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"Fruit-a-lives" Restored Her To Perfect Health

153 PATERSON AVE., MONTREAL. "For three years, I suffered great pain in the lower part of my body, with swelling or bloating. I saw a specialist who said I must undergo an operation. I refused. I heard about "Fruit-a-lives" so decided to try it. The first box gave great relief, and I continued the treatment. Now my health is excellent—I am free of pain—and I give "Fruit-a-lives" my warmest thanks." MME. F. GAREAU. 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Tobacco Habit Dangerous

Dr. J. C. Cutler, formerly of Johns Hopkins Hospital. Thousands of men suffering from fatal diseases would be in perfect health to-day were it not for the deadly drug, Nicotine. Stop the habit now before it is too late. It's a simple process to rid yourself of the tobacco habit in any form. Just go to any up-to-date drug store and get some Nicotol Tablets; take them as directed, and in a few days the habit will be broken. Nicotol Tablets are the only medicine that will cure the habit. Nicotol Tablets are the only medicine that will cure the habit. Nicotol Tablets are the only medicine that will cure the habit.

DIRECTORY FOR RETURNED MEN. APPLY For employment information. For Land Settlement, general matters, advise: The Bank of Toronto Bldg., cor. King and Brock Streets. For Vocational Courses, Industrial Re-training: Merchants Bank Bldg., cor. Brock and Wellington Streets. For medical treatment, surgical appliances: Golden Lion Block. For Pensions: Hibby Block, Princess Street.

DR. THOMAS' ECLECTIC OIL. A PURE, SAFE AND SIMPLE REMEDY FOR ALL AFFECTIONS OF MAN AND BEAST. IT SHOULD BE KEPT IN EVERY HOME AS A MORE RELIABLE AND EFFECTIVE REMEDY FOR SUCH AFFECTIONS AS: BRUISES, SCALDS, BURNS, SORE THROAT, RHEUMATISM, NEURALGIA, MIGRAINE, COLIC, CHOLERA, DIARRHOEA, DYSENTERY, AND ALL AFFECTIONS OF THE BOWELS AND BLADDER. IT IS THE ONLY OIL THAT WILL CURE ALL THESE AFFECTIONS. IT IS THE ONLY OIL THAT WILL CURE ALL THESE AFFECTIONS. IT IS THE ONLY OIL THAT WILL CURE ALL THESE AFFECTIONS.

SOME SPECIALS AT FISHER'S MEAT MARKET. ROUND STEAK . . . 30c. PORTERHOUSE STEAK . . . 35c. STEWS . . . 18c. and 20c. LEGS OF LAMB . . . 34c. LAMB CHOPS . . . 35c. PORK LOIN CHOPS . . . 38c. PORK ROASTS . . . 38c. HAMBURG . . . 20c. Choice Smoked and Cooked Meats. Corner of Princess and Clergy Sts. Phone 153.

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That Hair Mattress. OR THOSE FEATHERS SHOULD BE RENOVATED NOW. SEE US. WE ARE EXPERTS. Kingston Mattress Company. 153 Princess Street. Phone 629.

Strange Customs of Tahiti

WHEN the boys of Tahiti came marching home from the world war the fantastic native dances, the "himintees" or folk songs which have been compared to Wagnerian opera, and the ancient fire-walking ceremony, were revived to welcome them. These customs, all but suppressed by evilizing French influences, were among the most interesting practices of Polynesian peoples. Tahiti women were astounded by early travelers as being the most beautiful in the Pacific Islands; their men still are fine physical specimens; and the early civilization of this isolated people has been one of the wonders of science," says the bulletin.

The Tahitians knew some of the constellations, navigated by the positions of the stars, made progress in music which is starting, yet preserved many savage customs, such as plucking an eye from a human being to be placed in the mouth of a priest as an acceptable offering to their gods, and encouraging their women to suckle dogs, pigs and other animals in high veneration. There are some interesting facts in the diary kept by the late S. P. Langley who visited the island nearly twenty years ago and heard old-time songs and saw native dances and rites, which have been revived to honor the men who fought under Allied colors in France.

