ACUTE NERVOUS EXHAUSTION

All Treatments Proved Useless Until He Tried "FRUIT-A-TIVES".

MR. JAS. S. DELGATY.

R.R. No. 4. Gilbert Plains, Man. "In the year 1910, I had *Nervous Prostration* in its worst form; was reduced in weight from 170 pounds to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until *a friend induced me to take "Fruit-a-tives"*.

I began to mend almost at once; and after using this fruit medicine for 3 or 4 months, I was back to my normal state of health.

I never had such good health for twenty years as I have enjoyed the past six years. We are never without a box of 'Fruit-a-tives' in the house".

JAS. S. DELGATY

50c. a box, 6 for $2.50, trial size 25c At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

PATENT YOUR INVENTIONS

Send direct to Ottawa for free patentability report and booklet "Patent Protection" Clients' patents advertised in the "Patent Review."

Harold C. Shipman & Co. PATENT ATTORNEYS

CENTRAL CHAMBERS, OTTAWA, CANADA.

AVOID COUGHS and COUGHERS!

Coughing Spreads Disease

SINCE 1870

SHILOH

30 DROPS-STOPS COUGHS

HALF THIS FOR CHILDREN

Kingston Child Welfare Station

Free Advice to Mothers by Mrs. Frances Robinson, R.N., Victorian Order of Nurses

Bring your babies to be weighed and examined.

No treatment—much advice

Doctor in Attendance

Open Monday, Wednesday, Friday, 2-5 p.m., 391 Barrie Street.

Give it Fair Play

Why not decide NOW to give ZUTOO Tablets, the remedy so generally used for headache, a fair and square trial?

If there is any doubt in your mind as to the worth of these tablets or of their harmlessness, try them and KNOW the truth.

Don't sacrifice your comfort on account of prejudice or skepticism. Try the tablets and know. 25c at dealers or by mail prepaid. B. N. Robinson & Co Reg'd. Coaticook, Quebec.

Zutoo

Great Clearing Sale

—AT—

The Model Shoe Store

We must lower our stock by at least $10,000.00. 30 days' great reduction sale.

Ladies' Boots, broken sizes, from $1.50 and up.

Call, and take advantage of these bargains.

H. ROTGAUZE,

PROP.

184 Princess Street.

The Market Reports

LIVE STOCK MARKETS

Toronto.

Toronto, Feb. 21.—Choice heavy steers, $14.5 to $15; do, butcher, $11 to $12; do. medium $10 to $10.50; do, common $8.50 to $9; Heifers, good to choice, $10 to $11.50; Butcher, cows, choice, $9 to $10.50; do, medium $7 to $8.50; Bulls, choice heavy $9 to $10.50; do, good $9 to $9.25; do, light $7 to $8; do, canners $5.25 to $5.50; Feeders, 900 to 1,000 lbs. $1.50 to $11.50; do, med., 650 to 700 lbs $8.50 to $9.50; do, light, 600 to 650 lbs. $8 to $8.25; Milch cows, $50 to $120; Lambs, $14.50 to $15.50; Sheep, light $9 to $9.50; Heavy sheep and bucks $6 to $6.50; Calves $14 to $17; Hogs, fed and watered $18; do, off cars $18.25; do, f.o.b. $17.25.

Buffalo.

Buffalo, N.Y., Feb. 21.—Cattle—Prime steers, $17.25 to $18.25; shipping steers, $16 to $17; butcher, $10 to $16.50; yearlings, $13 to $16.50; heifers, $8 to $13; cows, $4 to $11.50; bulls, $6.50 to $11; stockers and feeders, $5.50 to $11; fresh cows and springers, $65 to $150.

Calves—$5 to $19.50.

Hogs—Heavy, $18.15 to $18.25; mixed and yorkers, $18.15; light yorkers, $16.50; throwouts, $12 to $15.50; stags, $10 to $13; Canadian $18 to $18.15.

Sheep and lambs—Receipts, 7,600; lambs 30c higher; ambs, $11 to $18.15; others unchanged.

Montreal.

Montreal, Feb. 21.—Choice steers, $12.50 to $13.50; good $11 to $12; medium $10.50 to $11; common $8 to $9.50; butcher cows, choice, $10.50 to $12.50; good $9 to $10; medium $8.50 to $9. Butcher bulls —$10 to $11; good $9.50 to $10; medium $8 to $9. Canners cattle, $5 to $6. Sheep $7.50 to $9. Lambs $12 to $14. Calves, milk-fed $12 to $16.

