

Prince George Hotel
TORONTO
In Centre of Shopping and Business District
250 ROOMS
100 with Private Baths
EUROPEAN PLAN
SAM. H. THOMPSON, PROP.

SORE THROAT
IS A COMMON AILMENT WHICH UNLESS CHECKED IN TIME MAY LEAD TO A SERIOUS CONDITION. SIMILARLY A COUGH OR COLD MAY DEVELOP AND REQUIRE SUBSTANTIAL TREATMENT BEFORE IT IS OVERCOME. BUT IF TREATED AT ONCE MUCH OF THE PAIN AND IRRITATION MAY BE AVOIDED. AN OLD AND RELIABLE REMEDY IS FOUND IN
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Feed Your Poultry
Purina Baby Chick Feed, Purina Chickener Chowder, Purina Scratch Feed.
More Eggs and Hardy Chicks. For Sale By
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Zutoo Tablets
Are used by thousands of good Canadians and cure thousands of bad headaches. ZUTOO cures any Headache in 20 minutes. 25c a box, at dealers

COAL CUSTOMERS
Please Notice!
Coal Sales will be for Cash Only.
BOOTH & CO.
Phone 133.

GRAND TRUNK RAILWAY SYSTEM
TIME TABLE CHANGES
A Change of Time will be made on September 29th, 1918. Information now in Agent's hands.

J. P. Hanley, C.P. & T. A.
Kingston, Ont.
CUNARD
PASSENGER SERVICE
Between
MONTREAL AND GREAT BRITAIN
Money Sent by Mail or Cable
Apply to Local Agents or
The ROBERT REFORM CO., Limited
General Agents,
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National Breweries
Manufacturers of the Famous
Dow's and Dawes
LIGHT ALE & PORTER
Order a Case from
The Thompson Bottling Co.
Sole Agents
For Kingston District.
Tel. 804. 292 Princess St.

From The Countryside

Frontenac

ARDOCH.
Ardoch, Sept. 15.—The numerous rains are leaving the roads in a muddy condition. The farmers have begun fall ploughing. Mr. and Mrs. J. Shultz, Plevna, and Mr. and Mrs. J. Derue, Jr., motored to Godfrey for last week-end. Charles Dunham, who has been confined to his bed is slowly recovering. H. Hermer, J. G. Fraser and family motored to Green Mountain, where the latter intended spending the greater part of the fall. Miss Rilla Gilmour returned to Kingston Monday after a weeks' vacation with relatives here.

ZEALAND.
Zealand, Sept. 16.—The farmers have finished cutting grain, which has proved a good crop. On account of the wet weather, the beaver meadows are not finished yet. The Women's Institute met at T. Garrett's Friday evening. Miss Jessie Garrett returned to her former position at Branksome Hall, Toronto, today. Visitors: Mr. and Mrs. Mills and family, Mrs. John Garrett and son William, Miss Coral Code, Mrs. R. McVeigh and son Hector, Mrs. J. A. Conboy, F. Giddings, Mrs. M. McCharles and family, Miss B. Trotter at T. Garrett's. Mr. and Mrs. Robert McDonald have the sympathy of the community in the reported death of their son Herbert, who has given his life for King and country. There is a hope he may be living yet.

KEELERVILLE.
Sept. 19.—A number from here took in Delta fair yesterday. Farmers are ploughing. Both young and old intend going to Kingston fair next week. School is going on nicely under the management of Miss Taft, with a good attendance. Mr. Pound, the sailors' missionary representative, preached here Sunday morning. The congregation was pleased with his discourse. Miss Mildred Anglin left for Peterboro last Monday to attend normal. Miss Bertha Sleeth went to Kingston to attend the Collegiate Institute. Rev. E. Codling, who has been on a three weeks' vacation, is expected back to-day. Master Ross Clark, who had the misfortune to fall off his bicycle and fracture his knee, is recovering nicely. The roads are undergoing repairs. Isaac McIlroy spent Sunday at the North Shore, Ireland. Miss Pauline Anglin, of Sydenham High School, spent the week-end at home. A number from here attended the harvest dinner at Leland, and they did not come away disappointed, as everything was the very best. Mushrooms are very plentiful.

