Of Woman---Some Interesting

Completely Restored To Health By "Fruit-a-tives"

882 St. VALUER ST., MONTREAL. "In 1912, I was taken suddenly ill with Acute Stomach Trouble and years, and my weight dropped from 225 pounds to 160 pounds. Then several of my friends advised me to try "Fruitwith the first dose, and by using them, I recovered from the distressing Stomach Trouble-and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise "Fruita-tives" enough". H. WHITMAN.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruita-tives Limited, Ottawa.

HE NEW FRENCH REMEDY. No. 2. CURE THERAPION No. 3. CURTO VIEW WEAKINGS. PRICE IN ENGLAND, 22 in his manner convinced me that he was questioning himself more than he was questioning himself more than he was me.

"And you?" I asked in return.
"And you?" I asked in return.
"And you?" I asked in return.
"Would you be satisfied to go back to "No. but I have heard and the part of his relations with Mrs. Pales.
"No. but I have heard and the part of his relations with Mrs. Pales."

GLASS OF SALTS IF YOUR KIDNEYS HURT

Eat Less Meat if You Feel Backachy or Have Bladder Trouble. .

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you bowels: removing

acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

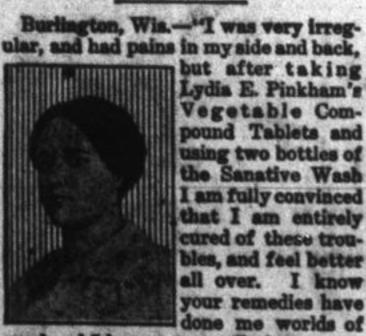
To neutralize these irritating acids and flush off the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful effervescent lithiawater drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.

WANTED To rent a farm of 200 acres with privilege of buying.

W. H. Godwin & Son

PAINS IN SIDE AND BACK

How Mrs. Kelly Suffered and How She was Cured.



good and I hope every suffering woman will give them 'a trial."—Mrs. Anna KELLY, 710 Chestnut Street, Burling

The many convincing testimonials con-tantly published in the newspapers ught to be proof enough to women who uffer from those distressing ills pecuar to their sex that Lydia E. Pinkham's

This good old root and herb remedy has proved unequalled for these dread-ful ills; it contains what is needed to restore woman's health and strength.

If there is any peculiarity in your case requiring special ad-vice, write the Lydia E. Pinkedicine Co. (confidential), Mass., for free advice.

Attempt to follow the advice of all your friends and it will be a padded

(By Frances Walter)

We Discuss Mr. Higginbotham. (Copyright, 1916, by the McClure Newspaper Syndicate).

Mrs. Palmer hardly had shaken the you can. dust of Enville from her feet to seek | "Yes," said Kenneth, "and I can dropped in the street. I was treated larger and greener fields in New understand a man's, too. I always pected as his departure, and was as I had this one. Now I know what free from fuss as the arrival of a jit means and if the good Lord con ghost. Kenneth told me one evening | tinues to be kind to me I do not want a-tives". I began to improve almost that he was back, and that he had ever to be homeless again. taken up his residence in his old quar- "I am very glad, then, that you have ters quite as usual. "But will he not want this place?"

> cuss the matter, but I assume that not having one as there is between sooner or later he will want to move being married and being unmarried in. Meanwhile, we can be looking The only difference is that when mar-about for a place of our own," ried people are homeless there are two "You mean a home?" I asked with to be miserable instead of one." sinking heart, feeling that as a matter | "We shall tell Mr. Higginbothan

> "Would you be satisfied anywhere | "Yes, but the poor fellow will else except in your own home now?" miserable here. But I suppose in his manner convinced me that he erable anywhere; so it is merely a

the Chadwick?"

He gave a short laugh. "I don't think I should ever be satisfied anywhere except under my own roof," he declared emphatically. he were trying to get his ideas These few weeks have taught me form.

'You can appreciate my own feeling, then," I told him. "Before we kept house you could not understand a woman's feeling for her home. Now

His coming was as unex- and home meant nothing to me until

had the experience." "There is nothing like it. Roxane

"There is really as much "I do not know. We did not dis- difference between having a home and

of course we would return to an hotel then, that he may have his hous whenever he wants it? I looked at him sharply. Something cannot be helped. He would be mis

> "Did you ever fathom the mystery of his relations with Mrs. Palmer?" "No, but I have heard enough about them to be able to form my own con-

"What is it?" Kenneth hesitated a moment, as

(To be continued.)

