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High Grade Chocolates

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288 PRINCESS STREET
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The brains of a dude are not burdensome. Be sure you are going ahead—not in a circle.

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Every Home in Canada Needs "FRUIT-A-TIVES"

To those suffering with indigestion, Torpid Liver, Constipation, Sick or Nervous Headaches, Neuralgia, Kidney Trouble, Rheumatism, Pain in the Back, Eczema and other skin affections, "Fruit-a-tives" gives prompt relief and assures a speedy recovery when the treatment is faithfully followed.

"Fruit-a-tives" is the only medicine made from Fruit—containing the medicinal principles of apples, oranges, figs and prunes, combined with valuable tonics and antiseptics. 50c a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.

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- PORK ROASTS 28c.
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Easy to Make This Pine Cough Remedy

Thousands of families swear by its prompt results. Inexpensive, and saves about \$2.

You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest. Pine is famous for this purpose. Pine cough syrups are combinations of pine and syrup. The "syrup" part is usually plain sugar syrup. To make the best pine cough remedy that money can buy, put 2½ ounces of Pinex (50 cents worth) in a 16-oz. bottle, and fill up with home-made sugar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, you make 16 ounces—more than you can buy ready-made for \$2.50. It is pure, good and very pleasant—children take it eagerly. You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be persistently loose from the formation of phlegm. The cause is the same—infamed membranes—and this Pinex and Syrup combination will stop it—usually in 24 hours or less. Splendid, too, for bronchial asthma, hoarseness, or any ordinary throat ailment.

Pinex is a highly concentrated compound of genuine Norway pine extract, and is famous the world over for its prompt effect upon coughs. Beware of substitutes. Ask your druggist for "2½ ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont.

That Hair Mattress

OR THOSE FEATHERS SHOULD BE RENOVATED NOW. SEE US. WE ARE EXPERTS.

Kingston Mattress Company
256 Princess Street. Phone 627.

DRESS

BY ANNE RITTENHOUSE

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France Quickly Reinstated the Tunic-Blouse After She had Given It Up, and American Women Are Wearing It in Silk Jersey, Knitted Wool, Taffeta and Metallic Tissues.

Paris, Oct. 6.—That over-blouse is a capricious garment. It appears and disappears like a comet. It was rarely worn in Paris during the summer. People thought it had vanished, and then suddenly it came over the horizon at the different exhibitions of clothes and was an established feature by September.

In these modern days, when a woman attempts to cut her figure at the waistline, she abandons the attempt in despair and goes back to a garment that gives her a straight line from

shoulder to knee. If she wears the white sash blouse under a coat she makes it do the service of a corset cover; if she wears the tunic-blouse she makes it serve as a one-piece dress. The latter seems an extravagance; the former appears as good economy.

Silk Jersey Tunic-Blouses. I think the house of Bernard was the first to bring out the jersey silk blouse with a tailored suit. It was often in the form of a waistcoat with short sleeves to hold the shields. These blouses were frequently repeated in the shops. One could find them in white, in pastel and in vivid tones.

Other houses exhibited these blouses throughout August, along with short tunics of metallic tissue, of embroidered taffeta of gold and silver net run with bullion threads. In fact, all the houses made quite a feature of the tunic-blouse, whether or not it was to be worn with a coat. There was nothing cheap about these garments, and the silk jersey ones ran to one hundred dollars apiece, but one cannot reckon the value of a garment, or its final price, by what is asked at an important house during the first week of its exhibition to American buyers. The shops get the price without always reducing the workmanship. The great houses realize that these blouses can be copied at less than half the price they ask for them; but that is a commercial condition that cannot be helped either in America or in Europe.

The silk jersey blouse was a novelty and it appealed strongly to women who realized that the wash and iron is a perishable garment, continually demanding a hot iron, a bar of soap and luke warm water. It is never clean except at the exact moment it is put on; it wrinkles when packed; it rarely serves its hour. The jersey blouse, on the contrary, may be rolled into a ball and packed into the corner of a valise or trunk, from which it emerges fresh. This is true of the silk jersey which is run with metallic threads, as well as of the plain weave.

The former material, by the way, is exceptionally brilliant; for tunic-blouses. There is a gray jersey which has broad bands of silver woven through it. When made into a tunic-blouse girdled with silver, it may be worn under a fur coat with a variety of separate skirts and may thus serve as a frock.

The same is true of taffeta and metallic tissue blouses. The taffeta is apt to crush more than the jersey and bullion weaves, but it suits certain types of figures.

The sketch shows one that is worn in Paris with a soft duvety skirt. It is of light blue taffeta, embroidered with silver beads. It has an old little cape sleeve that is not seen in other blouses, and beneath it is an under-leeve, a tiny vest and fence collar of flesh-colored chiffon. The vest is dotted with tiny buttons and is drawn in at the waist with a narrow silver cord.



