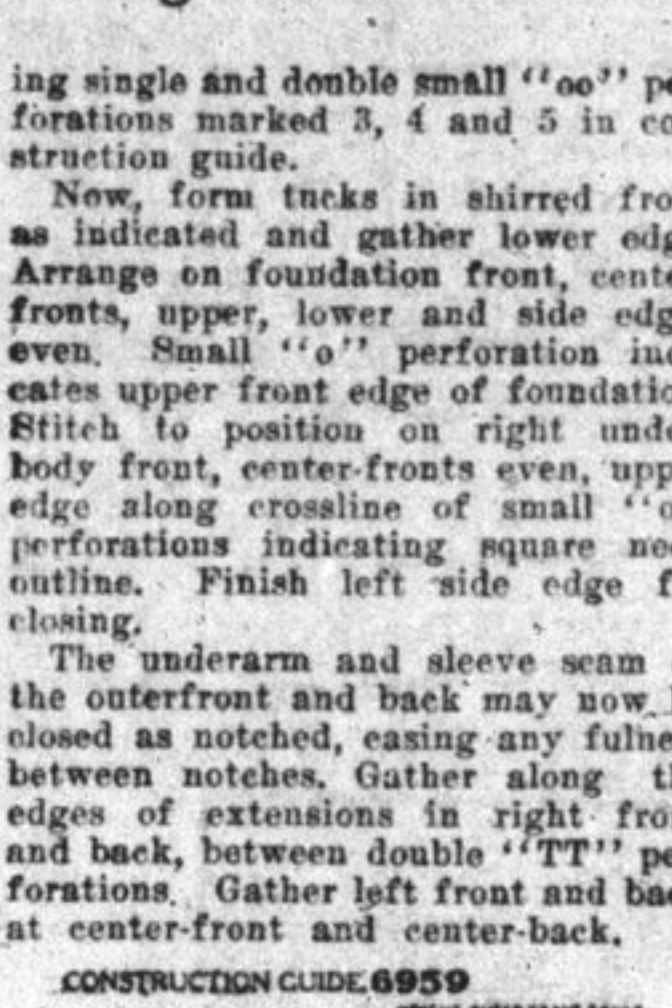


A fascinating evening bodice in chiffon with the front arranged to form its own closing and the adjustment effected under at sash of self-material.

This close-fitting bodice, with its surplus closing typifies the latest mode. It is developed in chiffon cloth and mounted on a sleeveless underbody, closing in front. The neck may be round or square in the front and T-shaped in the back. The bodice is drawn round to form its own girdle and the closing is arranged under the sash. Tiny ruffles of chiffon finish the sleeves, cut in one with the bodice. If desired the design may be trimmed with embroidery—either in silk or silver. In medium size the bodice requires 3/4 yards 36-inch material, with 1/4 yard extra for sleeve ruffle and 1/4 yard lining 36 inches wide.

Before the outer bodice is reached, the home dressmaker must finish the underbody. This must have the front and back faced from neck edges with material to form yoke, after which the lining may be cut away from underneath. Close underarm and shoulder seams, hem the front, plait lower edge and adjust stay.

Next, plait the shoulder piece, crease on lines of slot perforations. Adjust to position on underbody front and back (over the shoulder) match



Close seams of ruffles as notched. Arrange the 3 ruffles together, seams and upper edges even; gather upper edges between double "TT" perforations. Sew to sleeve, notches and seams even.
Arrange outside on underbody, center-fronts and center-backs even, crossing in front and back as illustrated. Bring single and double small "oo" perforations marked 3 and 5 in construction guide to corresponding perforations in underbody and in shoulder piece and tack; bring single "O" perforation to position along seam and stitch to position. Stitch the gathers at center-back (of left half) to position. Stitch tape about 4 inches long to position under gathers in the right half and finish for closing. Bring the small "oo" perforation near the edge of extension in right back, to corresponding small "oo" perforation at under-arm-seam in left back and tack.

To make the sash, plait, bringing "TT" to corresponding small "oo" perforations and tack. Tack to position on left front, matching single large and double small "oo" perforations. Throw the short end over the gathered edges of extensions in waist to conceal closing.

Pictorial Review Waist No. 6959. Sizes, 34 to 44 inches bust. Price, 20 cents.