WAR MENUS

How to Save Wheat, Beef and Bacon for the men at the front. Is-sued from the Office of the Food Controller for Canada

> MENU FOR TUESDAY. Breakfast **Qranges**

Ciscoes Dinner Mashed Potatoes Creamed Onions Cornstarch Mold With Fruit

Bread and Butter Cake Jelly Tea The recipe for Cornstarch Mold, mentioned above, is as follows:-1 pint of milk

4 tablespoons cornstarch mixed with a little cold water. cup sugar deaspoon vanilla well-beaten egg

teaspoon salt 2 cup chopped cooked peaches, apricots or pears.

Scald milk; then stir in corn-starch mixed with a little cold waand cook five minutes in double boiler. Place upper part of double boiler on fire, let cornstarch boil, return boiler to place, add sugar, egg and salt beaten together, and cook two minutes, stirring continually. Flavour with van-illa, add fruit, and pour into mold. and serve with sugar and cream. An excellent way of using up small amounts of canned fruits. Wheat and Meat Saving Recipes by Domestic Science Experts of the Food Controllers' Office.

What He Noticed.

A prominent churchman in the darky. After the ceremony he was long.

of de bishop," answered the negro. "Well, I never had no chiny tea "An' at the same time I felt kind of things, nor no silk gowns, nor emmin to look after him, has he?"

"I noticed, sah, whenever de bishop whether any of you can beat that." turned around de back of his coat was busted, an' de red undershirt was ashowin' thru!"

Can't Find Dandruff

Every bit of dandruff disappears after one or two applications of Danderine rubbed well into the scalp with the finger tips. Get a small bottle of Danderine at any drug store for a few cents and save your hair. After several applications you can't find a particle of dandruff or any falling hair, and the scalp will neve

coat like this for girls and juniors

There is a panel front, the inserted

side sections being gathered and at-

tached to extensions on front and

back under the belt. The deep poc-

kets are inserted in the side sections.

The large pointed collar is closed to the neck. It may be rolled with the

fronts forming revers, however. Turn-back cuffs finish the two-piece

sleeves. In medium size the coat re-

In order to cut the coat without the slightest waste of material, fol-

low the guide carefully. Placing the

pieces of the pattern as indicated in-

sures good lines for the garment.

The back is laid along the length-wise fold of material, with the in-

serted side section to the right of it.

The large "O" perforations in the inserted side section rest on a length-

wise thread of material. To the

right of the two sections named place the collar and belt, directly on the lengthwise fold. The pocket and cuff come next, with large "O" perfora-

tions resting on a lengthwise thread.

Now, for the upper row: place the

lower sleeve section and front oppo-

site the back, with large "O" per-

forations resting on a lengthwise thread of material. The underfacing rests opposite the inserted side sec-

tion, with straight edge along the

selvage and large "O" perforations

on a lengthwise thread. Below the underfacing is the stay. The upper

sleeve section comes next, with large

"O" perforations on a lengthwise

The belt may be fastened at the

side-front or continued all the way

round the waist and lapped with a

quires 2% yards 54-inch material.

Home Dress Making Lessons

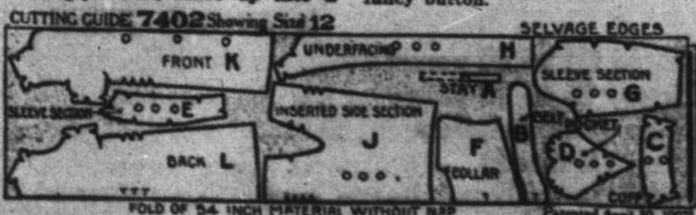
Prepared Specially for This Newspaper By Pictorial Review

Girls' Coat With Panel Front.



viceable lines. Belt, collar and cuffs. of self-material are the principal details of decoration.

Cheviot, tweed or velours would be exceedingly smart made up into a



Pictorial Review Coat No. 7462. Sizes, 6 to 14 years. Price, 15 cents.

Face Covered With **PIMPLES**

ASHAMED TO GO OUT.