Over-blouse of light blue taffeta embroidered in silver thread. There is a flesh chiffon vest with sleeves. Narrow silver cord at waist.

THE HOUSEHOLD

Edited by Anne Rittenhouse.

WASH IT IN SUNSHINE.

Few housewives know the cleansing value of sunshine. They know the good effect of sunshine on themselves and their children. They know that if baby has had an outing in the sunshine he is rosy and good-natured, but that the days when the sun is under clouds and he has to remain indoors he is irritable and pale of cheek. They know, too, that their own spirits are brighter and life seems pleasanter when they have spent a few hours in a room where the sunshine has been shining. But that sunshine can actually be something that is just as valuable as soap and almost as valuable as water in that eternal task of the housewife—keeping things clean—they seem sometimes to forget.

No housewife likes to have good woollen blankets washed more often than is necessary. And there is little need ordinarily in washing them provided they are given a good sunning once every week or ten days. This cannot in any way injure the blankets. To be sure, we are warned not to hang woollen things when wet after a washing in the direct sunlight, but that is because the combination of sunshine and water is rather too much for them. But the sunshine alone can do no harm. And it does much good. It makes them fresh and actually gives them a sweet scent that is apparent to the one who lies between them after they have had such a sunning. Especially sweet is the effect of this sunning if it has been given on a day when the air is dry and crisp besides.

All bedding should be occasionally sunned. This applies to mattresses and pillows, too. In the house where there is a baby much attention should be paid to the value of sunshine. Baby flannels ought not to be washed any oftener than is necessary. That is, if by sunning them well you can let them go for two or three days, so much the better. Sometimes it is possible to sun the little band that baby wears at night so that it need not be washed again for the next night. Baby's pads and mattresses also should be hung out in the sun as often as there is a sunny day. Even the sunning on your lounges should be given a sunshine bath once in a while and it is a good thing if once in a while you can have heavy upholstered furniture rolled on the veranda and brushed and then left to be sunned for an hour or so.

Professor of Journalism. New York, Oct. 22.—Charles Phillips, city editor of the New York Times, has been appointed to the faculty of Columbia University, school of Journalism, as associated professor of journalism. Several other New York newspaper men were added to the instructing staff and to the advisory board.

"SYRUP OF FIGS" IS LAXATIVE FOR CHILD

Look at tongue! Remove poisons from stomach, liver and bowels.



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruit taste. Full directions for child's dose on each bottle. Give it without fear.

Mother! You must say "California."

IF YOUR EARS RING WITH HEAD NOISES

If you have roaring, buzzing noises in your ears, are getting hard of hearing and fear Catarrh of the Ears, go to your druggist and get 1 ounce of Parment (double strength) and add to it ¼ pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little, and is pleasant to take. Anyone who has Catarrh of the Ears, or who has hard of hearing or has head noises should give this prescription a trial.

CHANGING THEIR NAMES.

New Fad Has Developed In England In Recent Years.

A name to Englishmen had so little in it that during the outbreak of the war a man could call himself anything he liked without consulting the law. A privilege which enabled him to indulge his fancy for a resounding name or to get rid of an ugly patronymic like Bugg, which it is reported was exercised by a saloon-keeper for a combination of the old English names Norfolk-Howard.

During the last four years alone the following names have been abandoned: Bagg, Buggy, Gotobed, Ontario, Outlaw, Pickles, Scrag and Tart.

When the war broke but there was a rush among people who bore German names to change them, but in 1914 the Defence of the Realm Act stopped enemy aliens from doing so, but British subjects were still permitted to make a change, and they have done so ever since, and continue to do so. Up to date over 2,000 changes of enemy surnames have taken place since the war broke out.

The first foreign surname changed after the war broke out was that of a Liverpool man, who changed his Rosenbergs to Ross on August 11, 1914, and by the end of the month 64 similar names were changed. The sinking of the Lusitania was followed by an increase in changes to 115 and 132 in May and June, 1915. After this the figures dropped until January, 1916, when the number rose to 80, which has been the average figure for this year.

A list issued by the British Empire Union gives a number of the changes, and it is not difficult to trace the different principles on which the changes have been effected. In many cases there have been direct translations, such as König into King, Müller into Miller, Schloss into Castle and Schneider into Taylor. Sometimes the translation has been indirect, such as Steinhil into Petrie, through "petros" the Greek word for Stone, and Leinenweber into Webster, which is the Scots for weaver.

A very popular form of change has been the adoption of the initial letter, especially Gee, Kay and Kaye, for unpronounceable polysyllables. Thus we can understand that Mr. Gunzenhauser has been known by his friends for years as Mr. Gee, and Mr. Kronenberger as Mr. Kay. In other cases the first syllable has been adopted, such as Hittbrecht into Hill, or it has been the last syllable, such as Hansmann into Mann.

