Prepared to start the day's work

KEEN—alert—clear-headed—ready for every business emergency. This is the attitude of the man who knows what *good health* is. And nothing keeps a man in better form than the consistent use of—

ENO'S FRUIT SALT

A GLASS of "ENO'S" every morning makes you "fit" in every sense. ENO'S is the only genuine **Fruit Salt** made. It contains the health-giving properties of ripe fruit—pleasant to take—gentle and natural in its action—a wonderful preventive of disease. Ask your druggist.

Prepared only by
J. C. ENO, Ltd., "Fruit Salt" Works, LONDON, Eng.
Sole Agents for North America
HAROLD F. RITCHIE & CO. LIMITED
10 McCAUL STREET, TORONTO
(7)

Beware of Substitutes

"Pure & White - Always Right"

REGAL FREE RUNNING Table Salt

The Aluminum Spout Lets the Salt run Out

Made in Canada THE CANADIAN SALT CO., LIMITED 17

THOMAS COPLEY
Telephone 987
wanting anything done in the carpentery line. Estimates given on all kinds of repairs and new work; also hard wood floors of all kinds. All orders will receive prompt attention. Shop 49 Queen street.

THREE FULL LOTS FOR SALE
On Nelson Street
CHEAP
W. H. Godwin & Son
Insurance and Real Estate.
89 Brock St. Phone 424

"Ranks with the Strongest"
HUDSON BAY Insurance Company
FIRE INSURANCE
Head Office, Royal Insurance Bldg. MONTREAL
PERCY J. QUINN, Manager, Ontario Branch, Toronto
W. H. GODWIN & SONS
AGENTS, KINGSTON, ONT.

Waitresses in Oregon receive a minimum wage of $11.61 per week.

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.

		Lve. City	Arr. City
No. 19	Mail	12.20 a.m.	12.57 a.m
No. 13	Express	3.10 a.m.	3.52 a.m
No. 27	Local	9.45 a.m.	10.17 a.m
No. 1	Intern'l Ltd.	1.15 p.m.	1.46 p.m
No. 7	Mail	3.10 p.m.	3.47 p.m

Going East.

		Lve. City	Arr. City
No. 18	Mail	1.40 a.m.	2.17 a.m
No. 16	Express	3.10 a.m.	3.52 a.m
No. 6	Mail	12.20 p.m.	12.52 p.m
No. 14	Intern'l Ltd.	1.15 p.m.	2.16 p.m
No. 28	Local	6.48 p.m.	7.24 p.m

Nos. 1, 13, 14, 16, 18, 19 run daily.

Other trains daily except Sunday.

Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York. For Pullman accommodation, tickets and all other information, apply to J. P. Hanley, Agent. Agency for all ocean steamship lines. Open day and night

To be perfectly gowned at minimum expense choose a D & A.
All the latest styles, but without exaggeration.
For sale by the most popular Corset Departments throughout Canada.
DOMINION CORSET CO., Mfrs., QUEBEC, MONTREAL AND TORONTO.
Makers also of the La Diva and of the Goddess Corsets.

Mount Royal Tunnel Open Oct. 21st.

The New Montreal-Ottawa Short Line

THROUGH TRAINS BETWEEN MONTREAL, OTTAWA AND TORONTO

Through Parlor Cars
Through Sleeping Cars

READ DOWN		* Daily. † Daily ex. Sunday.	READ UP	
* 6.15 p.m.	† 8.15 a.m.	Lv... MONTREAL ...Ar.	†11.00 p.m.	*12.00 n'n
10.15 p.m.	12.15 n'n	Ar... OTTAWA ...Lv.	7.00 p.m.	8.00 a.m.
10.45 p.m.	12.45 n'n	Lv... OTTAWA ...Ar.	6.30 p.m.	7.30 a.m.
*† 1.35 a.m.	† 3.35 p.m.	Ar..HARROWSMITH..Lv.	† 3.35 p.m.	*† 4.35 a.m.
.....	† 4.30 p.m.	Ar. { ..KINGSTON.. { Lv.	† 2.45 p.m.	.....
.....	† 2.45 p.m.	Lv. { ..... { Ar.	† 4.30 p.m.	.....
*† 1.35 a.m.	† 3.35 p.m.	Lv..HARROWSMITH..Ar.	† 3.35 p.m.	*† 4.35 a.m.
* 7.30 a.m.	† 9.45 p.m.	Ar....TORONTO....Lv.	†10.00 a.m.	*11.00 p.m.

Dining Car Service
Comfortable Day Coaches

"AT TORONTO—Connecting Monday, Wednesday and Friday to and from Western Canada and Pacific Coast points.
AT MONTREAL—Connections to and from all points in Quebec, New Brunswick, Nova Scotia, New York and Eastern States.
LOWEST FARES—THROUGH TICKETS AND RESERVATIONS EVERYWHERE—ENQUIRE C.R.R. AGENTS.
or write General Passenger Dept., 226 St. James St., Montreal, Que.; 68 King St. E., Toronto, Ont.

