

In the Realm of Woman --- Some Interesting Features

INTESTINAL PARALYSIS

"Fruit-a-tives" Quickly Relieved This Chronic Trouble

869 CASARIN STREET, MONTREAL.
"In my opinion, no other medicine is so curative for Constipation and Indigestion as 'Fruit-a-tives'."

I was a sufferer from these complaints for five years, and my sedentary occupation, music, brought about a kind of Intestinal Paralysis; with nasty headaches, belching gas, drowsiness after eating, and pain in the back.

I was induced to try 'Fruit-a-tives' and now for six months I have been entirely well". A. ROSENBERG.
50c. a box, 6 for \$2.50, retail size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

THOMAS COPLEY Telephone 987

wanting anything done in the carpentry line, Estimates given on all kinds of painting and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop 25 Queen street.



Keep Your Soldier Supplied

You can send Borden's Reindeer Coffee to the boys overseas—whether in France or England. Postal regulations permit it. Include a tin in your next package—25 cups of savory coffee for him and his pals. Handy for home, at picnics, on hunting, fishing and motor trips.

BORDEN MILK CO.
Montreal - Vancouver
Canada Food Control License No. 14-113

Borden's Reindeer Coffee

Contains both Milk and Sugar
You just add Boiling Water

NOTICE TO OUR PATRONS

Owing to the scarcity of help we have been handicapped in our repair department, and have been unable to get the work out as soon as we expected. We now have a full staff of repair men and assure prompt service in the future.

Central Garage
Ed Walsh, Prop.
885 King St.

SHE WAS ONLY TWENTY

Yet Suffered with Functional Disorder and Was Cured by Lydia E. Pinkham's Vegetable Compound.

Spring Valley, Ill. "For many months I suffered from periodic pains—I doctored with our family physician but received no relief—then I explained my trouble to another doctor and he advised me to take Lydia E. Pinkham's Vegetable Compound. Soon after taking it I began to notice a change for the better, and after taking six bottles I am in perfect health, and I cannot thank you enough for the relief it has given me."—Miss KATE LAWRENCE, Box 725, Spring Valley, Ill.

School girls and girls who are employed at home or in some occupation should not continue to suffer tortures at such times, but profit by the experience of Miss Lawrence and thousands of others who have tried this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, and found relief from such suffering. If complications exist write the Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of their 40 years experience in advising girls on this subject is at your service.

"The Wife" By Jane Phelps

A DISTRESSING WAIT AND A LAME EXPLANATION

CHAPTER XXVIII
Hour after hour Ruth sat by the window, watching, listening. Occasionally she would doze off for a few moments, tired with her hard week's work, and her long ride on the railroad. But she woke at the slightest noise. Eleven struck, then twelve. Where could Brian be? One, a quarter past. She rose and, going into the bedroom, she undressed and slipped into a wrapper. Just as the half hour struck she heard Brian's key in the door.

With an immense effort she pulled herself together. She wouldn't blame until she knew. Once more she recalled what her aunt had said about surprises reacting upon the one who tried to give them. She should have let him know she was there.

Brian, the moment he opened the door, had sensed her presence. The faint odor of the perfume that she always used, greeted him, warning him she had arrived.

"Oh, Brian! I thought you'd never come!" she exclaimed as she rose to meet him.

"Why didn't you let me know you were coming? How's a fellow to keep track of you I'd like to know!" and while he kissed her affectionately, his tone was impatient.

"I wanted to surprise you, dear. I finished before I expected, and thought you would be so pleased." "Surprised yourself instead. Well come on, let's go to bed! I took a long bus ride, didn't realize it was so late."

Ruth wanted desperately to ask if he took the bus ride all alone, and she bit her lip to keep the words back. She was thankful for the dim light. Her eyes were full of tears, and she did not want Brian to see them.

TALKING IT OVER With Lorna Moon

Humor of the Trenches.

I went to hear Signaller Tom Skeyhills, the Australian soldier-poet yesterday evening. Only once before have I sat so spell bound by sheer eloquence and sincerity. The other occasion was when I listened to the unsurpassed oration of that entrancing little Welsh man, David Lloyd George.

This British soldier, who has seen service on five fronts, wounded five times and bayoneted five times; is only a boy of 22. His sidelights on the humorous side of the war are both refreshing and enlightening. He speaks of the soldiers as a merry lot, always managing to retain their sense of humor under the most trying circumstances.

"During the winter of 1915," he said, "a soldier was sent to watch a redoubt where the water reached to his waist. He was supposed to be relieved in two hours. But at the end of two hours no relief came, and the water kept getting higher and higher! Two more hours passed. They had forgotten all about him! At last after six hours had passed, an officer came along and stopped in amazement at the sight of the Tommy—entirely submerged save for his head! "What—my dear boy! Have you been here all the time? he exclaimed remorsefully. "By jove! we had forgotten all about you. You may go now, my dear boy." Tommy looked up and grinned. "It's all right, sir," he said, "only I'm not a boy now—I'm a bloomin' bull-rush!"

Speaking of the Gallipoli front, he said, "The Turks never could surprise us—we could always smell them coming!"

