

HIS HEART BADLY AFFECTED

"Fruit-a-lives" Soon Relieved This Dangerous Condition

632 GERRARD ST. EAST, TORONTO.
 "For two years, I was a victim of Acute Indigestion and Gas in The Stomach. It afterwards attacked my Heart and I had pains all over my body, so that I could hardly move around. I tried all kinds of Medicine but none of them did me any good. At last, I decided to try "Fruit-a-lives". I bought the first box last June, and now I am well, after using only three boxes. I recommend "Fruit-a-lives" to anyone suffering from Indigestion".

FRED J. CAVEEN.
 50c a box, 6 for \$2.50, trial size, 25c. 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.

SALTS IS FINE FOR KIDNEYS, QUIT MEAT

Flush The Kidneys At Once When Back Hurts or Bladder Bothers.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.

RAIN

It's needed, but does not affect Weese's new sunshine light. Photos taken rain or shine and Saturday nights.

Remember, it is at

WEESE'S
 PHOTOS, FRAMES, PICTURES

HER HOME NO LONGER CHILDLESS

Operation not Necessary after Taking the Great Medicine for Women.

Miller's Falls, Mass.—"Doctors said I had displacement very badly and I would have to have an operation. I had a weakness in both sides and a pulling sensation in my right side. I could not do much work, the pain was so bad. I was also troubled with irregularity and other weaknesses. My blood was poor. We had been married four years and had no children.

After using Lydia E. Pinkham's Vegetable Compound and Blood Purifier I became well and strong and was saved from the operation. We are now the parents of a big baby girl and I praise your remedies to others and give you permission to publish my letter."—Mrs. JOSEPH GUILBAULT, Jr., Bridge Street, Miller's Falls, Mass.

Lydia E. Pinkham's Vegetable Compound is famous for restoring women to normal health and strength. When this is done wives no longer despair of having children.

A woman should be reluctant to submit to a surgical operation until she has given Lydia E. Pinkham's Vegetable Compound a fair trial. If you have a case that needs special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. It is free and always helpful.

You cannot get around the fact that your works are your credentials. It is a good thing to think of our blessings as often as we do our trials.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

ARTHUR AND I DISSECT

OUR GUESTS

(Copyright, 1914, by the McClure Newspaper Syndicate.)

Although Arthur's obvious admiration for Miss Phillips had spoiled the evening for me, everyone else seemed to have a delightful time, and there was a genuine ring of truthfulness in their voices as they bade us good night. Strange as it may seem to persons of healthy moral characters, Mr. Phillips' enjoyment appeared greater than that of anyone else, to judge by appearance. He seemed to be positively delighted that Arthur and Evelyn had become such good friends. I wondered as I looked at him if there could really be such a man in the world. Had he brought his daughter and me or any other woman close together in the bonds of friendship, I would have understood how he could be pleased, but his delight in having established her in a man's admiration was almost incomprehensible.

I could not help wondering what capital Mr. Phillips would try to make of their new friendship. Would he attempt to induce Arthur to give him a larger salary, or a position of greater responsibility? Would he even have his daughter try to work her charms on Arthur to bring about a betterment in the financial affairs of the family? If so, how far would he have her go; how far would she be willing to go?

I did not for a moment doubt that Mr. Phillips stood a good chance to accomplish his purpose if he could but enlist his daughter's aid. The appeal of a woman like her to a man like Arthur was irresistible. Unless their growing admiration was checked she might hold Arthur's future life in the hollow of her hand. In making her father she might unmake my husband.

I determined that such a thing should not be. The hot blood swept to my head in the same way that it did on that memorable night when I sought to drag Arthur from the influence of Mrs. Tanner. If that time I would have gone to any length to prevent my husband being taken away from me in any such fashion. Like many a woman, I have become reconciled to losing my husband under some circumstances, but I would not submit to be robbed of him.

Suddenly my mind cleared. What a fool I was! Why my imagination was working overtime. Arthur had but met the girl. It was impossible that he should have so strongly attracted by her. And she? A woman of her youth and beauty to fall in love with a married man, or to permit herself to be used by her father for any except the highest aims? It was incredible!

"Thus when the guests were gone I turned a smiling face to Arthur. "Was it a success?" "Indeed it was! Roxane, you are a wonderful hostess!" His words thrilled me and my face became radiant.

"You dear man, I cried, putting my hands on his shoulders. "And you are a wonderful host."

