

AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" - The Wonderful Fruit Medicine - will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema - and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-lives" will always cure Auto-intoxication or self-poisoning - as "Fruit-a-lives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-lives Limited, Ottawa.



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The dainty little flakes of purest essence of soap - LUX - wash silks, woolsens, etc., without fading or shrinking - absolutely - and it's the cheapest cleanser you can buy.

LUX

Contains more real soap, however, than five times its weight in ordinary soaps, cheap soap or soap powders. Try LUX today.

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Toronto

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BLACK HORSE PORTER
Lagers - KINGSBREWERY CLUB SPECIAL
HOMEBREW

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INDIA PALE ALE
PORTER
BOHEMIAN LAGER

The above goods are all full strength and are supplied to consumers direct from the Brewery ONLY in localities where no licensed traders reside.

FROM THE COUNTRYSIDE

Leeds

JUNETOWN
Nov. 27.—Miss Mina Pritchard, spent the week-end at her home in Athens. Miss Gertrude Scott, of Gananoque, is spending Saturday and Sunday at her home here. Rev. P. Watson, preached at Escott on Sunday evening. Several from here attended a fine lantern lecture at Malortown on Tuesday evening, given by Rev. Halpenny, of Montreal. Ross Purvis, was in Brockville on Thursday. Mr. and Mrs. Willard Purvis and daughters, Allie and Bella, left on Monday to spend the winter at Pasadena, Cal. B. T. McGhie, Kingston, was calling on friends here this week. Walter Purvis, was in Brockville on Thursday. Mrs. Sanderson Ferguson, is visiting her aunt, Mrs. William Eaton, Lyn. Rev. William Purvis, was in Kingston for a few days last week. Thomas Pritchard, Athens, and Miss Florence Pritchard, Seely's Bay, called on friends on Friday last. Mrs. William Earl, Lyndhurst, was a guest this week of Mrs. William Flood. Mrs. A. C. Earl, Athens, visited friends here on Thursday last. Mr. and Mrs. E. Scott, Yonge Mills, were guests at Herbert Scotts' on Sunday.

Caintown

Nov. 28.—Mr. and Mrs. George Turkington, Youngs Mills, spent Sunday last the guest of Mr. and Mrs. Thomas Mills. Mrs. M. Moore and Frederick Moore spent Sunday last in Brockville. Mrs. William Graham, sr., and Miss Leona Dowsley were the guests of Mr. John Gray, Lillie's, on Tuesday. Miss Beatrice Dickey, Merrickville, spent the week-end under the parental roof. Mrs. M. Earl, Lyndhurst, and Mrs. Ashur Earl, Temperance Lake, called on Caintown friends one day last week. Prayer meetings are now being held in the Methodist church here every Tuesday evening. William London and Miss Elsie Wilcott, Rockport, were the guests of the latter's sister, Mrs. Burton Poole, on Sunday last. The cheese factory has closed for the winter. Mr. and Mrs. Charles Weston and children, Yonge Mills, were visiting Caintown friends on Sunday last.

Lennox and Addington

CLOYNE
Nov. 28.—The Red Cross Society held a successful box social in the village hall Saturday evening. The proceeds amounted to \$27.70, and will be used for purchasing yarn, with which to knit socks. Those assisting were Mesdames MacNicholl, Snider, Cole, Head, Wise, Misses MacNicholl, Snider, Cade, Keegan, McCausland, and Messrs Snider, Cole, Schwager, Meeka and Huffman. Rev. Mr. Benson, performed the duties of chairman. George Leveair has moved his family from Bon Echo to Mrs. Roy's farm. Mrs. Milton Spencer is ill. Miss Cade spent the week-end the guest of Miss MacNicholl. Mr. and Mrs. Hawley are visiting at Denbigh.

STELLA

Nov. 27.—A poultry buyers for J. F. Smith & Co., Napanee, was over the island about two weeks ago and purchased a large number of turkeys, geese, ducks, etc. They were to be shipped on Friday last, but owing to the storm on that day and Saturday they will not ship till to-day. The steamer Aletha made her last trip of the season on Saturday. The freight from the port has been quite heavy for the past week. J. A. Tugwell shipped over seventy head of cattle in the week. Joseph Bray has his motor boat, Twigs, around in the bay, and will now go into commission between the island and Kingston. The steamer Brockville was sheltered here from the heavy gale on Friday. The ladies of St. Alban's and Christ's church, Emerald, held their annual bazaar and supper in Victoria Hall on Thursday afternoon and evening. It was very successful considering the wet day. Mrs. D. Caughey, jr., and Miss Anne Instant, who underwent operations recently in the Kingston General Hospital, have so far improved in health that they have been able to return home. Mrs. B. N. Wemp has returned after visiting friends at Watertown, N.Y.

ERINSVILLE

Nov. 28.—A quiet wedding was solemnized at the Roman Catholic church here on Monday when Miss Hannah Taylor became the bride of George Jordan of Read. They were assisted by Miss Jordan, sister of the groom, and Richard Taylor. The bride looked charming in a suit of battle grey silk crepe with hat to match and black seal coat with trimming of ermine. After a dainty wedding breakfast, was served at the home of the bride, the couple left for an extended honeymoon to Ottawa and eastern points. Mr. and Mrs. Patrick McIlroy and Mr. and Mrs. Michael McAvoy, Tweed, were the guests of Mrs. Thomas Gaffney, one day recently. Several of the boys have returned home after spending the summer in the western provinces. Henry Harde, Newburgh, spent Sunday at his parental home. Mrs. Roach, is recovering from a fractured ankle which she received in an accident a few weeks ago. Mrs. Hamilton, Belleville, was renewing acquaintances here last week. James O'Neill and Miss Teresa Farrell were married at the Roman Catholic church here on Tuesday.