Winnipeg.

Winnipeg, Feb. 21.—Butcher steers $10 to $14.50; heifers, $7 to $10.50; cows, $4 to $10; bulls, $5 to $7.50; oxen, $5.25 to $9; stockers and feeders, $6.75 to $11; veal calves, $5 to $9.50. Hogs, selects, $17; sows and heavies, $12.50 to $14; stags, $9.50 to $11; lights, $11 to $14.

Chicago.

Chicago, Feb. 21.—Hogs—Receipts, 52,000; market mostly steady; closed dull, weak to 10c lower; early top, $17.95; practical top late, $17.80; bulk of sales, $17.-45 to $17.75; butchers, $17.55 to $17.80; light, $17.00 to $17.65; packing, $16.75 to $17.55; throwouts, $16.00 to $16.75; pigs, good to choice, $14.75 to $16.75.

Cattle—Receipts, 18,000; market generally 25 to 50c higher; beef cattle, good, choice and prime, $16.-75 to $20; common and medium, $10.75 to $16.75; butcher stock cows and heifers, $7.40 to $15.50; canners and cutters, $6 to $7.40; stockers and feeders, good, choice and fancy, $11.25 to $15; inferior, common and medium, $8.25 to $11.25; veal calves, good and choice, $15.25 to $15.75.

Sheep—Receipts, 11,000; market generally 25 to 50c higher; lambs gaining most; lambs, choice and prime, $17.85 to $18; medium and good, $16 to $17.85; culls, $13.25 to $15; ewes, choice and prime, $11.60 to $12; medium and good, $9.75 to $11.60; culls, $5.50 to $8.50.

GRAIN QUOTATIONS.

Toronto.

Toronto, Feb. 21.— Manitoba wheat—In Store, Fort William; No. 1 northern $2.24½; No. 2 northern, $2.20½; No. 3 northern, $2.17; No. 4 wheat, $2.11½.

Manitoba oats—No. 2 C.W., 71⅜c in store Fort William; No. 3, 62⅜c; extra No. 1 feed 64⅜c; No. 1 feed 60⅞c; No. 2 feed, 56⅞c.

American corn, new crop—No. 3, $1.50; No. 4, $1.47; prompt shipment, track, Toronto.

Manitoba barley, in store, Fort William; No. 3, C.W., 82c; No. 4, C.W., 77c; rejected, 69½c; feed 69½c.

Ontario wheat—No. 1 winter, $2.14 to $2.22; No. 2 winter, $2.11 to $2.19; No. 3 winter, $2.07 to $2.15; No. 1 spring, $2 to $2.17; No. 2 spring, $2.08 to $2.14; No. 3 spring, $2.02 to $2.10 f.o.b. shipping points, according to freight.

Ontario oats—No. 2 white, 58c to 61c; No. 3, 57c to 60c, according to freight outside.

Barley—Malting, 75c to 80c.

Peas—No. 2, $1.75 to $1.80, according to freight outside.

Buckwheat—No. 2, 95c, nominal.

Rye—No. 2, $1.25 nominal.

Manitoba flour— Government standard, $10.85 to $11.10, Toronto.

Ontario flour—Government standard, $9.75, Toronto-Montreal, $9.75, new bags.

Mill feed—Car lots, delivered, Montreal, shorts, $42.25; bran $40.25; feed flour, not quoted; middlings, not quoted.

Hay—Baled, track, Toronto, car lots, No. 1, $20 to $21; No. 2 mixed, $18 to $19 per ton; straw, car lots, $10 to $11.

Minneapolis.

Minneapolis, Feb. 21.—Flour unchanged. Barley, 76 to 78c. Rye, No. 2, $1.33. Bran, $40. Flax $3.44 to $3.46.

Duluth.

Duluth, Feb. 21.—Linseed— On track, $3.48; arrive, $3.44; February, $3.48 asked; May, $3.38; July, $3.34 asked.

New York.