He looked down into my face with ever so slight a frown. "I would have been much better pleased if he had given me a big, bear-like hug. But he did not. He merely took me by the arms, which I still held on his shoulders, and gave them ever so slight a squeeze. And how did you like them all?" he inquired.

"Mr. Tomlinson seems to be a very great success."

He threw back his head and laughed. "He admitted it, didn't he?" inquired Arthur. "Poor Wall Street! What will it ever do when Tomlinson dies?"

"It will still have Mrs. Tomlinson to remind it how great he was. I do not think I ever saw such majesty so greatly magnified as when I looked upon her admiration for her husband."

"How could she help it? He has been telling her of his greatness all these years."

"It is wonderful!" "And Edwards and Phillips and Mrs. Edwards?" he inquired. "What do you think of them?" "Not much of Mr. Edwards' and less of Mr. Phillips. Mrs. Edwards, of course, doesn't count."

"No," admitted Arthur, absently. "Nor is Edwards a heavy-weight. He is a good hand for details and is valuable in that account."

"And Mr. Phillips?" "I have never been able to form an estimate of him," said Arthur, frowning. I inherited him from the old management, and promoted him at Henderson's suggestion. He is a good, office man and attends strictly to business, but the personal side of him always has been a mystery to me. At times he reminds me of an angel and at other times he makes me think of a buzzard."

I shuddered. "It is the buzzard only that he reminds me of," said I. (To Be Continued)

NEW MEDICAL SCHOOL

Rockefeller Gives \$2,000,000 to Found High Grade College.
 New York, Nov. 13.—The General Education Board, in co-operation with the Rockefeller Foundation has appropriated \$2,000,000 to the University of Chicago for the establishment of a high-grade medical school.

The university will appropriate at least the same amount, and will give a site valued at \$500,000. An additional sum of \$3,300,000 will be raised by the university.

The new medical college will start with an initial endowment of almost \$8,000,000, which, according to Dr. Abram Flexner, who made the announcement, is the largest ever provided for any college of medicine in the world.

GOLD IN QUEBEC.

Klondike Miner Claims to Have Made Rich Find.
 Quebec, Nov. 13.—Adelard Rock, a mine prospector, who worked in the Klondike, has found gold in the parish of St. Joachim, near Ste. Anne de Beauraup. He says the ore will pay between \$200 and \$300 a ton.

Justice and right make a pretty good religion when tied together. Be something besides a cipher in your town. Count one anyway.

Killing the Calves

All sorts of excuses are offered for the high price of beef, the most plausible being the alleged demand for veal—"the killing of calves which should be allowed to grow into regular beef." You cannot have beef if you eat it as "veal," but you can have Shredded Wheat Biscuit which contains more real nutriment than beef and costs much less. Shredded wheat biscuit is the whole wheat steam-cooked, shredded and baked. Make it your "meat" for ten days and see how much better you feel. Wholesome and strengthening for any meal with milk or cream or in combination with fruits.

Made in Canada

"Low Cost of Living" Menu

Menu for Tuesday

BREAKFAST
 Baked Apples
 Boiled Whole-Wheat Cereal
 Syrup of Marshmallows
 Currant Jelly
 Syrup or Jam
 Coffee or Cocoa

LUNCHEON OR SUPPER
 Roast Turkey
 Hashed Meat and Vegetables
 Tossed Corn
 Apples or Cakes
 Milk or Cocoa

DINNER
 Chicken Rice
 Chicken Pie
 Peas
 Celery
 Cocoa Bread Pudding
 Coffee

Chicken Rice Broth.

Wash, singe and cut the chicken as for stewing. Put the neck, back, wing tips, gizzard into saucpan with 6 cups of cold water, a small piece of onion, 1 tablespoon salt, dash white pepper and boil slowly 2 hours. Remove the chicken and gizzard and add 2 tablespoons well-washed rice; boil 30 minutes then add 1 tablespoon chopped parsley. When serving add a dash of paprika.

Baked Chicken Pie.

Purchase a nice plump 4 pound chicken; singe, draw and clean the same as usual. Disjoint, cut the breast into four pieces, cut the thigh and leg apart. The neck, wing tips, heart, gizzard and liver save for the soup. Put the breast on with boiling water enough to cover, cook 2 hours.

Cocoa Bread Pudding

Materials—Eight thin slices bread, all crust removed, 4 eggs milk, 1 1/2 cups brown sugar, 1/2 teaspoon cinnamon, 1/2 teaspoon salt, 2 eggs, 1/2 cup butter, 1 tablespoon granulated sugar.