"The native women sing 'himintees' with some very striking effects," he wrote. "The voices have something plaintive and metallic in them, yet are melodious and in harmony. In the first song, at the end of each verse, all stopped suddenly, giving the effect of the 'couac' of the opera singer. In all the verses there was an undertone beneath the song. This undertone continued alone for a few seconds at the end of each verse, after the superposed song was finished and died out separately and slowly, like the drone of some great bagpipe. The natives gave names to each of us, mine being 'A-to-hi,' which means 'qui les lauriers.' 'I went out to the public dancing and singing, in competition for prizes offered by the Government. It takes place in the square before the Government House, and everybody is there, either performing or looking on. Almost the whole population of the island has come.

"The chief interest among the Islanders seems to lie in the competition of singing 'himintees,' and next to that, in the dancing, which is pantomime as much as regular. As a public show, most of the native dances are unrepresentable, so that, I have understood, the authorities have had some difficulty in finding a dance which will do for such an occasion. Savages are here from the neighboring islands, a fine-looking young man from the island of Raiatea, and a woman from the same island gave a little of the presentable part of the 'Hoola-Hoola.' Her body would be quivering like a jelly, and suddenly grow rigid as a statue—a notably odd effect.

"In one very good dance by the Cook Islanders over 30 persons took part. They sat down in three rows, representing rowers in a canoe, while two scull and steer. They had paddles, and paddled to the sound of drums. A lookout man sweeps the horizon till he sees a big fish, and the canoe rows for him. One of the steers sharpens a harpoon and passes it forward, and the fish (a man dressed in red) is harpooned. There is a tremendous time in pulling him in; he runs around and entangles the line among the bystanders, and finally he gets a second harpoon in him; is hauled on board, and (in pantomime) cut up with an ax, dismembered, and eaten by the crew. Everybody is in motion, but it is rather a pantomime than a dance.

"In the afternoon I went over to see preparations for the fire-walking. Within 100 yards of the ship a shallow pit is dug about 9 x 20 feet, by 18 inches deep. This is to be filled with firewood, and the stones heaped on the wood. These are smooth, water-worn, volcanic stones of varying size, but all rather large and weighing, at a guess, from 15 to 50 pounds. The number of stones was about 200, and their average length about 15 inches.

"The fire there, I am told, invariably burned for four or five days before, and the stones became coated with lime. I learned that, on one occasion, the French authorities having forbidden the priest to perform in his usual place, he made the 'oven' of other stones, heating them for 36 hours.

"At 4.40, the old priest, Papa-Ita, arrived. He beat the near stones with a large bunch of Ti leaves three times, and then began to walk through the middle rather hurriedly, followed by two acolytes, who appeared to shun the hot central ridge, and walked along the sides. Then he walked back, followed by several; then back once more with an increasing crowd, most of whom avoided the centre. The horry-footed natives did the rest. One white boy took off his shoes, but could not stand the heat upon his bare feet, and stopped.

MARKETING CODFISH.

Some of the Frills Demanded by the Public. Though people make so much complaint about the higher cost of living, they evince a marked willingness to pay extra prices for fancy food products. Thus at the present time there is a large and increasing demand for "absolutely boneless" codfish, which is put up in the shape of attractive bricks.

The fishes used for this purpose, after their backbones have been cut out, pass into the hands of "bone-pickers," who use specially designed forceps to remove the ribs and any small scraps of bone that may be left. Then they are cut into pieces by girls who weigh them out into portions of exactly one pound or two pounds.

Two first-rate slices are used for the top and bottom of the brick, while short and narrow strips serve for the middle part. This arrangement is made while inserting the pieces in iron and wood frames, which are pressed tight by foot power, the cakes thus formed being finally done up in paraffin paper and a labeled wrapper. The best pieces left over are sent to market in suitable packages under the name of "purest codfish bits."

What is known as "shredded codfish" is made from trimmings, run through a machine that tears them to shreds. To make this material very fine and fluffy, it is freed by pressure of part of the water it contains, and is then passed through the machine again, after which it is sifted to get rid of any particles of bone that may be left. Put up in glass jars or in paper cartons, it is a familiar commercial article.