New York, Feb. 21.—Flour unsettled; spring patents, $10.50 to $10.80; Spring clears, $9 to $9.50; Winter straights, $10 to $10.50; Kansas straights, $10.60 to $11. Rye flour quiet; fair to good, $7.50 to $8; choice to fancy, $8.05 to $8.50. White corn flour dull, $3.75 to $3.85. Barley flour quiet, $7.50 to $8. Hay dull; No. 1, $1.35 to $1.40; No. 2 $1.20 to $1.25; No. 3 $1.05 to $1.15. Hops steady; state, medium to choice 1918, 30 to 40c; 1917, 20 to 22c; Pacific coast, 1918, 36 to 42c; 1917, 25 to 30c.

Montreal.

Montreal, Feb. 21.—Oats—Extra No. 1 feed, 78c. Flour—New standard grade, $11.10 to $11.20. Rolled oats—Bags, 90 lbs., $4.10 to $4.25. Bran, $40.25 to $40.50, shorts, $44 to $44.50. Mouillie, $64. Hay—No. 2, per ton, car lots, $24.

Winnipeg.

Winnipeg, Feb. 21.—Oats—No. 2 C.W., 71 5-8c; No. 3 C.W., 62 5-8c; extra No. 1 feed, 64 3-8c; No. 1 feed, 60 7-8c; No. 2 feed, 56 7-8c. Barley—No. 3 C.W., 82c; No. 4 C.W., 77c; rejected and feed, 69-1-2c. Flax—No. 1 N.W.C., $3.14; No. 2 C.W., $3.09½; No. C.W., $2.90.

Chicago.

Chicago, Feb. 21.—Corn—No. 3 yellow, $1.29 to $1.32; No. 4 yellow, $1.26 to $1.28; No. 5 yellow, $1.21 to $1.25. Oats—No. 3 white, 60 to 61½c; standard, 61 to 61 3-4c. Rye —No. 2, $1.34 to $1.35 1-4. Barley—80 to 94c. Timothy—7. to $10. Clover—Nominal. Pork—Nominal—Lard—$25.50. Ribs—$24.50 to $25.

GENERAL TRADE.

Toronto.

Toronto, Feb. 21.—Butter, choice, dairy, 50 to 55c; do, creamery, 57 to 63; Margarine, lb. 25 to 40; Eggs new laid, 35 to 40c; Cheese, lb. 33 to 38c; Turkeys, lb. 50 to 55c; Fowl, lb. 28 to 35c; Spring chickens 35 to 40c; Ducklings, lb. 38 to 42c; Geese, lb. 30 to 32c; Apples, basket, 25 to 75c; do, bbl. $3 to $7; Oranges doz. 30 to 60c; Lemons, doz. 50 to $1; Grapefruit, doz. 50 to $1; Beets, peck, 25 to 30c; do, bag, $1 to $1.10; Carrots, peck 20c; do. bag 75 to 80c; Cabbage, each 5 to 10c; Cauliflower, each 10 to 40c; Celery, head 10 to 20c; Lettuce, 3 bchs. for 10c; do, head 15 to 20c; Onions, 75-lb. sacks $1.25 to $1.50; do bskt. 25 to 45c; do, pickling bskt. 40 to 75c; Leeks, bunch 10 to 30c; Parsley, bunch 5 to 10c; Parsnips, bag $1; do peck, 25c; Potatoes, bag $1.30 to $1.40; Rhubarb, 2 bunches for 25c; Sage, bunch 5 to 10c; Savory, bunch 5 to 10c; Turnips, bag 75c; do, peck 20c.

FIRM

"I'd like to kiss you."

"There are plenty of other girls here."

"I've always made it a rule to refuse substitutes."

NEAR ENOUGH

She—You say that you have never been in love. How near have you come to it?

He—I was married once.

A COMPLAINT

Mr. Bird—So you've been to a woman's rights meeting? Next thing you'll want me to lay the eggs!

Pale Cheeked Women Told About Restoring A Rosy Complexion

A few years ago the girl with pale, drawn cheeks scarcely knew what to do in order to restore her fading appearance. At that time there was no blood-food medium made that really would put color and strength into systems that were more or less worn out.

To-day it's different. The blood can be quickly nourished, can be made rich, red, and healthy. All you have to do is take two Ferrozone Tablets with a sip or two of water after meals. The effect is almost magical.

Mothers, look at your children. Are they ruddy and strong—do they eat and sleep well, or are they pale, weak, and anaemic?

FERROZONE will rebuild them. Take your own case—is your blood strong and rich? Have you that old-time strength and vigor, or are you somewhat under the weather?

FERROZONE will supply the strengthening elements you require. It is a blood-forming, nourishing tonic that makes every ailing person well.