Directions—Mixing bowls, 2 measuring cups, teaspoon, tablespoon, knife eggbeater, plate to beat eggs on, baking-dish, silver fork. Directions—Mix the cocoa with the cold milk until smooth, add half the brown sugar and the well-beaten yolks of eggs. Brush bakedish with butter; cut the bread in dice and place in bakedish; pour over the cocoa and milk, cover with the remainder of brown sugar, butter and dust with the cinnamon; bake in moderate oven one hour. Beat the whites of eggs until dry; add 1 tablespoon granulated sugar; spread over the top of pudding, rough with fork, and dust with pulverized sugar. Put in cool oven 5 minutes or until light brown.

Easy & Practical Home Dress Making Lessons

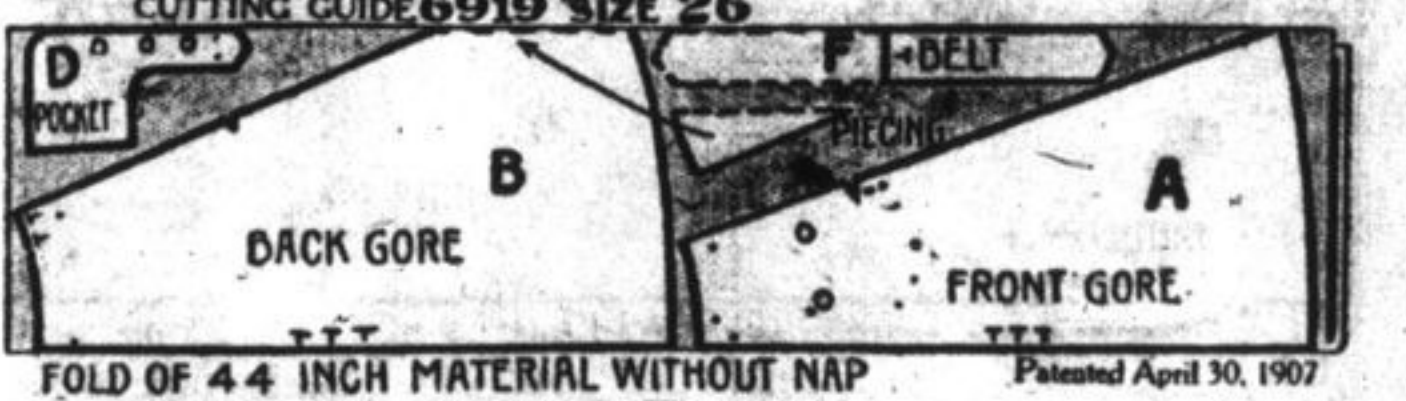
Prepared Specially for This Newspaper By Pictorial Review

Circular Skirt with High Waistline



Meeting all the requirements of chic simplicity is this two-piece circular skirt. Although fashionably wide at the lower edge the skirt shows no decided flare.

It is remarkable how smart a simple skirt can appear, if properly made. Any soft material that will



hang in full folds will do for the development of this design, for though the fashionable skirts are full, the flare must not be emphasized. The

Pictorial Review Skirt No. 6919. Sizes, 22 to 36 inches waist. Price, 50 cents.

THE JUVENILE MODE.

What Children Will Wear All This Autumn. Clothes for children are those of their elders very closely this season. Especially is this so in materials. Wool velvet for coats, with plenty of fur trimmings; velvet and satin for frocks, are the rule rather than the exception. Dark colors lead, navy blue, dark brown and hunter's green being favored. Trimmings of Roman stripes, bright plaids and checks or plain silks, as red, emerald green, Hapue blue and gold, are used to lighten up the somberness of the darker materials.

Gaberdeens, serge, broad-cloth, plain and novelty tullefas and velvets are employed for afternoon frocks. Fur, braid and richings trim these. Party frocks of chiffon, net, crepe de chine or pastel colored tullefas reach the acme of youthful daintiness. Ripple effects are noticeable in coats, Cape, sailor, military and draped collars are largely used. More than often they are entirely of fur. Belts and sashes are featured to a great degree.

Little girls will wear small, snug fitting toques of fur over their curls this winter. Handmade trimmings, such as velvet fruit and flowers, trim the poke bonnet of silk or velvet.

Cutlets in Mint Sauce.

