

CONSTIPATION AND HEADACHES

Completely Relieved by this Grand Fruit Medicine, "FRUIT-A-LIVES"



MR. ALFRED DUBOISSEAU

482 St. Catherine St. E., Montreal. "For three years, I was a terrible sufferer from indigestion, constant headaches and constipation. I took various medicines for the trouble but nothing seemed to do me any good."

Then, a friend advised me to try 'Fruit-a-lives'. Now I am free of indigestion and headaches, the constipation is cured, and I have gained considerable weight; and my general health is fine.

"Fruit-a-lives" is a grand medicine and I cannot say enough in its favor." ALFRED DUBOISSEAU.

"Fruit-a-lives" are made from fruit juices and valuable tonics—and are pleasant to take, their action being gentle and mild, yet always most effective."

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

When your head feels like a basket of broken bottles—you need

BEECHAM'S PILLS

Stomach or bowel disorder poisons the blood and thus irritates the rest of the body.

Largest Sale of Any Medicine in the World. Sold everywhere in Canada. In boxes, 25c, 50c.

DIRECTORY FOR RETURNED MEN, APPLY For employment information. For Land Settlement, general matters, advise: 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: Hibby Block, Princess Street.

Owing to the lack of small change the racing associations of France propose to use metal counters for change.

THE MARKET REPORTS

LIVE STOCK MARKETS.

Toronto, Nov. 7.—Heavy beef steers, \$12 to \$12.75; butchers' steers, choice, \$11.25 to \$12; good, \$10.25 to \$11; medium, \$7.50 to \$9; common, \$6 to \$7. Butcher heifers, choice, \$10.50 to \$11.50; medium, \$8 to \$9; common, \$6 to \$6.50. Butcher cows, choice, \$9.25 to \$10.25; medium, \$7 to \$8.50; canners and cutters, \$5 to \$5.50. Butcher bulls, good, \$9 to \$10.25; common, \$7 to \$7.75; feeding steers, good \$9 to \$10, fair \$8.50 to \$9; stockers, good \$7.50 to \$8.25, fair \$7 to \$7.50. Calves—Choice, \$16 to \$18.50; medium, \$13 to \$16; common, \$7 to \$11. Milk cows, choice, \$12.50 to \$17.50; springers, choice, \$100 to \$140. Ewes, \$7 to \$8; lambs, \$13 to \$13.50. Fed and watered basis, selects, \$16.75, lights \$14.75 to \$15.75, heavies, \$15.75, sows, \$11.75 to \$13.75.

Montreal, Nov. 7.—Butchers' steers, good, \$9.75 to \$11.50; medium, \$8.75 to \$9.50; common, \$7 to \$8.50. Butcher heifers, good, \$8.50 to \$9.75; medium, \$7.50 to \$8.25; common, \$6 to \$7.50. Butcher cows, good, \$8 to \$9.50; medium, \$6.25 to \$7.50; canners, \$4.50 to \$4.75; cutters, \$5 to \$8. Butcher bulls, common, \$5.50 to \$6. Good veal \$14 to \$16; medium, \$10 to \$14; grass, \$6 to \$7. Sheep: Ewes \$7 to \$8.50. Lambs, good, \$13.75; common, \$10.50 to \$12.50. Hogs: Off car weights, selects, \$17, lights, \$15 to \$16; heavies, \$16; sows, \$12.

Chicago, Nov. 7.—Cattle—Beef steers, medium and heavy weight, choice and prime, \$17 to \$19.65; medium and good, \$10.50 to \$16.75; common, \$8.25 to \$10.50; light weight, good and choice, \$13.75 to \$19.25; common and medium, \$7.25 to \$13.75. Butcher cattle, heifers, \$8.25 to \$14; cows, \$6.25 to \$12.75; canners and cutters, \$5.25 to \$6.25. Veal calves, \$17 to \$18.25; feeder steers, \$6.75 to \$12.75; stocker steers, \$6 to \$10; western range steers, \$10.75 to \$15.25; cows and heifers, \$7.50 to \$12.50. Lambs, \$12 to \$14.75; culs and common, \$8.50 to \$11.75; ewes, medium, good and choice, \$6.75 to \$8; culs and common, \$3 to \$6.50; breeding, \$6.75 to \$12.50.

Buffalo, Nov. 7.—Cattle, prime steers, \$16 to \$16.50; shippings, steers, \$15 to \$15.50; butcher steers \$10 to \$14.50; yearlings, \$14 to \$15.50; heifers, \$8 to \$11.50; cows, \$4 to \$10.25; bulls, \$7 to \$10; stockers and feeders, \$6 to \$10; fresh cows and springers, \$65 to \$170. Calves—\$11 lower; \$5 to \$19. Hogs—Heavy, \$15.50 to \$15.75; mixed, \$15.50 to \$15.90; yorkers \$15.50; light yorkers and pigs, \$15.