"The Turks brought herds of goats with them, and it was a much debated question among the men as to which smelt worse, the goats or the Turks. The colonel said one day, "I'll settle this question once and for all, bring me one of each!" So they first brought him a goat, and when the colonel smelt it he fainted. Then they brought a Turk, and when the goat smelt the Turk the goat fainted!

It isn't all fun, of course, out there, but it's good to know from one who has been there that our boys still laugh and joke and see the funny side.

Submarine Chaser Success. Washington, Oct. 7.—The first test of a Ford Eagle boat will be made this week, probably on Lower Lake Huron near Detroit, the Navy Department announced today. All reports to the Navy Department show that these new sub chasers are a success.

The pipe organ in the Main street Methodist church, Plenton, has been sold to be installed in the Methodist church in Norwood.

Good news spreads rapidly and druggists here are kept busy dispensing freezons, the ether discovery of a Cincinnati man, which is said to loosen any corn so it lifts out with the fingers.

Ask at any pharmacy for a quarter ounce of freezone, which will cost very little, but is said to be sufficient to rid one's feet of every hard or soft corn or callus.

You apply just a few drops on the tender, aching corn and instantly the soreness is relieved, and soon the corn is so shriveled that it lifts out without pain. It is a sticky substance which dries when applied and never inflames or even irritates the adjoining tissue.

This discovery will prevent thousands of deaths annually from lockjaw and infection heretofore resulting from the suicidal habit of cutting corns.

Never known to disappoint the Most Critical Tastes

"SALADA"

A Tea-pot Test is better than a page of Advertisement.

Black—Green or Mixed . . . Sealed Packets Only.

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Coal Sales will be for Cash Only.
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THREE FULL LOTS FOR SALE

On Nelson Street CHEAP.
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Insurance and Real Estate.
89 Brock St. Phone 484

Insist on Getting CHARM TEA

In Packages Only
Black, Green, Mixed. At all Grocers.

Our New Fall Designs in Furniture Are Arriving Daily

We invite everybody whether they wish to purchase or not, as it keeps prospective buyers posted in the latest designs.

R. J. Reid
The Leading Undertaker; Motor and Horse Equipment
230 PRINCESS STREET PHONE 577

Carnation Milk the ideal milk supply

Do you know why Carnation Milk has replaced ordinary milk in so many homes?

You must be interested—if you are particular or anxious, as many are—about the milk you use.

Carnation Milk is evaporated to the consistency of cream. But only water is taken from it. Nothing is added. No sweetening or preservatives. It keeps its freshness, because it is sealed tight, while still fresh, and because it is sterilized.

When you add an equal quantity of pure water to Carnation Milk you "bring back" the original milk. Not an artificially sweetened milk with a few inches only, but a fresh, rich milk that may be used as you use ordinary milk.

How convenient it is to have milk in this form! To keep it on the pantry shelves—always ready yet always fresh. How economical, to avoid the waste of perishable milk that must be used within a few hours.

Carnation Milk, undiluted, is as cream for coffee, tea, cereals, fruit. Diluted, it is a rich—and safe—milk for the children to drink. In creaming vegetables, soup, gravies—there is no need of adding butter when you use Carnation Milk.

Your Grocer—the Carnation Milkman
Order a few cans. The new tall can (16 oz.) holds 2½ as much milk as the small can. Compare it with ordinary milk. Learn the satisfaction of serving milk that is uniformly sweet, pure and safe to drink. Write for book of 100 Recipes.

Made in Canada by Carnation Milk Products Company, Limited
Aylmer, Ont., Seattle and Chicago
Condensed at Aylmer and Springfield, Ont.
Canada Food Board License, 11-76 and 11-77

"from Contented Cows"



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GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

IN EFFECT SEPT. 29TH, 1918.

Trains will leave and arrive at City Station, Foot of Johnson Street.

Going West:
Live City Arr. City
No. 19 Mail . . . 12:20 a.m. 12:57 a.m.
No. 13 Express . . . 2:10 a.m. 2:55 a.m.
No. 27 Local . . . 8:45 a.m. 10:17 a.m.
No. 1 Intern'l Ltd. 1:15 p.m. 1:48 p.m.
No. 7 Mail . . . 3:10 p.m. 3:47 p.m.

Going East:
Live City Arr. City
No. 18 Mail . . . 1:40 a.m. 2:17 a.m.
No. 15 Express . . . 3:10 a.m. 3:55 a.m.
No. 4 Mail . . . 12:20 p.m. 12:57 p.m.
No. 14 Intern'l Ltd. 1:15 p.m. 1:48 p.m.
No. 28 Local . . . 8:48 a.m. 10:20 a.m.
Nos. 1, 11, 14, 16, 18, 19 run daily.

Other trains daily except Sunday.
Direct routes to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York. For Pullman accommodations, tickets and all other information, apply to J. P. Hensley, Agent. Agency for all ocean steamship lines. Open day and night.

"Ranks with the Strongest"

HUDSON BAY Insurance Company

FIRE INSURANCE

Investment, Royal Insurance Bldg. MONTREAL

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

School Shoes

Childs' Girls'

In lace and button.
High and low cut, black or brown.

Boys'

Strong and durable.
The Sawyer Shoe Store



The famous Peacock Alley Chorus in the beautiful musical comedy, "The Kiss Burglar," at the Grand Opera House for one night only, Wednesday, Oct 9th.