FERROZONE is a marvellous remedy, it contains in concentrated form certain rare qualities that especially fit it in cases of anaemia, poor color, thin blood, tiredness, and loss of weight.

Every day you put off using FERROZONE you lose ground. Get it today, sold in 50 cent boxes by all dealers.

The Kingston Market

Kingston, Feb. 21st.

Dairy Produce.

Creamery butter, lb.	55 to 60
Butter, rolls	50 to 55
Oleomargarine	35 to 40
Cheese	35
Eggs, fresh, doz.	40
Packed eggs	35

Poultry.

Chickens, dressed, lb.	25 to 30
Chickens, live, lb.	22 to 25
Hens, dressed, lb.	25 to 30
Hens, live, lb.	22 to 25
Ducks, dressed, lb.	30 to 35
Turkeys, dressed, lb.	40to 45

Meats.

Beef—	
Porterhouse steak	30 to 35
Sirloin steak, lb.	30 to 35
Round steak, lb.	28 to 32
Rump steak, lb.	25 to 28
Rib roast, lb.	20 to 25
Shoulder roast, lb.	18 to 22
Boiling cuts	15 to 20
West'n. carcase, cwt.	17.00 to 19.00
West'n, fronts, cwt.	14.00
Local fronts, cwt.	12.00 to 14.00
Local hinds, cwt.	15.00 to 17.00
Pork—	
Loin roast, lb.	32 to 35
Leg roasts, lb.	32 to 35
Chops, lb.	35 to 38
Hogs, live, cwt.	17.00
Hogs, dressed, cwt.	21.00
Lamb—	
Fronts	24 to 26
Hinds	27 to 30
Leg	32 to 35
Loins	30 to 35
Chops	35 to 38
Mutton, lb.	28 to 30

Fish.

Ciscoes	22
Cod, lb.	10 to 12½
Eels, lb.	12½
Flounders, lb.	10 to 12½
Fillets, lb.	25
Finnan haddie, lb.	20
Haddock, fresh, lb.	12½
Herring, fresh, lb.	10
Kippers, pr.	15
Oysters, qt.	80 to 1.00
Mackerel, lb.	15
Perch, lb.	12½
Pike, lb.	12½ to 15
Rockfish, lb.	10
Salmon, lb.	25 to 35
Smelts, lb.	25 to 35
Soles, lb.	12½
Trout, salmon, lb.	20 to 25
Tom cods	10
Whitefish, fresh, lb.	20

Fruit.

Bananas, doz.	30 to 40
Grape fruit	8 to 12½
Grapes, California, lb.	25 to 30
Grapes, Tokay, lb.	20 to 25
Oranges, doz.	40 to 75
Tangerines, doz.	40 to 50
Lemons, doz.	25 to 40

Vegetables.

Beets, peck	20
Cabbage, head	5 to 10
Carrots, peck	20 to 25
Celery, bunch	5 to 10
Potatoes, bag	1.50 to 1.75
Parsnips, peck	25
Turnips, peck	20

Grain.

Barley	1.20 to 1.25
Bran, ton	39.00 to 40.00
Buckwheat, bush.	1.85 to 1.90
Cornmeal, cwt.	5.50 to 6.00
Corn, yellow feed, bush.	1.75 to 1.80
Flour, standard (Gov't) cwt.	6.00 to 6.15
Hay, baled, ton	20.00
Hay, loose, ton	15.00
Oats, Man., bush.	.90 to 1.00
Oats, local, bush.	.60 to .70
Shorts, ton	43.00 to 45.00
Straw, baled, ton	8.00 to 9.00
Straw, loose, ton	7.00 to 8.00
Wheat, local, bush.	2.25

Hides, Furs, Etc.

Hides, beef, lb.	15 to 16
Lamb skins, fresh	2.00 to 2.50
Veal skins, lb.	.30
Deacon skins, No. 1,	1.50 to 1.75
Horse skins, No. 1, large	5.00 to 6.00
Tallow cakes	15
Wool, washed, lb.	65
Wool, unwashed, lb.	45
Gensing, wild, dry, lb.	8.00
Beeswax, lb., up to	to 30
Shearlings	1.50 to 2.00
Kips, lb.	16

Furs Will Be Higher.

That nearly all furs will be considerably higher next season is now a foregone conclusion. The following compares the Hudson Bay Company's raw fur sales in London, Eng., of last January with those of one year ago.