The heads and other waste portions of the codfish go to the glue factory, and what therefore remains is converted into chicken-feed and fertilizer. The livers are put aside during the original cleaning process, the oil they contain being worth \$4 a barrel to the people who refine it for medicinal use. If dried from mid and stale livers, it is still valuable for tanning leather. Often a fishing vessel will earn \$500 or more on a single trip from cod livers alone.

Living Bottles of Ink. Along the coast of New England there is a common species of sea snail that is a living bottle of indelible ink. It is a crimson ink, very beautiful and quite as durable, when applied to lingerie, as any that one can buy. The mollusk in question is found clinging to rocks just below the level of low tide, and the ink is contained in a whitish vein beneath the skin of its back. The fluid is at first yellow in color, but when a garment marked with it is exposed to the sun, it turns green, then blue, then purple and finally to a brilliant unchangeable crimson.

There is one of the two species of whelks from which in ancient time was obtained the famous "Tyrian purple"—a dye considered so splendid for the adornment of any but kings and nobles. Indeed, it was so costly that none but the very rich could afford it, wool dyed with it being worth \$175 a pound. The liquor was procured by crushing the snails in a mortar. Six pounds of it were required to stain a pound of wool, the ready-woven fabric being soaked in it and afterward exposed to sunlight. Stuffs thus dyed are said to have had a remarkable color effect, presenting changing hues to the eye, like modern "variable" silks.

The chemistry of to-day, however, is able to produce Tyrian purple in the laboratory, as one merely of a list of coal tar derivatives that come under the general head of "aniline" dyes.

Not an Easy Job. An official of the Indian Bureau on one of his inspection tours of the reservation Indians, was told by Quannah Parker, chief of the Comanches, that many of the tribe had more than one wife, relates Everybody's. The official at once told the chief that this condition of affairs must cease—that he must advise the offenders that the extra wives must be handed over to their parents. Shortly thereafter the official asked Parker whether this direction had been followed. "Did you tell your bucks that they must have but one wife?" he asked. "Yes, all gone," answered the chief. "Did they get rid of the extra wives?" "Yes, all gone," answered the chief. "But," urged the official, who had himself gathered data upon the matter, "I understand that you yourself have six wives!" Yes, me got six. "That won't do, Parker. Send them to their parents. Tell them to go." "You tell um," responded Parker.

OFFICIAL PROSPECTUS "The Bridge from War to Peace" —The Prince of Wales.

THE MINISTER OF FINANCE OF THE DOMINION OF CANADA offers for Public Subscription the

Victory Loan 1919 300,000,000. 5 1/2% Gold Bonds

Bearing interest from November 1st, 1919, and offered in two maturities, the choice of which is optional with the subscriber as follows: 5 year Bonds due November 1st, 1924 15 year Bonds due November 1st, 1934

Principal payable without charge at the Office of the Minister of Finance and Receiver General at Ottawa, or at the Office of the Assistant Receiver General at Halifax, St. John, Charlottetown, Montreal, Toronto, Winnipeg, Regina, Calgary and Victoria.

Bonds may be registered as to principal or as to principal and interest, as hereinafter provided, at any of the above-mentioned offices. Interest payable, without charge, half-yearly, May 1st and November 1st, at any branch in Canada of any Chartered Bank.

Principal and Interest payable in Gold Denominations: \$50, \$100, \$500 and \$1,000

Issue Price: 100 and Accrued Interest, Income Return 5 1/2% per Annum

The proceeds of the Loan will be used to pay indebtedness incurred, and to meet expenditures to be made in connection with demobilization (including the authorized war service gratuity to our soldiers, land settlement loans, and other purposes connected with their re-establishment into civil life), for capital outlay upon shipbuilding, and other national undertakings forming part of Canada's industrial reconstruction programme, and for the establishment of any necessary credits for the purchase of grain, foodstuffs, timber and other products, and will be spent wholly in Canada.

Payment to be made as follows: 10% on application; 20% December 9th, 1919; 31.21% March 9th, 1920; 20% January 9th, 1920; 20% February 10th, 1920; 31.21% March 9th, 1920. The last payment of 31.21% covers 30% balance of principal and 1.21% representing accrued interest at 5 1/2% from November 1st to due dates of the respective instalments.