Leeds

FINE SHADE.
Sept. 16.—Threshing has started in this locality and grain is yielding good. Mrs. Donald Ferguson and niece, Mrs. C. Armstrong, and little daughter, Crissy, have returned home after spending a week at Perth, the guests of J. R. McLaren. Mr. Frederick Wait, of Toronto, is visiting her mother, Mrs. Margaret Vautrin. En route home she will visit her brother, Marshall Vautrin, at Watertown, N.Y. Mrs. Vautrin was a visitor in Perth. Duncan Ferguson is contemplating selling his farm. The Card Bros. were in this locality buying extensive tracts of timber, intending in the near future to put in gangs of men. There is a bright outlook for lumber on account of building being done on a large scale all over. Visitors: Mr. and Mrs. Thomas Garrett and daughters, Irene, Alice and Myrtle, at A. Ferguson's; Mr. and Mrs. C. Deep and daughter, Lillian, T. Garrett and A. Ferguson at T. Love's.

Lennox and Addington

MILLHAVEN.
Sept. 13.—Two threshing machine outfits, owned by Frank Miller and Benjamin Galloway respectively, are at work in the vicinity. Grain is reported to be a good yield. Mr. Fraser has sold his house and lot in Millhaven to Mr. Fleming, of Amherst Island. Mr. Fraser intends moving to Ottawa. Harry Laidley, of Ernestown, has purchased Mr. Chinery's farm, and intends moving in the spring. Mrs. McMillan and daughter, of Toronto, are visiting at James Fleming's. Mr. and Mrs. George Lewis, who were visiting friends at Ottawa, have returned home.

SELBY.
Selby, Sept. 13.—A number from here attended Centerville Fair on Saturday and Picton fair on Wednesday and G. Anderson has taken charge of the school here. J. Dudgeon has purchased S. Mowers' farm and S. Mowers has purchased E. Doidge's farm. Mr. and Mrs. Robinson are spending a few weeks with their son Davis out west. F. L. Amey spent Sunday with friends at Bell Rock. Mr. and Mrs. V. H. Garretty and son returned to Syracuse, N.Y., on Saturday after spending a few weeks with Mrs. Williams. Mr. and Mrs. Arnold spent Saturday and Sunday with their daughter, Mrs. Weese at Centerville. Visitors: Mr. and Mrs. Shelton at M. Doidge's, Mrs. Sampson and daughter at G. Anderson's, Mr. and Mrs. Bell at H. Abbott's.

SAVING CHILDREN FROM DREAD DISEASE

Belgian Relief is Chiefly Devoted to Debilitated Infants.

Fifty per cent. of the three million children in Belgium are to-day absolutely dependent, and of these an appalling proportion are suffering from physical defects and weaknesses due to their own and parents' malnutrition. To care for these unfortunates more than 160 canteens, each of which provides a daily meal and medical advice for debilitated children, have been opened in the larger cities of the invaded district. These canteens stand between a great proportion of the children of Belgium and death. They constitute, for the subnormal child, almost the only hope of reaching normal manhood and womanhood. Since February, 1917, the work for debilitated children has been extended by the creation of colonies. Children between three and twelve years of age are chosen from the canteens, and are placed for six weeks in these colonies, where they are carefully nourished and given every attention their undernourished constitutions require. Every month well over five thousand children are taken from the alleyways and courtyards of the larger cities to the reviving air of the country. This change means life to many an unfortunate child. In addition, day cures have been established in the great centres, and at these children between two and twelve years of age are received for thirty consecutive hours at a time. These one-day outings have done almost incredible good for numerous children.

This is only one of a number of charitable endeavors now being carried on in Belgium, and which have for object the rescue of the unfortunate children of that country from the ravages of tuberculosis and other dread diseases. The work is dependent upon the Belgian Relief Commission for financial support. Contributions should be sent to the local committee of the Belgian Relief Fund or to the General Committee at 59 St. Peter street, Montreal, Que.



He who scatters his endeavor, is sure to make his life a fliwver.

Nervous Trouble.

The nerve system is the governing system of the whole body, controlling the heart, lungs, digestion and brain; so it is not surprising that nervous disturbances should cause acute distress. The first stages of nervous debility are noted by irritability and restlessness, in which the victims seem to be oppressed by their nerves. The matter requires immediate attention, for nothing but suitable treatment will prevent a complete breakdown. The victim, however, need not despair for even severe nervous disorders may be cured by improving the condition of the blood. It is because Dr. Williams' Pink Pills actually make new, rich blood that this medicine has cured extreme nervous disorders after all other treatment had failed. The nerves thrive on the new blood made by these pills; the appetite improves, digestion is better, sleeplessness no longer troubles the former nerve shattered victim, and life generally takes on a cheerful aspect. Every sufferer from nerve troubles, no matter how slight, should lose no time in giving Dr. Williams' Pink Pills a fair trial, thus regaining their old-time health and comfort. You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

OFFICIALS APATHETIC ON STREET EVILS

Only Fifteen Police Women in London to Round Up Preying Harpies.