Muskrat advanced 65 per cent., others as follows:

Otter, 65 per cent.; mink, 100 per cent.; marten, 50 per cent.; red fox, 45 per cent.; cross fox, 50 per cent.; silver fox, 40 per cent.; blue fox, 25 per cent.; white fox, 20 per cent.; wolf, 20 per cent.; ermine, 2½ per cent.; lynx, part sold, 60 per cent.; fisher (dark), 25 per cent.; fisher (pale), unchanged; fisher (low grades), declined 40 per cent.; beaver (large), declined 5 per cent.; beaver (medium and small), declined 17½ per cent.

Street Car Amenities.

A good looking lady entered a crowded street car, and stood opposite a man who had a seat. The man, taking off his hat, said: "Excuse me, lady, for not offering you my seat. I belong to a club known as the 'Sit Tight Club.'" The lady replied: "Keep your seat, I belong to a club known as the 'Stand and Stare Club.'" When the man had been sitting for fifteen minutes, he arose, and again removing his heat, said, "Please take my seat, I have decided to resign from my club, and join yours." A stout man who overheard the conversation, impressed with the advisability of "taking time by the forelock," said to the lady, "As the rules of your club prevent you from accepting this gentlemans offer, allow me to settle the dispute by taking the seat myself—which he did.

If all the lies told in a political campaign were nailed, the nail factories would have to run twenty-four hours a day.

When some men begin to talk others wonder why the age limit of the kindergarten should be restricted.

FINANCIAL MATTERS.

There Are Rumors Current Regarding Mergers.

With the revival of interest in gold mining, all kinds of rumors are afloat as to possible mergers. It is fully expected that another attempt will be made to join up the Dome and Dome Extension. Rumor was also busy on Saturday regarding the West Dome, Preston East Dome and Dome Lake. Mining men are of the opinion that the linking up of several of the Porcupine properties into groups like the Hillinger and McIntyre would be advantageous to shareholders and would make presentable offerings for the London market, which is beginning to take a renewed interest in the Ontario gold camps.

Standard Oil Dividend.

The Standard Oil Company, of New York, declared a quarterly dividend of $4 a share, an increase of $1 over the previous distribution.

Mines Paid Big Dividends.

The mines of Northern Ontario paid $6,381,477 in dividends to shareholders during 1918. Of this amount $4,509,934 came from Cobalt silver mines and $1,771,542 from Porcupine, while the Kirkland Lake Camp contributed $100,000.

Tobacco Products.

It was stated in New York by some of those fully informed of the company's affairs that it is intended to put the stock on a dividend basis of 9 per cent. at its next meeting, making the stock give the same return as United Cigar Stores.

To Boost Siberian Trade.

Among the incorporations is the Canadian-Siberian Exploration and Development Company, Limited, with a capital of $50,000.

Commercial Notes.

Penman's, Ltd., announce an increase in their dividend on common to seven per cent. per annum.

The National Trust Company increased its net profits last year to $266,784 from $251,333 in 1917.

The Tough-Oakes Mining Company may form an amalgamation with Burnside and Sylvanite mines.

The new $450,000 bond issue of New Brunswick is in good demand. Over half is likely to be sold in the United States.

International Nickel in nine months ended Dec. 31st, 1918, earned $2.79 a share v. $3.10 in the same period of 1917.

The Hollinger Consolidated Gold Mines, Limited, in annual statement, reports gold recovered last year the greatest in history.

The Royal Securities Corporation have purchased $4,000,000 of Riordon Pulp and Paper Company 6 per cent. 10-year general mortgage bonds.

The Monarch Life Assurance Company enjoys the distinction of being one of the three Canadian life companies to reach the fifteen-million-in-force point in a short period of years.

According to rumors current in Wall Street, the Standard Oil Company has obtained control of the Humble Oil and Refining Company for approximately $20,000,000.

To enable it to meet the increasing demands for newsprint, International Paper will soon proceed with the plan to erect a mill at Three Rivers, Que. Estimated prewar cost of the mill was in the neighborhood of $6,000,000.

Net profits of the Canada Permanent Mortgage Corporation in 1918, after deducting interest in borrowed capital, expenses of management, all charges and losses, together with war taxes and contributions to various patriotic funds, amounted to $824,532, according to the annual statement.

Tinkering With Nature.

Brooklyn Eagle.

