

MRS. M. PECK HAS GAINED 25 POUNDS

Nine Years Trouble Ends and She is Well and Happy, Now.

"I have gained twenty-five pounds since I commenced taking Tanlac, and the trouble that has been making my life miserable for me for nine years has been completely overcome," said Mrs. Minnie Peck, who lives at 9574 82nd avenue, Edmonton, the other day.

"When I commenced taking Tanlac," continued Mrs. Peck, "I was so weak and run down that I was hardly able to get about. Everything I ate disagreed with me, and I would suffer for two or three hours after every meal on account of gas forming and bloating me up. I would never cramp in the pit of my stomach. I was very nervous, so much that the slamming of a door would upset me terribly, and a good night's sleep was out of the question for me. I would actually get out of bed every morning feeling more tired and worn out than I did the night before. I was in this condition just getting worse all the time until I got to where I was compelled to stay in bed most of the time.

"Then I decided to give Tanlac a trial, and it's the bestest truth, I commenced to feel better before I had finished my first bottle of this wonderful medicine, and my condition just kept getting better until I am now as well as I ever was in my life. I never have a sign of stomach trouble now, and I have a fine appetite and eat just anything I want. I have gotten back all my strength and can easily do all my housework. My nerves are in perfect condition, and I sleep like a child every night. It is simply wonderful the way I have gained weight, and in fact, I just feel fine all the time. Yes, Tanlac is a wonderful medicine, and as long as I live I will never lose an opportunity to say a good word for it.

Tanlac is sold in Kingston by A. P. Brown, in Plevea by Gilbert Ostler, in Battersby by C. S. Clark, in Fernleigh by E. R. Martin, in Arloch by M. J. Scullion, in Sharbot Lake by W. Y. Cannon.

SATURDAY BARGAIN DAY. Choice Lamb, cut . . . 30c. lb. Choice Stew Lamb . . . 20c. lb. Choice Shoulder and Pot Roast . . . 20c. a lb. Stew Beef . . . 15c. lb. Mince Meat . . . 18c. lb. Special prices for to-morrow. Call and get your bargains at: QUICK'S WESTERN MEAT MARKET 112 CROSBY STREET

True peace-time economy—use Sunlight Soap. It is impossible to buy a purer soap than Sunlight. Therefore it is really the cheapest soap you can buy. The purer and better the soap—the less you need for the wash and the better the work done.

LEVINE BROTHERS LIMITED TORONTO. SUNLIGHT SOAP. It is impossible to buy a purer soap than Sunlight. Therefore it is really the cheapest soap you can buy.

DIRECTORY FOR RETURNED MEN, APPLY. For employment information. For Land Settlement, general matters, advise: Bank at Toronto Bldg., cor. King and Brock Streets.

The Cash Store. PRESERVING PEARS in baskets or by the peck. CHOICE EATING APPLES. St. Lawrence, Snows, McIntosh Reds and Wealthy Hickory Nuts, Almonds, Walnuts, Brazils and Filberts—all fresh.

THE BUSINESS COLUMN EDITED BY MANSFIELD F. HOUSE

"COMPLETE SATISFACTION" BUILT A \$150,000 GROCERY

An annual business of \$150,000 is one which many a grocery store, located in a large city, would be glad to claim for its own; but to accomplish it in a town of 7,000 automatically stamps the organization as being distinctly above the average.

Maryville, Mo., is the town in question and Schumacher's is the store. Moreover, the \$150,000 was attained last year without price-cutting of any kind—simply through rigid adherence to the principle of giving value received.

"We have made it our business to study the sources of supply and to get good values—even if we have to pay a higher price and charge our customers accordingly," states Edward Schumacher. "By doing this we can tell our customers exactly what to expect and we can guarantee satisfaction. Of course, we have low-priced lines, but that portion of our business is generally giving way to the better class, for we tell our patrons plainly that they 'get just what they pay for.' We never make a special price.

"It is a mistake to suppose that the ordinary trade does not appreciate the ultimate economy of high quality. A farmer's wife came in the other day and asked for the highest priced sardines, adding that she found them cheaper than the twenty-cent ones. 'We used to throw some of the cheap ones away,' she explained, 'but these forty-cent ones are so good that we eat every morsel, even down to the last drop of oil.'"

CHURCH USES ADVERTISING TO FIND A NEW PASTOR. In the old days when a congregation lost its pastor they gathered together and prayerfully besought a guiding hand of another, possibly adding a letter or two suggesting to clergymen outside the community that the opening existed.

But times have changed—at least in Phoenix, Ariz. The Rev. John Loman Marquis recently announced that he had accepted a call to another pastorate, and that he would leave the First Presbyterian Church on November 1. Not content to await his actual departure, the church authorities immediately sanctioned the publication of an advertisement for a series of advertisements designed to call attention to the opening and secure the services of a successor.

