

NO MORE NERVOUS HEADACHES

Since She Tried "FRUIT-A-TIVES", The Famous Fruit Medicine.



MISS ANNIE WARD

112 Hazen St., St. John, N.B. "It is with pleasure that I write to tell you of the great benefit I received from the use of your medicine, 'Fruit-a-tives'. I was a great sufferer for many years from Nervous Headaches and Constipation. I tried everything, consulted doctors; but nothing seemed to help me until I tried 'Fruit-a-tives'."

After I had taken several boxes, I was completely relieved of these troubles and have been unusually well ever since."

MISS ANNIE WARD.

'Fruit-a-tives' is fresh fruit juices, concentrated and increased in strength, combined with finest tonics, and is a positive and reliable remedy for Headaches and Constipation. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or Fruit-a-tives Limited, Ottawa.

SWAIZEMA CURES ECZEMA

Guaranteed and sold in Kingston by Mahood's Drug Store.

EARLY CLOSING

For the benefit of our employees our store will close at 5 o'clock every evening except Saturday.

A. GLOVER

License No. 2-4222

Zutoo

Will cure any headache in 20 minutes, will nip a cold in the bud, will relieve the monthly pains of women, and in every case it leaves you feeling good.

April!

The Sweet Oil of Peraica

For table and culinary purposes. You use only about half as much April as of lard or butter. For sale by

D. COUPER

241-2 Princess Street. Phone 74.

DR. THOMAS' ECLECTRIC OIL

A PURE, SAFE AND SIMPLE REMEDY FOR ALL THE COMMON ILLS OF MAN. IT SHOULD ALWAYS BE KEPT IN THE HOUSE FOR EMERGENCY USE. IT CURES HEADACHE, COLIC, BRUISES, BURNS, SCALDS, SORE THROAT, RHEUMATISM, NEURALGIA, BRUISES, BURNS, SCALDS, SORE THROAT, RHEUMATISM, NEURALGIA.

Lake Ontario Trout and Whitefish, Fresh Sea Salmon, Haddock, Halibut and Cod.

DOMINION FISH CO.

Canada Food Board License No. 9-2268

Beecham's Pills

will rapidly improve your complexion by arousing the liver and putting stomach and blood in good order.

Export Sale of any Medicine in the World. Sold everywhere. In boxes, 25c.

The Canadian V.C.'s

How Men From Canada Earned the Empire's Highest Tribute for Bravery in the Field of Battle.

For most conspicuous bravery, initiative and skilful leading on the 27th and 28th of August, 1918, when in command of his battalion.

On the 27th he led his battalion with great bravery and skill from Crow and Algetre trenches in front of Wannocourt to the attack on the Fresnes-Rouvroy line. From the outset the brigade of which the 24th Battalion was a central unit came under very heavy shell and machine gun fire, suffering many casualties, especially among the leaders. Units became partially disorganized and the advance was checked. Appreciating the vital importance to the brigade front of a lead by the centre, and undismayed by annihilating fire, Lieut.-Col. Clark-Kennedy, by sheer personality and initiative inspired his men and led them forward. On several occasions he set an outstanding example by leading parties straight at the machine gun

old trenches, even in the open field the guns were posted and the men who served them were no cowards. They fought extremely well, and the Canadian casualties were correspondingly heavy.

Wednesday, the 27th, the clouds still hung low in the sky, but there was no rain. At 2 o'clock the Canadians left their trenches and started up the ridge. Facing them were machine-guns, banked in tiers on the surrounding slopes. The roads were full of them, and from every piece of woods streams of fire were poured on the advancing line. They took heavy toll of our men and many officers were killed.

Lieut.-Col. Clark-Kennedy, with utter disregard for his personal safety, led his men over the fire-swept plain. On several occasions he headed rushing parties against machine-gun nests and wiped them out. He collected the men who were running about on the hillside, without leaders, and by his extraordinary powers of control, enabled the brigade to advance. Just west of the town of Cherisy was a perfect maze of trenches, bristling with machine-guns. Machine-guns were also posted in the wrecked buildings of the town. Lieut.-Col. Clark-Kennedy led his men against these posts, successfully routing the gunners from their hiding places, and gaining the west bank of the river Sensee.