In Tropical Countries Liver Chill Very Common

In Northern latitudes also the liver is a very unruly organ and requires careful watching. The concentrated vegetable juices in Dr. Hamilton's Pills act directly upon the liver and stimulate its action to a normal basis. The blood is purified, the skin grows clear, headaches disappear and robust health is firmly established. No medicine for the stomach, liver or kidneys can compare with Dr. Hamilton's Pills, 25c box at all dealers.

GRAIN QUOTATIONS.

Toronto, Nov. 7.—Manitoba oats—No. 2, C.W., \$7 1/2; No. 3, C.W., \$5 5/8; extra No. 1 feed, \$5 5/8; No. 1 feed, \$2 7/8; No. 2 feed, \$0 7/8; Fort William. American corn—No. 4 yellow, nominal. Canadian corn—Feed nominal. Manitoba barley, in store, Port William—No. 3, C.W., \$1.52; No. 4, C.W., \$1.47; rejected, \$1.33 1/2; feed, \$1.33 1/2.

Ontario flour—Government standard, Montreal, \$9.50 to \$9.60. In jute bags, Toronto, \$9.50 to \$9.60. Millfeed—Carloads, delivered Montreal. Shorts, \$52; bran, \$45; feed flour not quoted; middlings not quoted; good feed flour, per bag, \$3.25 to \$3.50. Hay—Baled, track, Toronto, car lots, No. 1, \$25 to \$26; No. 2 mixed \$18 to \$21 per ton; straw, car lots, \$10 to \$11.

Winnipeg, Nov. 7.—Oats No. 2, C.W., \$7 1/2; No. 3, C.W., \$6 3/4; extra No. 1 feed, \$5 3/4; No. 1 feed, \$2 3/4; No. 2 feed, \$0 3/4; track, \$4 3/4. Barley No. 2, C.W., \$1.52; No. 3, C.W., \$1.47; rejected, \$1.33 1/2; track \$1.46. Flax, No. 1, N.W.C., \$4.41; No. 2, C.W., \$4.36; No. 3, C.W., \$4.00 1/2; track, \$4.40. Rye, No. 2, C.W., \$1.39 1/2.

New York, Nov. 7.—Flour—Market unsettled; spring patents, \$10 to \$12.75; do. clears, \$9 to \$10; winter straight, \$10 to \$10.45; Kansas do., \$11.25 to \$11.57. Rye Flour—Market quiet; fair to good, \$7 to \$7.40; choice to fancy, \$7.45 to \$7.75. White Corn Flour—Market dull at \$3.60 to \$3.75. Cornmeal—Market dull; yellow granulated, \$3.50 to \$3.65; white granulated, \$3.55 to \$3.65.

Montreal, Nov. 7.—Oats, Canadian western, No. 3, 93c. Flour, new standard grade, \$11 to \$11.10. Rolled oats, bag 90 lbs., \$4.80 to \$4.85. Bran, \$45. Shorts, \$52. Hay, No. 2, per ton, car lots, \$23 to \$24.

Chicago, Nov. 7.—Corn—No. 2 mixed, \$1.48 to \$1.51; No. 2 yellow, \$1.50 to \$1.52. Oats—No. 2 white, 73c to 74 1/2c; No. 3 white, nominal. Rye—No. 2, \$1.38 to \$1.38 1/2c.

GENERAL TRADE.

Butter—Belleville, 60 to 63c; per pound; Brantford, 62 to 65c; Chatham and Hamilton, 60c; Guelph, St. Thomas and Woodstock, 60 to 65c; Kitchener, 55 to 58c; London, 58 to 62c; and Port Hope, 55c per pound. Eggs—Belleville, 68 to 70c per dozen; Brantford, 70 to 75c; Chatham, 75c; Guelph, 68 to 75c; Hamilton, 80 to 85c; Kitchener, St. Thomas and London, 65 to 70c; Port Hope, 65c and Woodstock, 62 to 65c per dozen. Chickens—Belleville and Kitchener, 23 to 32c per pound; Brantford, 30c; Guelph, 28c to 34c; Hamilton and St. Thomas, 30c to 35c; London, 28 to 30c; Port Hope, 30 to 32, and Woodstock 30c per pound.