CANADIAN NORTHERN RAILWAY

"THE WIFE"

By Jane Phelps.

RUTH HOPES KENYON ROBERTS WILL INFLUENCE BRIAN FOR HIS GOOD

CHAPTER LXIII.

Ruth laughed at Brian. The idea that he should imagine Rachel would want to go back, when she had grieved for her, Ruth, ever since she was married.

"Just wait, Brian Hackett, until Rachel cooks chicken and corn fritters for you, and until you eat some of her hot corn bread for breakfast! You'll be as glad to have her—almost—as I will. Of course you won't love her as I do."

"I should say not! Why should I love a big, fat darky when I have you to love?"

Kenyon Roberts and his wife had become very friendly with Ruth and Brian. In many ways it was good for them all, but especially for Brian. Mr. Roberts was very ambitious. He had determined to win success, if hard work would do it. So he told Brian. He was always out very early in the morning and seldom left his office until after six.

"When I don't have any business to attend to, I read up on law. I find a lot of Blackstone of which I am ignorant. And nowadays it is more necessary than ever to keep one's wits sharpened, at least it seems that way to me."

Ruth was delighted when he talked that way to Brian. Much as she loved him, she knew his faults; and indolence was one of them. If his pride could be awakened he might overcome it. She did all she could, said all she dared to say—he was so sensitive to criticism—so she hoped their friendship with the Roberts would help her in making Brian see the necessity for exercising his powers if he would succeed.

"What's going to be, will be," was one of his favorite questions, or "If luck is coming my way it will come anyway," was another. Yet Brian was naturally clever, possessed a keener, more analytical mind than did Kenyon Roberts, Application was all he needed.

Mrs. Roberts and Ruth found many things in which they were interested in common. Often they spent Saturday afternoon together at the museum or in some shops that carried goods interesting to them both; old tapestries, jades, etc. Ruth never worked on Saturday afternoons. Not at any time of the year. When away, she usually suited herself, but Mr. Mandel had told her from the first that she need not return to the shop on Saturday. That after her luncheon she was free. So, often, Clara Roberts would meet her, they would lunch together, then spend the afternoon at a matinee, or, as I have said, in visiting places which entertained them.

Ruth had not seen Mollie King since the night she had her and Claude Beckly to dinner. Brian had been home early, they had been very happy. Rachel had arrived, and Brian was ready to agree that she cold "cook all around Crawford."

Ruth had not been required to go out of town for some time. She was glad that it was so, as Brian was not apt to say so much about her work. In fact, for days at a time, neither of them mentioned it or her salary.

Mr. Mandel watched Ruth closely. He saw her happier, and was puzzled.

"I wonder if that fellow is waking up and treating her as he should?" he said to himself, vaguely hoping that he wasn't. Pretty late in the day," he added.

They had been very busy at the shop. Large and important orders kept them all working very hard, each at his or her allotted task. But Arthur Mandel never was too busy to watch Ruth Hackett, covertly, of course.

One day he asked her to remain a moment, as she passed him on her way out.

"You look tired," he said placing a chair for her.

"I am, a little."

"You have done splendid work lately. Splendid! Your salary will be fifty dollars a week hereafter."

"Oh, thank you!" it was so nice to have her salary raised without asking for it. "There were not many employers like Mr. Mandel," Ruth thought as she thanked him.

"You have earned it."

Ruth knew she was worth fifty dollars a week, yet she could not but feel grateful because Arthur Mandel also had realized her worth. It was so nice to be appreciated.

As she walked slowly home, she recalled how Brian sulked when she was raised before. Would he do so again? Had she better tell him? She decided that it was best to tell him at once. She knew his jealous nature and if she didn't tell him—hoping to save his feelings—and he found it out, he might feel that she had something to hide; some reason for not wanting him to know. He would never dream that it was to save his feelings; to keep him from feeling that she earned more than he did. That never would occur to him as a reason for not telling him of her raise.

To-morrow—Ruth Is Much Happier Now That Rachel Is With Her.

Gray Hair use Hay's Hair Health

A preparation for restoring natural color to gray or faded hair, for removing dandruff and as a hairdressing. Is not a dye. Generous sized bottles at all dealers, ready to use. Philo Hay Co., Newark, N. J.

THE NEW FRENCH REMEDY.
THERAPION No. 1
THERAPION No. 2
THERAPION No. 3
No. 1 for Bladder Catarrh. No. 2 for Blood & Skin Diseases. No. 3 for Chronic Weaknesses.
SOLD BY LEADING CHEMISTS. PRICE IN ENGLAND, 2s 9d. L. ROBINS & Co., Maiden Lane, W.C.2, London.
SEE TRADE MARKED WORD "THERAPION" ON GOVT. STAMP AFFIXED TO GENUINE PACKETS.