The Sensee river was very low and presented no obstacle in itself to the advancing troops, who could wade through, but on the high bank opposite, posted in the open were scores of machine-guns. These guns had caused many casualties among our men as they approached the village of Charisy, from the western side, and now, with point blank range on the men in the river bed below, they poured down fire with terrible effect. The German gunners continued to operate until they were overwhelmed by the Canadian infantry, scrambling up the bank and taking possession of the high ground. The 24th Battalion pushed forward as far as Occident trench, just in front of the heavily wired Fresnes-Rouvroy switch line. Lieut.-Col. Clark-Kennedy went up and took the trench until far into the night, strengthening weak points and encouraging his men. He also sent back very clear reports to the headquarters staff.

The Fresnes-Rouvroy line, which was the object of the attack of Aug. 28th, was a loop from the Hindenburg line, and lay about two miles in front of the Droocourt-Queant switch line. The whole country, in fact, south of the Cambrai road, was criss-crossed with switches from the German main line of defence. In front of the Fresnes-Rouvroy line was the wood, in which machine-gun nests were concealed.

The 24th Battalion left Occident trench at 12 o'clock, noon, Aug. 28th. At 12.30 o'clock its gallant colonel received a crippling wound from a machine-gun bullet. Refusing aid, he dragged himself to a shell hole, from which he could observe and command the troops. He saw that his battalion was almost completely exhausted, and ordered them to stop. Refusing aid, he dragged himself to a shell hole, from which he could observe and command the troops. He saw that his battalion was almost completely exhausted, and ordered them to stop.

When it comes to a question of more money or less hours of labor, every man in the army has met would take the money. In these times, hours of labor are secondary, so long as a man is not overworked.

The Kingston preacher who declared that our church creed should be revised is right. Our bible, our hymnal, our laws, our dress and our food and clothing prices have been revised. Why not our creed?

Please do not think that it is only the ordinary mortal who has been trying to hold on to his war job. It is hard to entice some chaplains to yield up their "war time livings" and go back to the garb of the parson.

Portsmouth has supplied a deputy warden to St. Vincent de Paul penitentiary. Well, why should not Hatter's Bay turn out some great men?

Sunday Services in Churches

St. Andrew's—Rev. John W. Stephen, minister. Services 11 a.m. and 7 p.m., conducted by the minister. Strangers and visitors welcome.

St. Paul's Church—Holy Communion at 8 a.m. Morning prayer at 11 a.m. Evening prayer at 7 p.m. Preacher, Canon Fitzgerald.

Union Street Baptist Church—Pastor, Capt. J. K. Fairful. No morning service. Bible school, 3 p.m.; evening service, 7 p.m. You are cordially invited to worship with us.

Calvary Congregational Church—Services 11 a.m. and 7 p.m. Rev. Frank Saunders, Ottawa, will preach at both services. Bible class and Sunday school at 3 p.m. Prayer meeting Wednesday evening at 8 p.m. All are cordially welcome.

First Baptist Church, Sydenham and Johnson streets—Rev. J. S. LaPlair, pastor. Union services, 11 a.m. (First Baptist church), subject, "Not Ashamed"; 7 p.m. (First Congregational church), subject, "Songs of the Night"; 10 a.m., Bible school (First Baptist).

Chalmers Church—Joint services at 11 a.m. and 7 p.m. with the congregation of Cooke's church. The morning service will be held in Chalmers' church, the evening service in Cooke's church. Rev. W. Taylor Dale will preach. Strangers cordially welcomed.

Cooke's Presbyterian Church—The minister, Rev. W. Taylor Dale, will preach at both services. At 11 a.m. the service will be held in Chalmers' church, corner Clergy and Barrie streets. At 7 p.m. the service will be held in Cooke's church, Brook street. A cordial welcome is extended to all.

Sydenham Street Church, Methodist—Rev. W. T. G. Brown, minister. Services, 11 a.m. and 7 p.m.; class meeting, 9.45 a.m.; Bible school, 2.45 p.m.; prayer meeting, Wednesday, 8 p.m. Morning preacher, Rev. A. B. Ransom. Evening preacher, Louis Joffe; subject, "Forward Canada." All welcome.