In the process of change a great many famous Teutonic names have disappeared, notably those of Bach, Handel, Hindenburg, Koch, Mendelssohn, Schubert, Schumann and Wagner. A number of celebrated British names have been utilized, such as Burns, Gainsborough, Keats, Scott, Shelly, Sheridan and Wallace. Among the notable titles adopted as surnames are those of Airle, Beresford, Burnham, Soverntry, Curzon, French, Milner, Rutland, Sheffield and Wentworth.

A very curious aspect of the question is in the fact that different members of the same family, living sometimes in the same house, have changed their names at different periods during the war. Still more curious is the change of a name by people of the same address into different names. In one case a Mr. Meissenheim became Mason and another Homer.

An Indian Motor Road.

Although the 69-mile road which climbs from the plains of India to the summer resort at Shillong, some 5,000 feet above sea level, is as hard a road for automobiles as one would be likely anywhere to encounter, precautions have been taken that make it probably as safe a road for motorists as any in the world. The road is one of many a road which, when not climbing at a steep gradient, and with many a blind curve. To make it safe for traffic has required unusual precautions both in making road rules and in securing their proper observance. A schedule has been arranged for up and down cars, and gates which bar the road when not lifted are placed at intervals, while roadside admonitions, impressively worded so that those who ride may read, are a frequent part of the landscape. During the day the road is arranged for up and down cars, and gates which bar the road when not lifted are placed at intervals, while roadside admonitions, impressively worded so that those who ride may read, are a frequent part of the landscape. During the day the road is arranged for up and down cars, and gates which bar the road when not lifted are placed at intervals, while roadside admonitions, impressively worded so that those who ride may read, are a frequent part of the landscape.

The Shah Travels.

The Shah of Persia is on his travels. London will see him and keep him, apparently, for some little time. Europe has memories of the peregrinations of other shahs. They are quaint memories, some of them. There was Nasr-ed-Din, in 1873, and there was Ahmad Mirza, many years later. There would have been a visit, in 1894, on the part of Nasr-ed-Din, but for a Brussels journalist. It happened that, on the Shah's traveling program becoming known, a Brussels daily published an article which seemed to prognosticate a cool welcome in Belgium. The Minister of Justice of the period thought fit to give the article the publicity of judicial proceedings. The writer was summoned before a Brabant tribunal, but he was exonerated. But the verdict had the immediate effect of keeping Nasr-ed-Din at home in Teheran.

Bulls.

A correspondent of an English paper recently indulged in this bull: "Last a whisper of the hidden hand be heard—" Was it an English clergyman who said his congregation, "Brethren, the muddy pool of politics was the rock on which I split?"

Results might be slower in coming if we would not look for them so often.

Imitation is always right when it leads you on to the road of improvement.

The man who is content with little seldom finds himself the possessor of much.

After you have harvested your wild oats you will find no sale for the product.

DON'T SPECULATE INVEST

We cannot impress upon you the many advantages of buying at this store. Our stock of Men's and Boys' Clothing is new, well assorted and of the very latest styles.

We Are Down On High Prices

Come in, see our goods and make comparison. That is the logical thing for you to do. You will save money every time you buy here.

- Men's and Young Men's Suits—\$25, \$30, \$35.
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- Trousers—a very special offering—\$6.50.
- Raincoats—splendid quality, at \$15, \$18, \$20.
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- Boots, Shoes, Rubbers, etc., at attractive prices.

ISAAC ZACKS

271 Princess St.

Internal and External Pains are promptly relieved by DR. THOMAS' ELECTRIC OIL. THAT IT HAS BEEN SOLD FOR NEARLY FIFTY YEARS AND IS TO-DAY A GREATER SELLER THAN EVER BEFORE IN A TESTIMONY THAT SPEAKS FOR ITS NUMEROUS CURATIVE QUALITIES.

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 incessantly, and who are seemingly healthy, are suffering from progressive organic ailments. Thousands of them would never have been afflicted had it not been for the use of tobacco, and thousands would not get well if they would only stop the use of tobacco. The chief habit-forming principle of tobacco is nicotine, a deadly poison, which when absorbed by the system slowly affects the nerves, membranes, tissues and vital organs of the body. The harmful effect of tobacco varies and depends on circumstances. One may 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 easily detect the harmful effects by making the following simple tests: Read aloud one full page from a book. If in the course of reading your voice becomes muffled, hoarse and indistinct, and you must frequently clear your throat, the chances are that your throat is affected by cancer, and it may be the beginning of more serious trouble. Next, in the morning before taking your usual

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My Name on a Garment Guarantees You

Reliability Of finest quality Best wear Individuality Newest patterns Smart styles Of finest make Nifty and a Saving of 10 dollars

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SUITS, OVERCOATS \$25 TOP COATS
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