Lanark

Not one man in 10,000 ever gets a

Cambel Green, who spent the past few months in the northwest, returned home on Saturday looking hale and hearty. Howard Robinson, cheesemaker at Almonte, is visiting his many friends in and around Maberly. Miss Pearl Duffy visited friends at the Brook last week. Miss Mary and Sadie Green, who went west this summer will not return home this winter, but will reside in Winnipeg. The cheese factory has closed for the season. A number of letters have been received from the boys of the 130th, who are in France.

Prince Edward

ALLISONVILLE

Nov. 27.—Fred Morton, Melville, and Miss Lillie Wallbridge, Huff's Island, were united in marriage in St. Thomas' church, Belleville, Tuesday, Nov. 14th, at five p.m., Rev. Canon Bearshiff officiating. Only the near relatives were present. The happy couple took the train for Ottawa for a brief honeymoon, returning on Friday to the home of the groom, where a post-nuptial reception was held in their honor. About forty assembled to receive the bride and groom. After congratulations a bountiful dinner was served, after which David Scott, Woodstock, uncle of the groom, made an eloquent after dinner speech, to which the groom ably responded. The evening was spent very pleasantly in games, music, both vocal and instrumental. George Weeks rendering several solos in his usual pleasing manner, and Mrs. Milton Wood, Miss Billie Wood and Mrs. Osborne giving excellent instrumental selections. The bridal couple received numerous and costly gifts. The company dispersed in the wee small hours after extending Mr. and Mrs. Morton sincere wishes for a long and happy life. Mr. and Mrs. David Scott, Woodstock, left for home on Monday after enjoying the week with her sister, Mrs. Aurilie Morton and attending the marriage of Fred Morton, P.E., W. R. Archer, Wellington, who was expected to conduct the services on Hallowell circuit on Sunday last was unavoidably detained. Rev. Archer will conduct anniversary services on this circuit, Sunday, Dec. 3rd. Rev. H. H. Mutton, conducted the funeral of the late Mrs. Delong on Wednesday, 15th. Her death was very sudden. She was in her usual health at three o'clock Monday morning and at five was found dead in bed. She was sixty-one and leaves a husband, one daughter and one son. They had three household goods packed to move to Belleville the same day but the following Monday and Tuesday Messrs Arthur Morden, Bruce McFaul and Albert Weir moved the family to Belleville. They have the sympathy of the community. Miss Winifred Pearce spent the week-end with her aunt, Mrs. H. A. Anderson, returning to Belleville on Monday, where she is taking a course in music. Miss Marjorie of the Belleville high school also spent the week-end at home. H. A. McFaul, is much improved after his severe illness of several weeks. John Marvin, is on the sick list.

BLOOMFIELD

Nov. 28.—Much plowing remains to be done, and rain is badly needed to fill wells and creeks. On Nov. 19th, Clayton Barr delivered addresses at Bath in the interest of the Laymen's Missionary Movement, and on Nov. 25th addresses of the same kind were delivered at Adolphustown. Alexander Saykes has sold his residence to Mr. Green, of Madoc. The Ladies' Aid of the Methodist church held a bazaar on Friday last. Mr. Bryans, manager of the Standard Bank here, returned home last week with his bride from Peterboro. They will reside in John Jackson's house. H. S. Miller, Picton, shipped beans from here last week. Walter and Fred Johnson, of Ottawa, sons of Zenas Johnson, are home attending their father, who is very ill. Owing to a shortage of coal the flour mill has to run on Monday and Tuesday. Carver and family have moved from here to A. Morden's, Wellington. One well-known farmer of this place was fined \$20 and costs for sending adulterated milk to Bloomfield cheese factory. Zenas Johnson, a highly respected resident, died at his home here on Monday after a year's illness of an internal disease. Deceased followed the trade of blacksmith up till the time of his illness. He is survived by his wife, two sons, Walter, of the Standard Bank, Ottawa, and Frederick, a bookkeeper at Ottawa; also two sisters, Mrs. F. Talcott and Mrs. John Clinton, of this place, and a brother, W. A. Johnson, Picton.

Township Councils

HINCHINBROOKE

Parham, Nov. 25.—Council met, members all present. Minutes of last meeting adopted. Bills and communications read. Moved, Jeffery McCloud that S. Peters and A. Bush each receive an order for \$2 error in dog tax. Carried. Moved, Howes Peters, that the clerk bill Olden and Kennebec Townships for \$7.93 and \$10.87, for work on boundaries. Moved, Jeffery McCloud, that the Townships of Portland receive an order for work done on south boundary. Moved, Jeffery McCloud, that the Reeve and Treasurer prepare the financial statement for next meeting of council. Moved, accounts passed: C.P.R., \$1; D. Purdy, \$110; E. Peters, \$2.50; J. A. Kennedy, \$15; Standard Pub. Co., bal. on printing \$10; R. McKnight, \$9; G. W. Killins, \$2. Council adjourned to meet at Picadilly, Dec. 15th.

Sir Douglas Haig in his report upon The Battle of the Somme, writes:

"First let me thank the munitions workers. This magnificent victory could not have been won without the self-sacrifice and devotion of those women and men who have so faithfully laboured to provide us with the munitions necessary to carry out our plans."

When the history of this war is written, the part played by the munitions workers will rank in importance second only to that of the soldiers and sailors.

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Director of Munitions Labor,
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Canada.



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DEPT. H. 30 TORONTO, ONT.



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