St. Luke's Church, Nelson street—Rev. J. dePaenier Wright, M.A., B.D., rector. Sixth Sunday after Trinity, 10 a.m., Sunday school; 11 a.m.,

morning prayer. Music: Solo, Mrs. H. Horton, 4 p.m., holy baptism; 7 p.m., evening prayer. Music: Violin solo, Miss Daisy Johnson. Seats for Strangers and visitors cordially invited to attend.

Bethel Congregational Church, corner Johnson and Barrie streets—Charles Patterson, pastor. Services at 11 a.m. and 7 p.m. Morning subject, "Oneness With Christ." Evening subject, "Loose Tackling." Sunday school at 10 a.m. Prayer meeting, Wednesday, at 8 p.m.; Y.P.S.C.E., Friday, at 8 p.m. A cordial welcome is extended to all.

First Church of Christ Scientist, Johnson street, between Bagot and Wellington streets—Sunday school, 9.45 a.m. Service 11 a.m. subject, "Truth"; Wednesday, 8 p.m. testimonial meeting; public reading room, same address, open every afternoon, except Sunday, 9 to 5 o'clock. All are cordially invited to the services and the reading room.

St. James' Church, corner Union and Barrie streets—T. W. Savary, R.A., rector, 162 Barrie street. 9 a.m., holy communion; 10 a.m., Sunday school (main department); 11 a.m., morning prayer and Hymn; Preacher, Rev. A. H. Coleman; 3 p.m., Sunday School (beginners department); 7 p.m., evening prayer and sermon. Preacher, Rev. A. H. Coleman.

First Congregational Church, cor. Wellington and Johnson streets—Union services with First Baptist church during July and August. Morning services at First Baptist at 11 o'clock. Evening service at First Congregational church at 7 o'clock. Rev. J. S. LaPlair will occupy the pulpit at all services. Sunday school at 3 p.m.; Y.P.S.C.E., Monday, 8 p.m.

St. George's Cathedral—The Very Rev. G. Lothrop Starr, M.A., D.D., Dean and Rector, 78 Wellington St., Telephone 215. Rev. Cecil Whalley, M.A., B.D., Priest Vicar, 164 King street. Telephone 1444. Sixth Sunday after Trinity, 8 a.m. Holy Communion, 11 a.m., matins, preacher, Rev. Cecil Whalley; 7 p.m., evensong. Preacher, Rev. Cecil Whalley. Services in the Chapel daily at 10 a.m. except Thursday, when Holy Communion is at 8 a.m.

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NOTICE TO CONTRACTORS

SEALED TENDERS marked "Tender for Construction of Substructure of Odessa Bridge" will be received by the undersigned until 12 o'clock noon, on Friday, August 8th, 1919, for the construction of concrete abutments, concrete roadway and sidewalk floors, together with other necessary work in the building of a bridge on the Provincial Highway and over Mill Creek in the Village of Odessa.

Plans, Specifications and forms of tender may be seen and after Monday, July 22nd, 1919, at the office of the Resident Engineer, Napanea, at the office of the City Engineer, Kingston, and at the office of the undersigned.

A marked cheque for Five Hundred Dollars, payable to the Minister of Public Works and Highways, Ontario, must accompany each tender. The lowest or any tender not necessarily accepted.

W. A. McLEAN, Deputy Minister of Highways, Department of Public Highways, Toronto, July 24th, 1919.

NOTICE TO CREDITORS

SEALED TENDERS, addressed to the undersigned and marked "Tender for Rebuilding and Extending Wharf, Lock 17-18 Levels" will be received at this office until 12 o'clock noon on Tuesday, August 12, 1919.

Plans, specifications and form of contract may be seen at the office of the Chief Engineer of the Department of Railways and Canals, Ottawa, and at the office of the Superintendent Engineer, Ontario-St. Lawrence Canals, Cornwall, Ontario.

Copies of plans and specifications may be obtained from the Department on the payment of the sum of Twenty Dollars. To bona fide tenderers this amount will be refunded upon the return of the above in good condition.

