



**SAVING.**—The foundation of almost every successful business venture is built on Savings.

The Standard Bank of Canada can be of great assistance in helping you to develop your business.

**THE STANDARD BANK OF CANADA**  
KINGSTON BRANCH  
J. F. ROWLAND - MANAGER

**NOX A COLD TABLETS**  
A safe and speedy cure for La Grippe, Coughs, Colds, Headache, Neuralgia, Flu, a mild laxative. Breaks up a cold in a few hours. Get the genuine, at all drug stores.

**When You Travel, Even in Canada**

carry your funds in Travellers' Cheques, issued by The Merchants Bank. Personal cheques are often refused. Money may be lost or stolen. Travellers' Cheques, on the other hand, are cashed by banks, hotels, transportation companies and stores at their face value, and enable you to raise ready money wherever you happen to be. If lost, they are of no value to the finder; if stolen or destroyed, they will be replaced without extra charge. Use them for your next journey.

**THE MERCHANTS BANK OF CANADA** Established 1864.  
Head Office: Montreal. KINGSTON BRANCH. FARHAM AND VERONA BRANCHES.  
H. A. TOFIELD, Manager. J. W. MCCLYMONT, Manager.  
Safety Deposit Boxes to Rent at Kingston Branch.



**SATISFACTION GUARANTEED**  
On repair work of magnetos of all kinds, including marine, stationary and motor cars, lighting, starting and generating systems of all makes, and storage batteries. Inquire about the new threaded bone dry battery before purchasing.

**WILLARD SERVICE STATION**  
19 Brock St. I. LESSES, Prop. Phone 1340



**Producing Goods at Lower Cost**

The higher cost of materials and labor, and the keenness of competition, make it necessary for manufacturers to produce their products at the lowest possible cost.

This means that more quantity must be turned out without increasing the manufacturing over-head, otherwise profits are bound to suffer.

Efficiency of equipment must be made greater today than ever before. This is where the remarkable performance of

**Dominion Friction Surface Belting**

demonstrates its superiority for every transmission purpose.

It helps to produce goods at lower cost by eliminating power waste, by its long life, by preventing idle employees and machines, by its low up-keep cost, by its elimination of most transmission troubles.

Let our engineers go over your plant and demonstrate to you that Dominion Friction Surface Belting will help produce your goods at lower cost.

This confers no obligation or cost, and every suggestion is subject to your approval. Address the nearest Service Branch.

**Service Branches**

Halifax	Fort William
St. John	Winnipeg
Quebec	Brantford
Montreal	Regina
Ottawa	Saskatoon
Toronto	Edmonton
Hamilton	Calgary
London	Lethbridge
Kitchener	Vancouver
North Bay	Victoria

**From the Countryside**

**Frontenac**

**OUTER STATION.**  
October 6.—Mr. and Mrs. George Francisco and daughter Sadie, of Stewart street, city, were the guests of Mr. and Mrs. Robert Abbott on Sunday.

Miss Frazer, teacher in district No. 6, spent the week-end with her parents at Westbrook.

Potato digging is the order of the day. The crop is poor.

What is one man's automobile is another man's juggernaut.

**WHITE LAKE.**  
Oct. 2.—Mrs. J. M. Cox and little Miss Thelma returned home after spending the past month in Dexter, N.Y. Robert Laidley, Mably, spent a few days visiting his sister, Mrs. George Lewis. Messrs. Ashley and Thomas Godfrey accompanied by their mother and Miss Edna motored to Tamworth and spent the week-end Leonard Blakely and Mrs. R. Blakely, Sharbot Lake, spent Sunday at Mrs. George Lewis's. Mrs. "Jack" Wright and children of Dexter, N.Y., are at J. Gray's. The little Misses Thelma and Norma Lewis, Natr Centre, spent Sunday with their grandmother, Mrs. G. Lewis. Mr. and Mrs. Andy Snider are at J. Barker's.

**BREWERS MILLS.**  
Oct. 6.—Farmers are ploughing and digging potatoes. W. H. Nichol,

Howe Island, spent the week-end on the Rideau duck hunting. Mrs. Frank Donaldson was removed to the General Hospital, Kingston, on Thursday after a slight attack of scarlet fever. The many friends of James Keyes are sorry to hear of his illness. Mrs. D. J. Murphy has returned home after spending a few days at her home in Escott. Mr. and Mrs. Pete Milne and daughter Marguerite spent Sunday at Sheatown. Mr. and Mrs. P. Keely and Mrs. Deane at Pete McKenna's.