Potatoes. Belleville, 2.25 to \$2.30 per bag; Brantford, \$2 to \$2.25; Chatham, \$2.50; Guelph, \$2.15 to \$2.25; Hamilton and St. Thomas, \$2.25 to \$2.50; Kitchener, \$1.90 to \$2; London, \$1.85 to \$2; Port Hope, \$1.75; and Woodstock, \$2.25 per bag. Wheat. Belleville, \$2.12 to \$2.15 per bushel; Brantford, \$2; Chatham, \$2.18; Guelph, \$1.95 to \$2; Hamilton, \$2; Kitchener, \$2.05 to \$2.08; London, \$2 to \$2.10; Port Hope, \$1.95 to \$2; St. Thomas, \$1.50 to \$1.95; and Woodstock, \$2.14 per bushel.

Barley. Belleville, \$1.30 to \$1.40; Brantford, \$1.25; Chatham, \$2.50; Guelph, \$2.45 to \$2.60; Hamilton, \$1.30 to \$1.40; Kitchener, \$1.40.

THE KINGSTON MARKET

Table listing market prices for various goods in Kingston, Nov. 7th. Includes Dairy Produce (Creamery butter, Butter rolls, etc.), Poultry (Chickens, Hens, etc.), Meats (Beef, Pork, etc.), Fish (Clasces, Cod, etc.), Fruit (Apples, Bananas, etc.), and Vegetables (Beets, Cabbage, etc.).

All classes of high yield investments—Corporation, Government and Municipal. Private wires—New York, Chicago, Montreal, Toronto. STOCKS—GRAIN—COTTON

BONGARD, RYERSON & CO., 287 Bagot St. Phone 1728. H. J. Bongard, Manager

Progress and Development. RECONSTRUCTION means more than a return to pre-war conditions, in points to even greater progress and development. THE CANADIAN BANK OF COMMERCE. PAID-UP CAPITAL \$15,000,000. RESERVE FUND \$15,000,000. KINGSTON BRANCH, F. M. Gibson, Manager.

Business Co-operation. THE Bank of Toronto is always ready to encourage healthy business expansion, and offers the necessary financial backing to young men starting in business and to sound business ventures of reliable firms. G. B. McKAY, Manager. THE BANK OF TORONTO

NEW PRUNES—ALL SIZES. New Cider. GLOVER'S. Phones 47 or 790.

THOMAS COPLEY. Telephone 987. Wanting anything done in the carpenter line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop 28 Queen street.

That Hair Mattress. OR THOSE FEATHERS SHOULD BE RENOVATED NOW. SEE US. WE ARE EXPERTS. Kingston Mattress Company. 224 Princess street. Phone 622a.

What's the matter with Your Dollar? In 1914 One Dollar Bought 33 pounds of flour or 5 pecks of potatoes or 4 pounds of bacon or 2 1/2 pounds of butter or 2 1/2 dozen eggs or 285 pounds of coal. To-day One Dollar Buys 9 pounds of flour or 2 1/4 pecks of potatoes or 2 pounds of bacon or 1 1/4 pounds of butter or 1 1/4 dozen eggs or 166 pounds of coal. The Manufacturers Life Insurance Co. Head Office, Toronto, Canada. M. G. JOHNSTON, Branch Manager, Kingston, Ont.

Table listing market prices for various goods in Kingston, Nov. 7th. Includes Dairy Produce, Poultry, Meats, Fish, Fruit, and Vegetables.

Mutual Co-operation Means SUCCESS for the 1919 Victory Loan. CANADA must care for her disabled soldier sons. Canada must provide for the widows and mothers of her soldier boys who have fallen. Canada must deal liberally with all those who have survived the war. GRATITUDE impels us to support the Victory Loan. Canada must buy from her farmers their produce for cash in order that her allies may be furnished with our exports on credit. Canada must lend her own money or she must pay heavy interest charges to foreign investors—and so grow poorer yearly. Canada must keep her factories humming by keeping money in circulation. SELF-INTEREST compels Canada to support the loan. Canada has three times as much money in her savings banks as is required for the 1919 Victory Loan. Canada is worth \$20,000,000,000. You need not be afraid to lend your money to such a well-to-do borrower. The Mutual of Canada believes in the loan; has invested in former loans \$6,375,000, and will offer this year an additional subscription of \$5,000,000. The Company commends the 1919 Victory Bonds to its policyholders and to both the large and small investors of Canada. Buy Victory Bonds \$50 \$100 \$500 \$1000 Repayable in Five or Fifteen years. The Mutual Life of Canada Waterloo, Ontario S. Roughton, District Agent Kingston, Ontario.