Many an otherwise beautiful and attractive face is sadly marred by unsightly pimples, blotches, flesh worms and various other blood dis-

Their presence is a source of embarrassment to those afflicted as well as pain and regret to their

Many a cheek and brow cast in al nominee in Brantford. the mould of beauty have been sadly defaced, their attractiveness lost and by several physicians for nearly two York when Mr. Higginbotham re- have lived in a sort of accidental way, their possessor rendered unhappy for ford demand a straight Laurier can-

Why, then, consent to rest under this cloud of embarrassment? There is an effectual remedy for

all these defects. It is Burdock Blood Bitters. This remedy will drive out all the impurities from the blood and leave the complexion healthy and clear.

Mrs. Katherine Henry, Port Sydney, Ont., writes: "Two years ago my face was so covered with pimples I was ashamed to go out at all. I tried several remedies, but they were of no use. At last a friend advised me to try Burdock Blood Bitters. got a bottle, and by the time it was used I could see a difference. I then got two more, and when I had used them the pimples were completely gone. I can highly recommend B.B.B."

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Where She Beat Them. The superintendent of a charitable institution for the aged poor in a certain district says that there is no topic more pleasing to some old women than the discussion of their "better days," when they were the fortunate possessors of "everything heart could wish for," as they are apt to ex-

One old lady in the institution United States, who is very fond of a mentioned, never tired of describing joke tells of an amusing incident in the finery she had when she was a connection with an ordination cere- bride; another boasted of having once mony in Virginia. As is usual on owned a "gold-band chiny tea-set" such occasions, the bishop wore a red and six solid silver teaspoons; whilst university hood at the back of his the third dwelt at length on the elesurplice. Among the most interest- gance of a flowered silk gown and sated of the congregation was an old in parasol with fringe fifteen inches

asked by some one how he liked the One poor old lady stood this sort of talk as long as she could. Then "I was clean taken by de preachin' she calmly interrupted with:

sorry for him. He ain't got no wim- broidered petticoats, nor openwork stockings, nor gold ear-rings, nor "Why, what makes you think that, nothin' o' that sort; but I have had four husbands, an' I'd like to know

What He Called For.

Mr. and Mrs. Newbride had taken modern little villa in a suburb and Mr. Newbride was hanging the pictures. There was a certain photograph of his wife which he decided must go up. He therefore got a substantial nail and hammered it into Then came a knock at the door.

running to the window. "Your hammering's disturbed him." Mr. Newbride hastened to apolo-Oh, I don't mind the noise," re-

"It's Mr. Nexdor," said his wife,

plied Mr. Nexdor, cheerily. "I only came to ask if I might hang a picture on the other end." ARE YOU LOSING

YOUR GRIP.

Dr. Cassell's Tablets are the Remedy to Restore Your Energy, and to Re-build Health and Vitality.

If anyone who feels weak or languid, whose vitality has been lowered from any cause, whose nerves are overstrained or "jumpy," will take a course of Dr. Cassell's Tablets, he or she cannot fail to be astonished at the wonderful new health and vigour that will follow and follow quickly. Dr. Cassell's Tablets are an ideal brace-up. They strengthen the nervous system throughout, invigorate all the bodily functions, give "Spring" and "Grip" and fitness even to the weakest. And there is no dope in them.

A free sample of Dr. Cassell's Tablets will also speak at Bowmanville on

A free sample of Dr. Casaell's Tablets will be sent to you on receipt of five cents for mailing and packing. Address Harold F. Ritchie and Co., Ltd., 10 B'Caul Street, Toronto. Dr. Cassell's Tablets are the supreme remedy for Dyspepsia, Kidney Troubles, Sleeplessness, Anaemia, Nervous aliments, and Nerve Paralysis and for weakness in children. Specially valuable for nursing mothers and during the critical periods of life. Price 50 cents per tube, six tubes for the price of five, from Druggists and Storekeepers throughout Canada. Don't waste your money on imitations; get the genuine Dr. Cassell's Tablets.

Dr. Cassell's Teblets are the supreme brother of Rev. Dr. C. W. Gordon, novelist, was nominated in place of Major Andrews and Dr. Bland.. Dr. Gordon went overseas with an ambulance corps.

Alexander MacGregor, of North Toronto, received the unanimous nomination as Liberal candidate for the riding of South York at the an-

Proprietors, Dr. Cassell's Co., Ltd.,

POLITICAL NEWS.

Hon. George P. Graham.

Dr. A. C. Hanna will be unionist

Lloyd Harris has retired as Liber-

Sir Sam Hughes advises all true

Canadians to back the union gov-Stormont and Dundas Conservatives decides to support unionist now

Supporters of union government in North Waterloo nominate W. G.