Relief is in sight for the man who, hurrying through his breakfast to get downtown, has had to run for the car with one eye blinded by a generous stream of very acidy juice which sprang out of his grape-fruit as he applied an overamount of pressure. Department of Agriculture experts have taken out the squirt, and incidentally some of the other qualities of the grape-fruit which prevented it from becoming as popular as it might otherwise have been. The new fruit has been produced by crossing the grape-fruit with the tangerine orange and it is called the tangelo. It is described as being not nearly so sharp in taste as the grape fruit, and resembles a ripe orange. It requires no sugar and the pulp is so tender that it may be removed with a spoon without having previously cut the segments.

Three Gloves For Chick.

London Tit-Bits.

Chick was considered the dandy of Slocum-on-Mud and when he came up to London always made a study of what he considered the latest fashions in order to introduce them into his village. After watching closely the attire of the male habitues of Piccadilly, he went into a hosier's shop and asked for gloves. He was shown several pairs, but astonished the shopkeeper by saying:

"But I want three."

"Three gloves? Dear me! Do you mean three pairs?"

"No, I want three gloves."

"Nobody can wear more than two!"

"I know that; most on 'em only wears one an' wabbles the other; but I want three—two to wear an' one to wabble."

Lost His Head.

London Ideas.

They were at public meeting.

"Friends," said Jones at the top of his voice, "do not be deceived by the promises of this man. His policy is personified in himself, for though he wears a frock coat and a silk hat, yet at the present moment he has but half a shirt to his back. The other—"

"What!" screamed the other man, as he started to remove his coat, "You insolvent scoundrel, I will first prove to the assemblage that our insinuation is an abominable e and then I will prove it to you." "Calm yourself," replied the other.

"I was about to remark, when you interrupted me, that the other half was upon your chest."

THE STANDARD BANK OF CANADA

HEAD OFFICE - TORONTO

Your surplus earnings in our Savings Department earn interest at current rate.

EST'D 1873

KINGSTON BRANCH, 236

J. F. ROWLAND, Manager.

THERE IS NO ARGUMENT

The Only Investment To-day is a High Yield Govrnment Bond. Make Your Savings Earn a Proper Return.

There is no possible argument from the banks—your money is as easy to get at in a good government or municipal bond as if in a savings bank and will yield you twice as much. We can sell it for you at any time in ten minutes and hand you your money.

Mortgages are often troublesome at interest time. The interest on a government bond is always there when due.

Where will your principal invested show a good increase in value in a year's time? Not in a savings bank. Not in mortgages, but in good government or municipal bonds. All of these will be worth more money as the days go. Buy at once. We carry all issues, 5 to 7%.

BONGARD, RYERSON & CO.

237 Bagot St. - - - - - Phone 1728

THE DOMINION SECURITIES CORPORATION LIMITED

Opportunities in Long-Term Bonds

Bonds maturing in 1919 or 1920 may now be sold advantageously, and the funds reinvested in longer term securities. The benefits of present high interest yield rates may thereby be secured for a period of ten years and longer.

We shall be glad to offer suggestions.

DOMINION SECURITIES CORPORATION LIMITED

HEAD OFFICE: TORONTO 26 KING ST. E.

MONTREAL ESTABLISHED 1901 LONDON, ENG.

The Mutual in War-Time

IN adversity we discover our real friends. Life Insurance as a result of the war has been revealed as the *friend of humanity*. The grand total of monies disbursed among relatives of fallen soldiers by the life companies of the world if summed up would be *beyond comprehension*.

If the loss of life through the influenza were added to the war losses, the financial burden carried by the life companies would amaze the world.

Of these responsibilities the Mutual Life of Canada has borne its full share. The claims paid during the war years amount to

$4,277,600.00

of which fully one-half were due to the war and the pestilence that came in its train. No one can estimate the blessing this money has brought to the widows and the orphans of deceased soldiers and civilians! Homes have been saved from extinction, women and children from disaster.

To-day our people are just beginning to realize what life insurance can do for them, and in many cases voluntarily seek the protection it affords without solicitation.

We have an agent in your district—don't wait for him! Look him up!

The Mutual Life of Canada WATERLOO ONTARIO

S. Roughton, District Agent, Kingston, Ont.

867

CRYSTAL BOTTLING WORKS

AGENTS FOR

St. Lawrence Ale & Porter

Also manufacture all kinds of soft drinks. We deliver to all parts of the city.

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