London, Sept. 20.—The most disheartening aspect of the scandal of the London streets affecting Canadian soldiers is the apparent official apathy. Admittedly, the police women are the best fitted to clear the streets of these women, who are chiefly milliners, waitresses, shop girls and servants, who have discovered an easy way to make money. They are nearly always amenable to the police women's influence, but Commandant Damer Dawson, the chief of the women police, says today they have only fifteen uniformed women working in all London, and all but one is being provided by private societies and individuals. A force has been offered by the War Office and the Home Office for development under the Government, but nothing will be done. If Canada has her military policemen in London and other centres, why not have an adequate force. The authorities should not rest content with the present British official inaction. Commandant Dawson declares that more carefully selected and thoroughly trained police women attached to the regular force would solve the problem.

French Government officials are supervising the return of residents to Amiens, which was almost completely evacuated after the German offensive last March. The cotton mill strike in Manchester, Eng., is now regarded as ended, why not have been completed to take place. New cases of Spanish influenza are reported in New York. Eleven deaths from the epidemic are recorded in Boston.

Landmarks in Montreal

As the oldest city on the continent with the exception of Quebec, Montreal has many spots of historical interest for the tourist. Most of these are well known and are amply described in the guide-books. But there are some landmarks that are half-forgotten even by the natives of the city.

Among these are the two quaint towers at the entrance to the Grand Seminary of St. Sulpice on Sherbrooke street. These two towers have a remarkable history, dating back to the wild adventurous days when Montreal was a mere settlement in an Indian-haunted forest.

In those days, now over two centuries ago, there was a walled settlement at this spot, and the two towers were built into the wall to form part of the system of protection against marauding Indians. Within the walls there was a colony of Jesuit missionaries and a village of Indian converts.

The old histories relate that from these towers the watchmen peered anxiously towards the forests by which they were surrounded, expecting yet dreaded the approach of their dangerous and savage foes. Many years ago Mrs. Leprohon, a local poet, wrote a long poem on the towers, one verse of which reads as follows:

These towers tell of a time long past,
When the red man roamed o'er regions vast,
And the settlers, men of bold heart and brow,
Had to use the sword as well as the plough.
When women (not lovelier now than then)
Had to do the deeds of undaunted men,
And when higher aims engrossed the heart
Than study of passion's and toilet's art.

One of the old towers in early times was used as a chapel of the Indian mission, and the other was used as an Indian school. In the former, the body of a Huron Indian named Francois Thonronglo is buried. He was baptised by the Rev. Father Breboul, who was the hero of one of the most dreadful martyrdoms recorded in Canadian history. In 1644 he and Father Lalemont, both Jesuits, were tortured to death by Iroquois with every cruelty devisable. A little to the eastward of these towers is a tablet marking the camp of Gen. Amherst's army at the time when the surrender of the town marked the completion of the British conquest of Canada.

At Chambly, a short distance from Montreal, is a most interesting fort. Chambly is on the Richelieu river. This river was the highway traversed by the Iroquois in their raids on Canada. Consequently a series of forts were erected from its mouth to the head of Lake Champlain. Of these forts, the largest was the one still remaining at Chambly. It was built in 1665, and rebuilt in 1711. In the stormy times of the old regime it was always well garrisoned.

At Lacine, nine miles from Montreal, which is well known to tourists because of the Lachine Rapids, there is still remaining the building which at one time formed the headquarters of the Hudson Bay Company in Canada. It was here that Sir George Simpson, the famous explorer, lived at the time when he was governor of the company. By the way, he was the first man to make what is described as the first "all-land" tour round the world. Sir George and Lady Simpson, the famous explorer, lived at the time when he was governor of the company. By the way, he was the first man to make what is described as the first "all-land" tour round the world. Sir George and Lady Simpson, the famous explorer, lived at the time when he was governor of the company. By the way, he was the first man to make what is described as the first "all-land" tour round the world.