TALKING IT OVER

--With Lorna Moon--

The Truth Dodgers

A budget might help some if they could bring themselves to stick to it. But they are both such gay spenders! They are generous good fellows while there is a dollar left. They manage to wriggle along from pay day to pay day while no unexpected expense contfronts them. But when husband wants a new winter coat or little wife must go to see a dentist the unsatisfactory state of their finances causes a fifteen minute upheaval which leaves them not one whit better than it found them.

He says, "Something has got to be done about our housekeeping. We must move into a cheaper place right away and put things on a proper basis."

She answers, "If you didn't smoke expensive cigars all the time and we didn't take in every show that comes, we would have some money on hand."

Then he protests, "We can't start haggling about the little things, they don't amount to anything. It's this big rent that puts a kink in us every month."

And she insists, "Just add up the little things for a week and see what they amount to. I dare you to! We can't possibly live in a cheaper place than this—besides think what it costs to move!"

They are truth dodgers—they don't like facing unpleasant facts. So they go to a show and forget all about it and the rent falls behind for a week or two while husband gets a coat. Then somehow they scramble and catch up, and go along again in their catch-as-catch-can way till another big "extra" faces them; then they take up the foregoing dialogue with the same futile result. They are living beyond their income, but they will never face that fact while they can go to a movie and forget all about it. There are a hundred thousand like them all over the country, and you won't find their names on record as buyers of liberty bonds.

HOSPITAL ASSOCIATION.

Eight in Central Ontario Join Forces —Cared for 4,100.

Port Hope, Oct. 16.—At a meeting eight hospitals of Central Ontario formed an association. During 1917 they spent $128,633 in caring for 4,100 patients. The following are the hospitals interested: Port Hope, Ross Memorial, Lindsay, Bowmanville, Oshawa, Cobourg, Peterboro and Belleville. They were represented by the presidents of their respective boards and the lady superintendents. John D. Hayden, president of the Cobourg Hospital Board, was elected president, and Dr. Henry, Oshawa, secretary.

Every minister has his favorite hymn, and every other man has his favorite man.

One year's work of a man's brain may be ruined by his tongue in a few minutes.

Fresh as a Flower, and just as fragrant!

"SALADA" TEA

is just the tiny buds and young leaves from hill-grown shrubs— So economical because it yields so generously in the teapot. 8446

An organization known as the Red Mogen David has been formed by the Jewish women of San Francisco. The object of the organization is to provide sweaters, sox and other appropriate gifts to Jews enlisting in the legion of the British Government for service in Palestine.

Fruit !

The rush is now to the

UNITED GROCERY

for all kinds of the best

FRESH FRUIT

Customers go away daily advertising our business.

188 Princess St.
BEN LEE, Mgr.

Canada Food Board License No. 8-1237

How to make your every Piece of Furniture a gleaming, polished surface that MIRRORS the SUNLIGHT

ALTHOUGH economy is not the first consideration with those who use O-Cedar, it is nevertheless an important "added advantage" that all who use O-Cedar profit by.

For, O-Cedar is at its best for polishing when used with "half water."

The Correct "O-Cedar Way" of Polishing

A wet cloth—a few drops of O-Cedar on it. This forms a soft harmless "lather" that cleans away the dirt accumulated on top of the varnish. Then a light rubbing (with a dry cloth) gives the wonderful "O-Cedar Result." It makes a brilliant polish, free from gum or grease and absolutely dry. After using it the "O-Cedar Way" a white-gloved hand may safely rest upon it.

Many useful appliances have been invented and produced to aid the modern housewife, but none of these has meant so much to her, as an aid to good housekeeping, as O-Cedar Polish.

Try it on your Piano

All the rich lustre of fine mahogany is "brought back" by the use of O-Cedar. Perhaps the best test of all is your piano—you can see from the way O-Cedar makes its beautiful grain show up that it is *the* Polish to use on *all* your furniture.

And when it comes to FLOORS

there really is nothing that can quite take the place of an O-Cedar Polish Mop. Without hard rubbing, bending or stooping, the O-Cedar Polish Mop, treated with O-Cedar Polish, gives a hard, dry, lasting polish. Use it on varnished hardwood, or painted soft wood floors. Use it also on linoleum—it keeps it bright and prevents linoleum from cracking. O-Cedar Polish Mop, two styles, price $1.50.

O-Cedar Polish 25c. to $3.00 sizes.

CHANNELL CHEMICAL Co., LIMITED, TORONTO

CLEANS AS IT POLISHES

O-Cedar Polish

HIGH in food value yet economical in use. McCormick's Jersey Cream Sodas are fresh and crisp when you buy them. They keep well. There is no waste to them. For a war-time food, it would be hard to find their equal.

McCormick's Jersey Cream Sodas

Sold Fresh Everywhere. In Sealed Packages.

Factory at LONDON, Canada. Branches at Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John.

Canada Food Board Licenses 11-003, 14-166