Tin Mines in Austria

Commercial Post.
An Imperial decree of last year recommends resuming work at the numerous ore mines in Austria. Many of the mines had suspended work because of small profits; some had never been exploited, since in normal times copper, zinc and lead are imported in large quantities into Austria, copper in particular being supplied in better quality and more cheaply from abroad. Tin was scarcely mined in Austria, at the most only 1 per cent of the annual consumption of 3,000 to 4,000 tons. This metal, however, is found in Austria in considerable quantities. Austria possesses tin deposits under favorable geographical conditions, and experts have declared these to be large. According to reliable estimates the three principal mines in Bohemia can supply annually about 2,500 metric tons for some years, or about three-fourths of the country's needs.

Many times troubles are doubled by worrying.

For Overworked Men Vinol Creates Strength

Overworked, run-down men who lack energy, vitality and strength need Vinol because it is a non-secret remedy combining these world famous strength giving elements, viz: Beef and Cod Liver Peptones, Iron and Manganese Peptonates, Glycrophosphates, etc.

Vinol

Full Formula on Every Bottle

is always sold with a definite guarantee to return the purchaser's money if it fails to give satisfaction. Very few bottles are returned.

MAHOOD DRUG CO. LIMITED, KINGSTON, ONT.
Also the best druggist in all Ontario towns.

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



Purity! Purity! Purity!

The one dominating note that runs all through the making of Sunlight Soap is Purity. The \$5,000 Guarantee you get with every single bar is not a mere advertisement. It marks a standard set for the buyers who select the choice Sunlight Soap materials—for the soap boiler—for the expert chemists—for the girls, even, who wrap and pack Sunlight. All are mindful of the Guarantee—it is a source of gratification to all the Sunlight workers.

Sunlight 5¢ Soap

EXPECTS YEAR OF WAR

Russian Budget Provides for Another Whole Year.
London, Oct. 21.—A Reuter despatch from Petrograd says that the budget of 1917 submitted to the Duma and Council of the Empire has been framed in view of the probability of the war lasting for the whole financial year.
Revenue and expenditure balance as a total of 4,078,000,000 rubles, this being the first time the Russian budget has reached four billion. The excess expenditure over the real revenue amounting to 73,000,000 rubles, will be covered by credit operations.
The receipts from the sale of intoxicating liquors, which, in 1913, were approximately 100,000,000 rubles, are now estimated at only 50,000,000 rubles. An explanatory memorandum attached to the budget points out that the taxable resources of the Empire have increased almost entirely as a result of temperance.

GRAND TRUNK RAILWAY SYSTEM

Local Branch Time Table
IN EFFECT JUNE 20TH, 1916.
Trains will leave and arrive at City Depot, foot of Johnson street.

Going West	Ar. City
No. 19—Mail	12:30 a.m.
No. 15—Fast Ex.	2:15 a.m.
No. 27—Ed. Ex.	3:30 a.m.
No. 1—Int'l. Ltd.	1:41 p.m.
No. 1—Int'l. Ltd.	3:04 p.m.
No. 21—Belleville	6:48 p.m.
No. 19—Mail	7:37 p.m.

For Pullman accommodation, tickets and all other information, apply to J. P. Hanley, Agent, corner Johnson and Ontario Streets, Kingston, Ont. Agency for all Ocean Steamship Lines.

CUNARD LINE

CANADIAN SERVICE
MONTREAL TO LONDON
(Via Falmouth)
From Montreal Oct. 14
From London Oct. 14
From Montreal Oct. 31
CABIN AND THIRD CLASS

MONTREAL TO BRISTOL
(Avenmouth Dock)
From Montreal Oct. 3
From Bristol Oct. 28
CABIN PASSENGERS ONLY.
For information apply local Ticket Agent or The Robert Nelson Company Limited, General Agents, 59 King St. East, Toronto.

ALLAN LINE

From Montreal To
Pretoria Oct. 29 Glasgow
Cape Town Oct. 27 London
Seattle Nov. 4 Glasgow
San Francisco Nov. 11 Liverpool
Wellington Nov. 11 London
Tientsin Nov. 18 London
Pretoria Nov. 19 Glasgow
Grahamstown Nov. 25 Liverpool

Steamers on London Service carry cabin passengers only.

For full information apply local agents of THE ALLAN LINE 25 King St. West, Toronto.

In giving, it is hard work for some men of wealth to equal the widow's mite. There is such a thing as being too generous with praise.