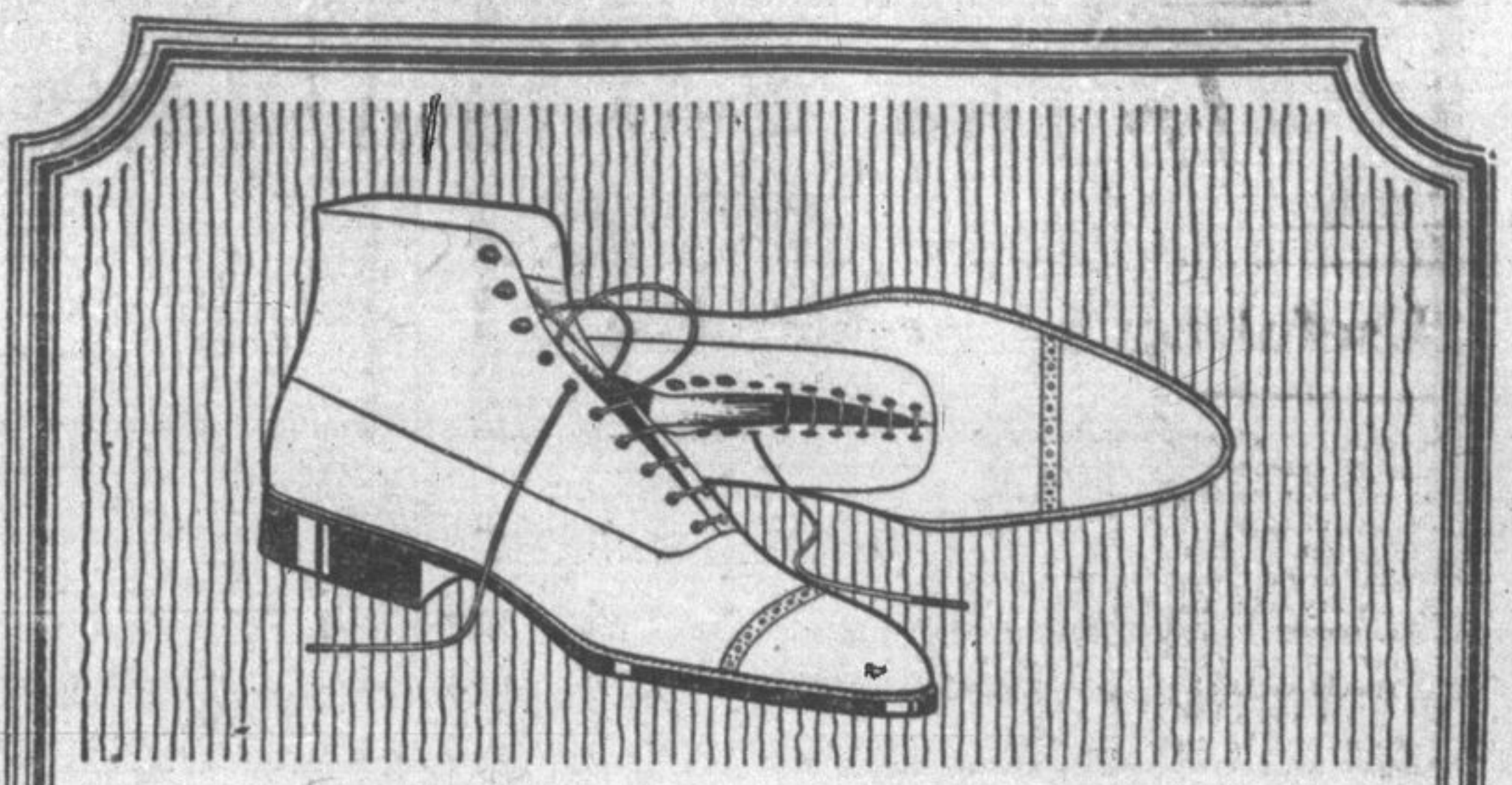
At Ste. Anne de Bellevue, 25 miles from Montreal, is the ancient house in which the famous Irish poet, Thomas Moore, composed his well-known Canadian boat song, which reads as follows:

Faintly as tells the evening chime,
Our voices keep tune and our oars keep time,
Soon as the woods on shore look dim,
We'll sing at St. Ann's our parting hymn.
Row, brothers, row, the stream runs fast,
The Rapids are near, and the daylight's past!
Why should we yet our sail unfurl?
There is not a breath the blue wave to curl!
But when the wind blows off the shore,
Oh! sweetly we'll rest our weary oar.
Blow, breezes, blow, the stream runs fast,
The Rapids are near, and the daylight's past!