**KEELEVILLE.**  
Oct. 6.—John Robb is to-day helping his brother-in-law, Thomas Clark, fill a silt on Cedar Lake. Rev. Mr. Campsall, of Perth Road circuit, preached here yesterday. Frank Melroy made a trip to Perth road on business Saturday. Mr. and Mrs. Andy McFadden, of Inverary, visited J. E. Anglin's recently. Gordon Hitchcock and sister, of Sunbury, visited at Charles Clark's on Sunday. James Boal and family were at Hugh Boal's Sunday. Mr. and Mrs. William Dixon and Master Willie at William Sleeth's, Round Lake. Mrs. David Sleeth is spending a few days with friends in Kingston. Douglas and Pauline Anglin, of Douglas, Sigsworth's, Hartington, Sunday. John R. Sleeth and William Abbott drew cheese to Kingston on Saturday. Miss Silis, of Leland, at Isaac Melroy's, C. S. Lake, general merchant at Batterssea, and family also Miss Bernice Sutherland, of Batterssea, at Edward Sleeth's on Sunday. The teacher will attend the teachers' convention at Sydenham Thursday and Friday of this week. The mail carrier is giving good service. Charles Ankin has purchased the Gilbert farm. Samuel Yatenam and Isaac Melroy attended the auction sale at Sydenham last week.

**BURRIDGE.**  
Oct. 3.—Farmers have started ploughing. Edward McCann and R. J. Barr have returned home after spending the last week in Kingston on the jury. Mr. and Mrs. L. Hanna, Perth, are visiting the latter's parents. Mr. and Mrs. A. Bygrave, Mr. and Mrs. Albert Barr, also Mr. and Mrs. R. Barr, made a trip to Kingston last week. Mr. and Mrs. George Barr, Sr., Mr. and Mrs. T. Kennedy and family, Mr. and Mrs. J. Crozier and family, Mr. and Mrs. Charles Burchill and son John, Miss H. Forbes, Mrs. N. E. Newberry, and Edwin Batting at Rupert O'Brien's, Mrs. N. Shillington, Maurice, and Garnet at S. E. Barr's. Mr. and Mrs. Russell Barr at Wm. Taylor's; Margaret Barr and Bell Quinn, Godfrey, at R. J. Barr's; Maude Shillington and Andrew Barr at S. E. Barr's; Mr. and Mrs. Albert Barr at W. J. Thompson's; Howard Alvin and Earl Barr at R. J. Barr's; D. Madden called on friends in Althorpe. Mr. and Mrs. L. Fournie and family at C. Stinson's. Mabel, Nell and Blanche Shillington motored to Kingston on Sunday. Mr. and Mrs. Anderson of Bolingbrook, spent Sunday at George Barr's, Jr.'s. Mr. and Mrs. M. J. Cochrane at J. Hickey's. Mrs. J. McNeil has returned home after spending a few days with friends in Westport.

**ARDOCH.**  
Oct. 6.—Our school has re-opened with Miss MacLellan, Bluefield, as teacher. R. G. Watkins has a number of men employed building a bridge near Fernleigh. Roland Hamilton gave a farewell dance at the home of his parents before leaving for the Gill-Fortune camp, at Gilmour Station. The auction sale at Andrew Myers on Wednesday was well attended. Archibald Babcock took a valuable cow by being drowned in the well. Mr. and Mrs. Zebby Rosberry, Snow Road, spent the week-end with their niece, Mrs. John Fraser. Master Clifford Smith and sister, Mammie, and little brother, Charlie, drove to Harlowe with his new single buggy to visit their aunt and uncle, Mr. and Mrs. John Gray. A number from here attended the sale at David Cox's, Coxvale, on Thursday last. Albert Myers left for Kingston on Friday to visit his brother, Michael. Mr. and Mrs. James Derue visited at James Shultz's, Pleyna, Sunday last. A large number of young people gathered at John Fraser's, Wednesday evening last, and spent a very enjoyable time in dancing. Mrs. John Gray and family, Harlowe, accompanied by Mrs. Robert Gray, Selby, visited relations here last week. Much sympathy is extended to Mr. and Mrs. George Schonauer in the death of their infant son, Lorne.