Lamb cutlets in mint sauce make a novel dish. Either braise or roast the best end of a neck of lamb, and when cold trim into daintily shaped cutlets, not too thick. Have ready a pint of stiff apple jelly, flavored, a little sugar and some French ylanges, besides the ordinary flavoring, when it is strained, but still liquid, mix into it four tablespoonsful of finely chopped mint. Pour a thin layer of this jelly, not more than the tenth of an inch deep, into a flat, shallow tin, and when it is thoroughly set place the cutlets thereon and pour more of the liquid mint jelly on them, so as to just cover them. When it is set and stiff pass a sharp knife around the edge of each cutlet so as to cut it out from the surrounding jelly.

Pass a cloth wrung out in warm water lightly under the bottom of the tin and the cutlets will be easily detached, each neatly masked with jelly on both sides. Dish them in a wreath of peas and mayonnaise.

Let There Be No Lack of Sleep.

Lack of sleep gives a woman possibly more than anything else. Most women who are inclined to be nervous require from eight to nine hours. Six and seven hours of rest suffice for others. The hours before midnight contain the magic wherein beauty is dispensed freely. One hour before 12 will do more good than two afterward. Sleep without pillows if possible or a very small one of couch size. The feet should be higher than the head. This makes the flow of blood over the heart easy. Sleep on your right side, with the limbs outstretched and the arms down at the side rather than over the head, which, 'tis said, encourages bad dreams.

Whether you win or lose always depend largely on your sticking qualities.

Used in Millions of Tea Pots Daily—Every Leaf is Pure

Every infusion is alike delicious

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Black, Green or Mixed } Sealed Packets only.

Save the Babies
 FOR THE EMPIRE'S SAKE
 USE ONLY PASTEURIZED MILK
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THE ALLAN LINE
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GRAND TRUNK RAILWAY SYSTEM

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

Going West
 No. 19 - Mail 12:30 a.m. 12:57 a.m.
 No. 15 - Fast Ex. 2:55 a.m. 3:36 a.m.
 No. 27 - H. to Tor. 3:30 a.m. 3:54 a.m.
 No. 1 - Intl. Ltd. 1:41 p.m. 1:12 p.m.
 No. 10 - Mail 3:04 p.m. 3:40 p.m.
 Belleville 4:48 p.m. 7:37 p.m.

Going East
 No. 18 - Mail 1:40 a.m. 1:17 a.m.
 No. 14 - Fast Ex. 3:55 a.m. 3:36 a.m.
 No. 25 - Local 1
 Brockville 8:15 a.m. 8:50 a.m.
 No. 6 - Mail 12:30 p.m. 12:52 p.m.
 No. 14 - Intl. 1:08 p.m. 1:39 p.m.
 No. 21 - Local 2
 Brockville 4:41 p.m. 7:37 p.m.

Nos. 4, 7, 12, 14, 15, 19 run daily, other trains daily except Sunday.
 For Pullman accommodation, tickets and all other information, apply to J. J. Hanley, Agent, corner Johnson and Ontario Streets, Kingston, Ont. Agency for all Ocean Steamship Lines.

OUR NEW FRUITS

HAVE ARRIVED

Raisins, Currants, Peels, Dates, Figs,

New Walnuts and Almonds, Choice Mince Meat at THE PREMIUM STORE

J. R. B. GAGE Montreal St.

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 Relieved in 24 Hours

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 The Great English Remedy
 Tones and invigorates the whole nervous system, restores the blood in old folks. Cures Nervous Debility, Mental and Brain Worries, Dropsy, Asthma, Loss of Energy, Fatigue of the Heart, Stomach Memory. Price \$1 per box, 25c for 50. One will please, six will cure. Sold by all druggists or mailed in plain package for 10c. Price. New pamphlet mailed free. THE WOODS MEDICINE CO., TORONTO, ONT. (Insert this)

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Are you anxious to identify yourself with one of the biggest, livest and most profitable industries in the world?
 Are you willing to work hard, providing your efforts yield a greater return?
 Are you eager to establish yourself in a sound, growing and money-making business?
 Are you thinking about a business that you can build up, that will provide you with a real income, and that you can hand down to your son?
 Have you a good reputation, a business training, selling ability, acquaintances and some capital?
 If you can qualify, we want you. And we can submit a proposition that you will like. The possibilities are unlimited for a live, hustling business man.

We are at the present time without representation in this locality. We must have a dealer at once. The demand for Maxwell Cars is insistent and we must make arrangements to satisfy it.

The Maxwell Company is one of the three largest automobile concerns in the world. The Maxwell Car is famous for its durability, economy, comfort and good looks. It is without question the **World's Greatest Motor Car Value.**

If you are interested (and if you are the kind of a man we want, you will be) write, wire or telephone at once to

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All Models Completely Equipped—No Extras to Buy