Utaw's tidal this trembling moon
Shall see us float over thy surges soon.
Saint of this green isle, bear our prayers,
Oh! grant us cool heavens and favoring airs!
Blow, breezes, blow, the stream runs fast,
The Rapids are near, and the daylight's past!

The house where Moore sojourned in 1792, is now a branch of the Bank of Montreal.—J. Robertson Findlay.

Streets Paved With Gold.
Jack Whittan, an old-time prospector, has struck rich gold quartz and staked a claim on the principal street of Porcupine. Rough samples contain pieces of free gold as large as peas.



Correct style worn by well dressed young men in all localities. Lace boot—medium narrow recede toe, low heel—made in black, tan or patent calf. Price, \$7.00 to \$10.00.

Good Value and How to Get it
YOUR interest, as a member of the consuming public, and yours as Canada's largest manufacturers of shoes, are really identical. They may be summed up in a single phrase: "Quality Shoes at Fair Prices."
A fair price today is a higher price than usual, because the cost of every item of material and labor which goes into a pair of shoes has increased greatly and is still increasing.
In order that you may continue to get quality at fair prices, we shall feature in advertisements certain specific shoes which we know will give you good value. From our knowledge and experience, we will suggest to you the best methods of buying, whether you select shoes of our manufacture or not.
We ask you to buy for service rather than merely for style; to go to a reliable dealer, and to look for the manufacturer's trade-mark on the shoes. By so doing you may be assured of good value for your money.

AMES HOLDEN McCREADY
"Shoemakers to the Nation"
ST. JOHN MONTREAL TORONTO WINNIPEG EDMONTON VANCOUVER
When you buy Shoes look for—
AM
—this Trade-mark on every shoe.

How to Recognize and Avoid Kidney or Bladder Troubles

Medical Research has Proven that Diseases Arising from Congested Kidneys Can be Cured if Detected in Time

The Symptoms of These Afflictions Should be Understood and Recognized

Kidney and Bladder complaints are among the most common afflictions that the human body is heir to. Thousands of people suffer for years with pains in the back, swollen joints or difficult urination, and never once try to rid themselves of their agonies—because they don't understand the cause, nor seat of their trouble.

Perhaps the best-known diseases resulting from kidney derangements are Rheumatism, Sciatica, Lumbago, Inflammation of the Bladder, Stone and Gravel. These diseases are all the result of deranged kidney action, and can be cured only if the kidneys are restored to perform their proper function of cleansing the blood—before the trouble becomes chronic.

THE KIDNEYS AND THEIR FUNCTION.

The Kidneys are classified among the most vital organs of the body; and the importance of taking the greatest care of them—cannot be accentuated too strongly.

If the health of the body is to be maintained, every effort must be made to keep these delicate organs in such perfect condition that they will perform their proper function with regularity and ease.

THE SYMPTOMS.

The first evidences of poison in the blood are headaches, followed by dizziness and a general feeling of lassitude. The affected person feels drowsy, dopy and listless. This state is followed by the chief danger signal—that pain in the back—when it comes—be warned, for your health is in danger. If this pain in the back is allowed to continue, Painful Urination and Brick Dust Deposits will likely follow. With some people the joints and ankles begin to swell, and evidences of Rheumatism are noticeable.

Kidney troubles soon tell upon the appearance—a gradual wasting away is noticed, the skin becomes sallow and draws, dark circles begin to appear under the eyes, while deep wrinkles mar the features, and the whole aspect of the person is one of depression and lifelessness.

These blood vessels are so small that they separate the blood into thin thread-like streams, and make it easy for it to filter through the tissues. This filtering process removes the impurities and waste matter.

The National Drug & Chemical Company of Canada, Limited, Toronto, Canada
U.S. residents should address No-Drug Co. Inc., 202 Main St., Buffalo, N.Y.

Far Lower This Year.
Ottawa, Ont., Sept. 20.—An average yield of twelve, and a half bushels per acre for spring wheat and sixteen and a half bushels for fall wheat for all Canada is given by the Dominion Bureau of Statistics in its preliminary estimate of average yields per acre of the principal grain crops of Canada during 1918. Last year fall wheat averaged twenty-one and a half bushels per acre, while for the ten-year period, 1908-17, the average was twenty-three bushels.

Study the store ads—and learn about the new things offered in the store. For it's the day of new things.

R. R. Bingham, former alderman and street commissioner of Windsor, who helped promote there the first electric street railway in Canada, is dead.

First Lieut. David E. Putnam, of Newton, Mass., American ace of aces, was killed late Wednesday afternoon while on patrol along the American lines.