**LEEDS.**  
**WASHBURN'S CORNERS.**  
Oct. 3.—The school fair held at Plum Hollow was largely attended. The day was all that could be wished for and the kiddies carried off scores of prizes. Digging potatoes is the general work here now. Some have a fairly good crop while others have hardly any. Mr. and Mrs. Frank Covey have returned from the Canadian west. A number from here attended Kingston Fair and report the exhibits here far superior to previous years. W. F. Earl left on Monday with a car load of honey for the Canadian-west. Mrs. R. Whaley visited friends here recently. Rev. H. Smith of Lyndhurst called on friends here recently. Threshing is being done here and oats are a light crop.

**LENNOX AND ADDINGTON.**  
**MILLHAVEN.**  
Oct. 3.—A large number gathered at the home of C. Smith, Wednesday evening last, when Allan Smith and Charles Collyup were each presented with a club bag. A very enjoyable time was spent. Mr. Corkill, school inspector, visited the school Wednesday last. Ray Amey spent the week-end at home. Miss Margaret MacMillan, of Toronto, who has been the guest of Miss Velma Frink, has returned home. B. Franklin is the guest of H. Bullock and also of Mrs. A. Young.

**SWITZERVILLE.**  
Oct. 6.—The monthly meeting of the Social Club was held at the home of C. W. Neville on Tuesday evening and was much enjoyed. All were sorry to hear of the death of Mrs. Hester Day, one of the oldest and most respected residents here. Two local boys have returned from overseas with English brides, namely Ross Lewis and Harry Switzer. Charles McKim has sold his farm to Vernon Paul of Wesley, and has purchased the farm, formerly owned by Mrs. T. Gibson. Several from here attended the fair at Kingston. Mrs. A. Miller has been visiting relatives in Kingston and vicinity. The Misses Knapp of Kingston spent a few days recently at J. M. Spafford's. Mr. Holliday delivered a very able and convincing address from the pulpit on Sunday.

**WILTON.**  
Oct. 6.—Anniversary services were

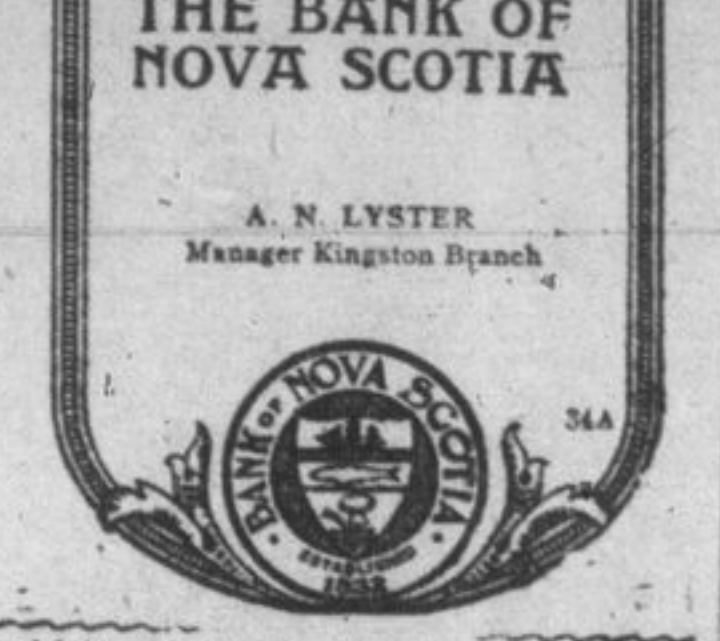
**The Value of Saving.**

All successful men began by saving. Later, perhaps, they invested, but they first had to accumulate capital.

The first step towards wealth is to open a Savings Account. The second is to save regularly.

Come in and ask about our simple, convenient, Savings Accounts—interest compounded every six months soon amounts up.

Paid-up Capital \$ 7,700,000  
Reserve Fund - 18,800,000  
Resources - 220,000,000



**THE BANK OF NOVA SCOTIA**  
A. N. LYSTER  
Manager Kingston Branch

**Lanark**  
**FERGUSON FALLS.**  
Oct. 3.—Harold Rothwell left for Toronto last Monday to attend Toronto University. Mr. and Mrs. Charles Hollinger and son attended Almonte Fair. The Misses Mary Gray and Evelyn and Edna MacLaren spent the week-end at the former's home. The corn-cutters are around this year on their annual visit. Corn is being disposed of with great despatch. Miss Stella Doyle has returned to Collingdale in Perth. Mr. David Horrieks, who is working on a bridge on the Smith's Falls road is home for the week-end. Mrs. Sutherland and son Harold, who have been visiting at Thomas Rothover's, have returned home to Toronto.