The church does not, however, work on the assumption that it can secure a minister merely by publishing the fact that a vacancy exists. It makes every effort to tell the advantages of the position by calling attention to the desirability of Phoenix as a place of residence, and stating that "our church has had but four pastors during the last twenty years." "Our church building is not modern," admits the announcement, "but the erection of a new structure is one of the things on our program for the near future, when conditions are favorable. We want a pastor filled with the spirit of the Lord and with energy for His work. Phoenix is a fine field for men, and a pastor should be equipped with special ability to attract and organize them."

At any rate the replies received indicate that the church will have but little difficulty in securing the pastor it wants, thus securing another point for advertising in an unusual field.

FAINT AND DIZZY SPELLS WEAKNESS AND SHORTNESS OF BREATH

You can generally tell when the heart is affected by the faint and dizzy spells, the shortness of breath, palpitation, throbbing, irregular beating, smothering, nervousness, weak, sinking, all-gone feeling, choking sensation, etc. Many men and women become run-down and worn out when otherwise they would be strong and healthy if they would only pay some attention to the first signs of heart weakness. No remedy will do so much to make the heart regain strength and vigor, regulate its beat and restore it to a healthy and normal condition as Milburn's Heart and Nerve Pills.

RICH SETTING PROVIDED FOR RUG COLLECTION

The Fraser-Patterson Company, of Seattle, Wash., has opened an Oriental rug department on the fourth floor of the store, which has been transformed into a picturesque Turkish rug market with the slender, arched and swinging lamps of a Moorish temple as the background for the rich fabrics. Panels in the temple walls are decorated with pictures of the tribes of the desert.

"WHAT DID YOU SEE HERE?" Tepper Brothers of Elmira, N.Y., have just finished an interesting essay contest, delivered all were touched by business. They offered prizes to women who would write 100 words as to what they saw at Teppers that interested them most.

Corsets, service, clothes, undergarments, furniture, food, clerks' equipment, delivery—all were touched upon. Two of the essays are being published in a box each day in the Tepper Brothers' space, and tell the public in unusual terms and language some of the merits that the Tepper shopper saw in the establishment.

SMILES LUELLA SAYS

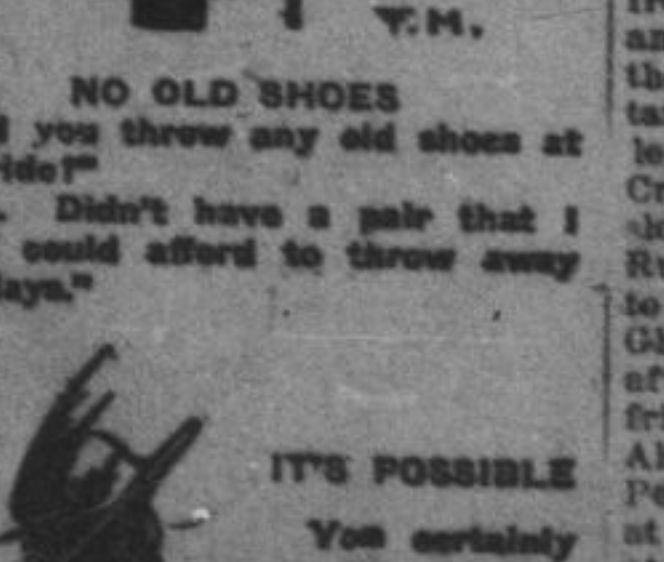
MY FRIEND MINNIE SAYS HER BEAU ASKED HER LAST NIGHT IF SHE DIDN'T LOVE SPORTS-AN' MINNIE SAYS SHE DON'T KNOW WHETHER IT WAS A PROPOSAL OR NOT!



CHANGED CIRCUMSTANCES "I thought you said you wouldn't marry him if he were the last man on earth!" "So I did, but I had no idea then that he would strike it rich in the oil business."



NO OLD SHOES "Did you throw any old shoes at the bride?" "No. Didn't have a pair that I felt I could afford to throw away nowadays."



IT'S POSSIBLE You certainly want us to look as nice as Jesus' wife, don't you? No, if you do, Jesus would be trying to get you away from me.

WE CAN'T EAT ACROSS Equipped. That's all this I see about the high cost of food. Across are an identical no cure.

BENEFACTORS OF THE STUDENT BODY.



On the left is shown Chester D. Massey, president of the estates of his father, the late Hart Almeria Massey, through whose beneficence the idea of the magnificent Hart House was conceived and bequeathed to Toronto University. On the right is his brother, Vincent Massey, Dean of residence of Victoria College, whose zeal in the perfection to the minutest detail of the new building has been indefatigable.

From The Countryside Frontenac

BATH ROAD. Nov. 12.—M. Snook's sale of farm stock and implements was well attended and a good price was realized on the whole. The farm was sold to A. W. Collins, Bay, who has started work thereon. Mr. Snook has purchased the farm of W. Ford, Portsmouth, J. Macrow has moved his crusher from here to Collins' Bay. A number attended the tea meeting at Cataquet last evening. Joyce went through to-day buying cattle.