A full half-year's interest will be paid on May 1st, 1920, making the cost of the bonds 100 and interest. Subscriptions may be paid in full at the time of application at 100 without interest, or on any instalment due date thereafter together with accrued interest at the rate of 5 1/2% per annum.

This Loan is authorized under Act of the Parliament of Canada, and both principal and interest are a charge upon the Consolidated Revenue Fund. The amount of this issue is \$300,000,000, exclusive of the amount (if any) paid for by the surrender of bonds of previous issues. The Minister of Finance, however, reserves the right to allot the whole or any part of the amount subscribed in excess of \$300,000,000.

Payments. All cheques, drafts, etc., covering instalments are to be made payable to the Credit of the Minister of Finance. Failure to pay any instalment when due will render previous payments liable to forfeiture, and the allotment to cancellation. Subscriptions other than those paid in full on application must be accompanied by a deposit of 10% of the amount subscribed. Official Canvassers will forward subscriptions or any branch in Canada of any Chartered Bank will accept subscriptions and issue receipts. Subscriptions may be paid in full at time of application at 100 without interest, or on any instalment due date thereafter, together with accrued interest to time of making payment in full. Under this provision, payment of subscriptions may be made as follows: If paid in full on or before November 15th, 1919, par without interest or 100%. If remaining instalments paid on Dec. 9th, 1919, balance of 90% and interest (\$90.52 per \$100). If remaining instalments paid on Jan. 9th, 1920, balance of 70% and interest (\$70.84 per \$100). If remaining instalments paid on Feb. 10th, 1920, balance of 50% and interest (\$51.08 per \$100). If remaining instalment paid on Mar. 9th, 1920, balance of 30% and interest (\$31.21 per \$100). Payment of instalments or payment in full after November 15th, 1919, can be made only on an instalment due date.

Denomination and Registration. Bearer bonds, with coupons, will be issued in denominations of \$50, \$100, \$500, and \$1,000, and may be registered as to principal. The first coupon attached to these bonds will be due on May 1st, 1920. Fully registered bonds, the interest on which is paid direct to the owner by Government cheque, will be issued in denominations of \$500, \$1,000, \$5,000, \$10,000, \$25,000, \$50,000, \$100,000, or any multiple of \$100,000.

Payment of Interest. A full half-year's interest at the rate of 5 1/2% per annum will be paid May 1st, 1920.

Form of Bond and Delivery. Subscribers must indicate on their applications the form of bond and the denominations required, and the securities so indicated will be delivered by the bank upon payment of subscriptions in full. Bearer bonds of this issue will be available for delivery at the time of application to subscribers desirous of making payment in full. Bonds registered as to principal only, or fully registered as to principal and interest, will be delivered to subscribers making payment in full, as soon as the required registration can be made. Payment of all instalments must be made at the bank originally named by the subscriber. Non-negotiable receipts will be furnished to all subscribers who desire to pay by instalments. These receipts will be exchangeable at subscriber's bank for bonds on any instalment date when subscription is paid in full. All receipts must be exchanged before 1st June, 1920.

Form of Bonds Interchangeable. Subject to the payment of 25 cents for each new bond issued, holders of fully registered bonds without coupons, will have the right to convert into bonds with coupons, and holders of bonds with coupons will have the right to convert into fully registered bonds without coupons, at any time, on application to the Minister of Finance or any Assistant Receiver General. Forms of application may be obtained from any Official Canvasser, from any Victory Loan Committee, or member thereof, or from any branch in Canada of any Chartered Bank.

Subscription List will close on or before November 15th, 1919. DEPARTMENT OF FINANCE, OTTAWA, October 27th, 1919.

Keep Canada's Farms and Factories Busy

War Bond Interest Coupons and Cheques Cashed Free.

The Merchants Bank will cash all War Loan coupons or interest cheques when due, on presentation, without making any charge whatever for the service. If you have not a Savings Account, why not use your interest money to open one with This Bank?

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PILES

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The National Women's Trade Union League has asked congress to guarantee a sufficient fund for the maintenance of the women's bureau of the District of Columbia police department.

The circulating penny does a heap more good than the idle dollar. A whole lot of us expected grafted fruit at cider apple prices.