**Box Cars Broken In.**  
Belleville, Oct. 8.—The seals on three C.P.R. box cars were broken open some time whilst the cars were in a siding here. Some boxes containing cigars and canned-ware were opened and some of the contents moved. Other boxes were opened, but nothing of great value was taken.

**Leeds**  
**WASHBURN'S CORNERS.**  
Oct. 3.—The school fair held at Plum Hollow was largely attended. The day was all that could be wished for and the kiddies carried off scores of prizes. Digging potatoes is the general work here now. Some have a fairly good crop while others have hardly any. Mr. and Mrs. Frank Covey have returned from the Canadian west. A number from here attended Kingston Fair and report the exhibits here far superior to previous years. W. F. Earl left on Monday with a car load of honey for the Canadian-west. Mrs. R. Whaley visited friends here recently. Rev. H. Smith of Lyndhurst called on friends here recently. Threshing is being done here and oats are a light crop.

**Prince Edward**  
**BLOOMFIELD.**  
Oct. 6.—George Christy and wife visited friends in Kingston and also took in the fair. Caniff Haight was in Toronto last week consulting a specialist. Webster Talcott is improving his home by the erection of a new veranda, far superior to the Standard Bank at Lethbridge, Alberta, is visiting his parents, Mr. and Mrs. Emily Stone. John Branscombe was in Hamilton last week. Philip Vanderwater is selling his farm stock and implements by public auction. Silos are now being filled. Workmen have just completed the erection of a new metal barn for Joseph Brown. Nelson Parliament, Liberal candidate, addressed a public meeting here to-night. Donald Bull, who has just returned from overseas, is renewing acquaintances here.

**BONGARD'S.**  
Oct. 3.—Mrs. Buchanan, of Wau-

poos, is visiting her sister, Mrs. Fowkes. Mr. and Mrs. H. C. Cameron, of Revelstoke, B.C., are renewing acquaintances here. Mr. and Mrs. D. T. McCornock, of Picton, were guests of their son and his wife, Mr. and Mrs. Clair McCornock, on Sunday. Many from here attended the fair in Kingston last week. Mrs. Christie and children spent a day at Cressy with friends, before returning to their home in Virginia. J. Pierce and daughter, Miss Pierce, also Roy Hicks, of Trenton, were recent visitors at L. Pierce's. Mrs. Pringle, of Lindsay, is visiting friends here. Mr. and Mrs. I. B. Lucas, accompanied by Mr. and Mrs. Carnahan, motored to Belleville recently and spent a day. Oscar Pierce and wife have returned to their home in Toronto after spending a few days with their parents. Allan Harrison, of Picton, spent the week-end with his parents. Mr. and Mrs. Blackburn are entertaining friends from Bancroft. This place was well represented at the school fair at Waupoos on Friday. P. Thurston was in Belleville on Thursday. A representative of the Dominion Alliance, Toronto, will give an address in the church on Sunday in the interests of the referendum. W. Carey intends moving to Waupoos in the near future. Farmers are busy filling their silos. Mrs. Thomas Bonkard visited her daughter, who is attending Albert College in Belleville, on Sunday. Mr. and Mrs. W. S. Herman Harrison, Waupoos, a son,

**STOPPED HER HEADACHES**

Years Of Suffering Ended By "Fruit-a-lives"

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-lives', made from fruit juices. 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-lives'."

After taking several boxes, I was completely relieved of these troubles and have been unusually well ever since". Miss ANNIE WARD.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

**DR J. D. KELLOGG'S ASTHMA REMEDY**

WHEN BURNED EMITS AN AGREABLE SMOKE, THE INHALING OF WHICH PROMPTLY ALLAYS IRRITATION. A TRIAL WILL CONVINCIVE YOU OF ITS MERITS.

Underwood Typewriters  
Still the acknowledged leader.  
"There's a Reason"  
Ask us to show you before buying.  
J. R. C. Dobbs & Co.  
Tel. 819 41 Clarence St.