Liberals of East Toronto nominate Frank Regan to oppose Sir Edward

Parties fail to agree on a man in East Simcoe and Liberals nominate Manley Chew.

Edmund Bristol, was, without oposition, nominated as unionist candidate in Centre Toronto.

Hon. N. W. Rowell receives the unanimous nomination of a unionist convention in Halton County.

Union mass meeting at Milton endorses Dr. R. N. Anderson as union

candidate in Halton County. Fusion efforts failed, in South

David Henry of Shorgrave will carry Laurier Liberal colors in

Laurier Liberals and Labor agreed upon Ald. MacBeth as candidate at Regina.

West Hastings Conservatives endorsed E. Gus Porter, ex-M.P., Union candidate.

Ald. H. J. Hushion, Liberal, will oppose Sir Herbert Ames in St. Antoine division, Montreal.

Laurier Liberals at an unadvertised meeting at Morden, Man., nominated R. W. Quinn, a Winnipeg lawyer, for Lisgar.

be between Thomas Hartt, Unionist and former member, and W. F. Todd, ex-M.P., Liberal,

Liberals in York-Sunbury, N.B.,

The contest in Charlotte, N.B., will

selected Nelson W. Brown as a Laurier candidate Dr. T. Brien chosen in South Essex to oppose Graham and Laurier

At a unionist convention at Peterboro a futile attempt was made to agree on a candidate.

Representative convention at Belleville nominates E. G. Porter. K.C., ex-M.P., as candidate in West

will also speak at Bowmanville on Thursday evening.

At Winnipeg Dr. B. M. Gordon, brother of Rev. Dr. C. W. Gordon.

the riding of South York at the annual convention of the South York

The best "tip" ever given a Canadian



A good horse to put your money on.

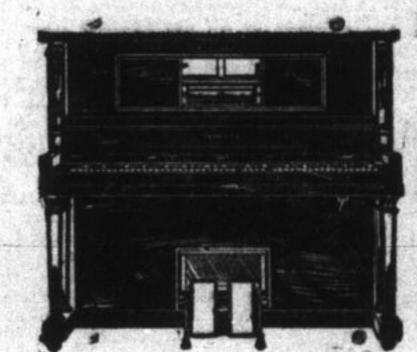
Only Fine, Flavoury Teas

are used to produce the famous

blends. Every leaf is fresh, fragrant full of its natural deliciousness. Sold in sealed packets only.

BULLIGIE SOAP the purest soap your money can buy

A Piano of Merit &



Quality This beautiful Williams Master Touch player in Very different from the Melodian made 68 years ago, but the quality of the

durability that has proven itself by a 68 years' test a still maintained through the efforts of Canada's bruins and expert work-Call and see the many we will arrange terms to suit your pocketbook.

J.M. Greene Music Co., Ltd.

Gook's Cotton Root Compos A safe, reliable regulation medicine. Sold in three degrees of strength—No. 1, \$1 No. 2, \$3; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on secupt of price. Free pamphlet. Address. THE COOK MEDIC: ME CO.

"Ranks with the Strongest" **HUDSON BAY** Insurance Company

FIRE INSURANCE from Office, Royal Insurance Bidg. MONTREAL PBRCY J. QUINN, Manager, Ontario Branch, Toronto

W. H. GODWIN & SONS AGENTS, KINGSTON, ONT.

Sewing Machines, Umbrellas, Suit Cases, Trunks repaired and refitted, Saws filed, Knives and Scissors sharpened; Razors honed; All makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of lawn mowers sharpened and repair-

149 Sydenham Street

FRESH LAKE ON-WHITE-FISH AND TROUT All Kinds of Fresh

LOCAL BRANCH TIME TAB

Trains will leave and arrive at City
Depot, Foot of Johnson Street,
Going West.
Lve. City Arr. City
No. 19 Mail 12.20 a.m. 12.57 a.m.

In effect Sept. 30th, 1917.

Passenger Service Montreal and London

Calling Falmouth to land po Montreal and Bristol apply to local agents or to The Robe Reford Co., Limited, General Agen-to King Street Fast, Toronto.

For the Boys at the Front.

CHOCOLATTA "The Rendy-to-use Chocolate" Contains the Chocolate, Milk and

Prepared Instantly by Adding Boiling Water Guly. No Cooking or Milk Required.