An accepted bank cheque for the sum of \$2,000, made payable to the order of the Minister of Railways and Canals, must accompany each tender, which sum will be forfeited if the party tendering declines entering into contract for the work at the rate stated in the offer submitted.

The cheque thus sent in will be returned to the respective contractors whose tenders are not accepted. The cheque of the successful tenderer will be held as security or part security for the fulfilment of the contract to be entered into.

The lowest or any tender not necessarily accepted.

J. W. PUGSLEY, Secretary, Department of Railways and Canals, Ottawa, July 24, 1919.

FRIENDSHIP'S Choice Groceries

All kinds of fresh vegetables a specialty.

210 Division St. Phone 945

THOMAS COPLEY Telephone 987

Wanting anything done in the carpentry line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop Queen Street.

YUBAN Will Be At CAVERLY'S Next Week

Let us Book Your Orders Now. Bon Marche Grocery, Cor. King and East Streets, License No. 5-2748, Phone 154.

THE MAN ON WATCH

Now that Deputy Postmaster Charles Gay Shannon is the champion amateur golfer of Kingston, the posties will be putting on airs.

It certainly must make the penitentiary officers nervous when they see the posties enjoying a weekly half holiday and getting all the other statutory holidays on the calendar.

When it comes to a question of more money or less hours of labor, every man in the army has met would take the money. In these times, hours of labor are secondary, so long as a man is not overworked.

The Kingston preacher who declared that our church creed should be revised is right. Our bible, our hymnal, our laws, our dress and our food and clothing prices have been revised. Why not our creed?

Please do not think that it is only the ordinary mortal who has been trying to hold on to his war job. It is hard to entice some chaplains to yield up their "war time livings" and go back to the garb of the parson.

Portsmouth has supplied a deputy warden to St. Vincent de Paul penitentiary. Well, why should not Hatter's Bay turn out some great men?

If Queen's University feels that its medical clinics should be given some where than Kingston, why does it choose Ottawa? The Lampman would rather have them given in Montreal or Toronto. Get to some big place while you're at it, and not to a one-horse town.

Three Gananoque girls have written the Lampman regarding the gum-chewing girls of that town, and make the cruel remark that Kingston girls had better look out, or they will have lint on their noses from chewing the rag. Kingston girls always were ornamental.

An old pharmacist laments the decadence of his profession. On Sundays he notes that people coming from alleged "apothecary" shops carry cigars, tobacco, candy and gum. And the real tobaccoist must be very angry that he cannot also sell on the Lord's Day.

Just wait till "Tom" Hewitt et al analyze the report of that fra ud-defwriters' inspector after his dress parade of Chief Armstrong's fire apparatus. They'll go after it like a Canadian soldier would a Hun.

"Strawberries arriving daily," reads a Kingston store advertisement of July 21st. You're another.

Kingston now appreciates an excursion boat service after being denied for a couple of years. And it is John Campbell that started it going.

Ald. Dan Couper may not be in the three score year and ten class, but he has been singing psalms in Chalmers church choir for forty years and is still young enough to be put forth as a soloist. Col. Jim Galloway is an old timer in choir singing, but he has nothing on Dan Couper, who should be given one of those long service medals.

Among the Kingston baseball fans are some old boys over the eighty mark. The Lampman saw one of them a week ago making for a street car on the run, to get to the game. These old fellows may be getting on to the end of their journey, but they are still great devotees of the ba-

Summer Complaint

IS A SERIOUS BOWEL TROUBLE

Very few people escape an attack of Summer Complaint. It may be slight, or it may be severe, but nearly everyone is liable to it.

You can't tell, when it seizes on you, how it will turn out. It may allow the profuse diarrhoea, the vomiting and purging to continue for a day or two and you will become weak and prostrated.

Just as soon as the bowels become loosened up, get a bottle of Dr. Fowler's Extract of Wild Strawberry and check these unnatural "movements" and thus prevent the system from becoming weakened.

Mrs. L. J. Alteen, wife of the well known wholesaler and retail Fish Dealer, 44 Hill St., Amherst, N.S., writes: "I have four children, the oldest being eight years old. Every summer they were troubled with Summer Complaint. Doctors' prescriptions did not seem to help them any. One day a friend asked me to use Dr. Fowler's Extract of Wild Strawberry. I at once got a bottle, and to my surprise and wonder, I soon saw a change in them. I now keep a bottle of it in the house all the time and will recommend it to any mother."