**Doctor Tells How to Detect Harmful Effects of Tobacco**

Try These SIMPLE TESTS

New York.—Doctor Connor, formerly of Johns Hopkins Hospital, says: "Many men who smoke, chew or sniff tobacco, are suffering from nervous, organic ailments. Thousands of them would never have been afflicted had it not been for the use of tobacco, and thousands would soon get well if they would only stop the use of tobacco in nicotine, a deadly poison, which when absorbed by the system, slowly rots the nerves, membranes, tissues and vital organs of the body. The harmful effect of tobacco varies and depends on circumstances. One will be afflicted with general debility, others with catarrh of the throat, indigestion, constipation, extreme nervousness, sleeplessness, loss of memory, lack of will-power, mental confusion, etc. Others may suffer from heart disease, bronchial trouble, hardening of the arteries, tuberculosis, blindness, or even cancer or the common affliction known as tobacco heart. If you use tobacco in any form, you can detect the harmful effects by making the following simple tests: Read about one page from a book. If in the course of reading your money becomes muddled, hoarse and indistinct, and you must frequently clear your throat, the chances are that your throat is affected by catarrh, and it may be the beginning of more serious troubles. In the morning before taking your usual

smoke walk up three flights of stairs at a regular pace, then stop. If you find that you are out of breath, your heart beat is forced, trembling or irregular, you may be a victim of functional or organic heart trouble. If you feel that you must smoke, chew or sniff to quiet your nerves you are a slave to the tobacco habit, and are positively poisoning yourself with the deadly drug, nicotine. In either case you have just two alternatives—keep on with the self-poisoning process, irrespective of the dangers, and suffer the consequences, or give up the habit and escape the danger. You can overcome the craving and stop the habit in a very short time by using the following inexpensive formula: Go to any drug store and ask for Nicotol tablets, take one tablet after each meal, and in a comparatively short time you will have no desire for tobacco, the craving will have left you. With the nicotine poison out of your system your general health will quickly improve.

Note.—When asked about Nicotol tablets one of our leading druggists said: "It is truly a wonderful remedy for the tobacco habit; away ahead of anything we have ever sold before. We are authorized to every disinterested customer, and we would not permit the use of our name unless the remedy possessed unusual merit." Nicotol tablets are sold in this city under an iron-clad money-back guarantee by all up-to-date druggists. (1)

**GRAND TRUNK RAILWAY SYSTEM**

AGENCY FOR ALL STEAMSHIP LINES

For information and rates apply to J. P. Hanley, C.P. & T.A., G.T. Ry., Kingston, Ont.



**SAILINGS—RATES**  
QUEBEC—LIVERPOOL  
EMPIRES OF FRANCE  
4 p.m. October 8th  
1st, \$170 up; 2nd, \$100 up; 3rd, \$60 up  
MONTREAL—LIVERPOOL  
10 a.m. Cabin Third  
Minneapolis Oct. 16 \$100 up \$62.50  
Montreal—GLASGOW  
Sicilian Nov. 1 \$ 90 up \$61.25  
MONTREAL—ANTWERP  
Scythian Oct. 23 \$100 up \$70.00  
MONTREAL—HAMBURG  
Tunisian Oct. 10 \$100 up \$70.00  
War Tax \$5.00 (\$3.00)  
Apply Local Agents  
H. M. MacCallum, Gen. Agt., Toronto.

**WOOD**

Sawed in Stove Lengths  
**BOOTH & CO.,**  
Foot West Street  
Phone 133

**DIRECTORY FOR RETURNED MEN, APPLY**

For employment information, For Land Settlement, general matters, advice: Bank of Toronto Bldg., cor. King and Brock Streets  
For Vocational Courses, Industrial Re-training: Merchants Bank Bldg., cor. Brock and Wellington Sts.  
For medical treatment, surgical appliances: Golden Lion Block  
For Pensions: Bibby Block, Princess Street

**The Cash Store**

138 PRINCESS STREET  
FRESH FRUITS ARRIVING DAILY—PEACHES, Pears AND GRAPES.  
A carload for Fair Week.  
We have also a consignment of pure Clover Honey, in all size packages.

**The United Grocery**

138 Princess St. Phone 297  
Next to Standard Bank

**Every Day in the Week**

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
1	2	3	4	5	6	7
8	9	10	11	12	13	14

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Commencing SUNDAY, OCTOBER 5th, leaving  
**TORONTO (UNION STATION)**  
9.15 P.M.  
DAILY  
MOST MODERN EQUIPMENT  
Standard Sleeping, Dining, Tourist and Colonist Cars. First-class Day Coaches. Parlor Car through the Rockies.  
Sunday, Monday, Wednesday, Friday Canadian National all the way.  
Tuesday, Thursday, Saturday Via O.T.R., North Bay, Cochrane and Canadian National.  
Further information from Canadian National Ticket Agents, or GENERAL PASSENGER DEPARTMENT, TORONTO

**Canadian National Railways**

My Dad wears 'em

**BOB LONG**  
UNION MADE  
OVERALLS  
SHIRTS & GLOVES  
R.G. LONG & CO. LIMITED  
TORONTO CANADA