"Dr. Fowler's" is 35c. a bottle. Get the original, which has been put up for the past 74 years by The Milburn Co., Limited, Toronto, Ont.

mond game. A man is just as old as he feels. If he keeps up-to-date he will always be youthful in mind, and that is what counts.

WAS A FINE CAMP MEETING.

There Have Been Many Visitors in Verona.

Verona, July 22.—The camp meeting was a decided success and largely attended. The guests at the Martin House during the camp meeting were Mrs. McCullough and son, Russell, Kingston; Miss Patterson, Kingston; Mr. Burnett, Odessa; Mr. Sander, Enterprise, also Mr. Broadworth, Marmora. Much sympathy is extended to Mrs. Alfred Shultz in the loss of her husband. She was a bride only a month. One of our Verona residents passed away last Wednesday in the person of Mrs. Miles Goodberry. Her remains were taken to Arden for burial. M. Stinson is seriously ill. Mrs. (Dr.) Hanley, Toronto, is visiting at the Asselstine House. Dr. and Mrs. Wilkins, Cobourg, are visiting at Joseph Wilkins'. Mrs. James Blackhurst, Gananoque, is visiting at Anson Grant's. Mrs. James Medcof, Kempton, is at Edward Curri's, also Mr. and Mrs. Samuel Irish, Kingston. Mrs. Anderson has returned home after spending a few weeks with friends in Kingston.

Mrs. Ina Snider, Kingston, is the guest of Miss Lizzie Carroll; Mrs. K. Switzer at Mrs. Norman Ball's; Mr. and Mrs. Sandy Charlton, also Mrs. A. Kerr, Belleville, at John Dear's. Mrs. M. Bevelis, Kingston, is spending a few days with her son, Mattie Bevelis. Dr. Goodfellow and family at Henry McMillin's, also Mrs. McKnight, Westport. Miss Marie Kelly has returned home after undergoing a operation at the Hotel Dieu. Miss Lena Kennehan is visiting her grandparents. Frank Gahan, also Goldie Clark, are at the Martin House. Clinton Bradford is spending a few weeks at home. Mr. and Mrs. Oliver Clow and family at Second Storm's; J. Vanderwaters, Kingston, at Edward Tallon's; Miss Gladys Sword, Gananoque, at Ira Reynolds'.

Rev. Mr. and Mrs. Ball, Westport, are calling on friends. J. Sword, Gananoque, at James Quinn's. The baseball watch between Verona and Parham resulted 9 to 10 in favor of Verona.

Sale of Unused Articles at Kingston Penitentiary.

SEALED TENDERS addressed "Superintendent of Penitentiaries, Ottawa and endorsed tenders for unused articles at Kingston Penitentiary" will be received until Saturday, August 26, 1919, for the following:

One Worthington type compound pump, Duplex, 12" x 19" by 10" x 10" stroke (repairs required).

Two Worthington boiler feed pumps, Duplex, 6" x 4" x 6" (repairs required).

One Smithville boiler feed pump, 4 1/2" x 3" (in good condition).

One Worthington boiler feed pump, 4" x 4" x 4" Duplex (some parts missing).

One double acting Bilge pump, 2" x 6", One galvanised iron 2" exhaust head, One cast iron bath, One 24" x 36" McQuillan's blower with One 11" centre crank engine 6" x 6" x 3 1/2" (in good condition).

One 24" x 36" Duplex (repairs required).

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IT'S A PICNIC

OUR BREAKS EVERY MEAL A PICNIC!

JUST thing of it—three picnics a day! Breakfast-picnic, luncheon-picnic and dinner-picnic if you eat our bread. It is healthy, palatable and highly nutritious. It contains just the proper food units for body-building and just the proper taste-qualities to encourage your appetite.

JACKIE'S BAKER HOME MADE BREAD & PASTRY

It's better to think of what you are going to eat than to be unable to forget what you have eaten.

How Life Insurance Began

LIFE insurance was humanity's "long felt want." Cent