SNOW ROAD. Nov. 13.—A number from here are deer hunting. John Erwin, of Toronto, spent a few days with his parents here. Mrs. Russell Ferguson is visiting friends at Elphin. B. Gordon and family of Toronto are visiting at J. Gordon's. Alva Woods spent Monday in Kingston. Mrs. C. Kennedy and B. Kennedy spent the week-end at Perth and Glen Lay. W. Wilber, Tremblay has purchased a new Chevrolet car. Robert Wood has returned after spending a few months in the west. Miss Myrtle Armstrong of Brantford is visiting at Dr. Wood's.

PLEASANT VALLEY. Nov. 13.—The weather for the past few days has been quite springlike and farmers are well on with their fall work. We regret the illness of Mrs. S. Sigsworth and hope for a speedy recovery. T. Bradford met with an accident a few days ago. He went to the pasture to bring home a cow, and on mounting was thrown to the ground and suffered a severe shaking up. We were pleased to hear that Miss Marie Watson is gaining strength. Her many friends hope she may soon be restored to good health. Mr. and Mrs. E. Curly have moved to Oshawa, having sold their residence in Smith's Falls. Mrs. Curly, Master George and Miss Della spent a few days here en route.

LEEDS. Nov. 12.—Farmers have about finished their plowing. The W. M. S. met Tuesday afternoon at Mrs. Arthur Smith's. O. V. Hansen and wife, and Stanley Hansen, attended the Keyes-Bradley wedding at Collins' Bay, recently. Arthur Smith and Stanley Hansen are away on their annual hunting trip in the north country. Recent visitors were: Mrs. A. Freeman, Wilmer, and Mrs. A. Leeman, Glendower, at A. Orser's; Mrs. Annie Gordon, Glenvale, at S. Knight's; Mr. Ashley at Geo. Bliss's; H. Lawson, Glenvale, at Mrs. E. Lawrence, Sydenham, at E. P. Lawrence's; Miss Glee McRory, Sydenham, at H. Buck's; Miss Lena Redmond and Mrs. Martin, Sydenham, at John Redmond's. H. Buck and family visited at R. McRory's, Sydenham, recently.

LEEDS. Nov. 10.—A number of the men from this vicinity have gone on their annual trip to the north country for the hunting season. Mr. D. J. Rutan has moved to Fifth Lake on Stanley Solder's farm. Mrs. Arthur Crook, who was seriously hurt, is slowly improving. Murray Kirkham Russell Jackson have gone to Oshawa to spend the winter months. Miss Gladys Crook has returned home after spending the past week with friends in Enterprise. Mr. and Mrs. Alfred Hearne and family at Charles Peter's; Walter Snider spent Sunday at Everton Crook's; Earl Howes at Ross Howe's, Parham.

CAINTOWN BUDGET. Caintown, Nov. 11.—Miss Dot May has gone to Lake street to reside for

Facts For Health Seekers To Ponder Over. Nearly every disease can be traced to clogged or inactive stomachs, livers or intestines. Indigestion, biliousness, headaches and insomnia all emanate from this cause. Keep these organs in working order and you'll have continuous good health. No case was ever treated with Dr. Hamilton's Pills and not cured; that record is one of marvelous success. Dr. Hamilton's Pills are very mild, yet they cleanse the bowels promptly and establish healthy regularity. You'll eat plenty, digest well, sleep soundly, feel like new after using Dr. Hamilton's Pills—one a dose—25c a box, everywhere. Be sure you get the genuine Dr. Hamilton's Pills, in a yellow box always.

START WAGE NEGOTIATIONS

Representatives of Coal Operators and Miners Make a Decision. Washington, Nov. 17.—After a long and acrimonious wrangle representatives of the coal operators and miners in conference agreed to take up settlement of wages and labor conditions in the central competitive field after they had failed to agree on contracting a national scale as first proposed.

Bath Church Anniversary. Bath, Nov. 15.—The anniversary services were held in the Methodist church on Sunday last by Rev. Alfred Brown of Tweed. On Monday night a concert given by James Dyer of Toronto under the same auspices, was a great success and had a large attendance. The sale held by H. J. Vanalstine on Tuesday was well patronized and good prices were realized. Miss Gladys Amey, of Bath, and Earl McCannan, of Ernestown, township, were married in Napanee on Wednesday. A number of hunters are in the north country after deer.

P. Shorey, Napanee began his duties as principal of the Brighton High School this week.

SUFFERED DAY AND NIGHT

The Tortures of Dyspepsia Relieved By "Fruit-a-lives"

LETTER FROM D'ON, C. B. "I was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches and did not sleep well at night. Finally, a friend told me to try 'Fruit-a-lives'. In a week, the Constipation was corrected and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous." ROBERT NEWTON. 10c. a box, 6 for \$2.00, trial size 25c. At all dealers, or sent postpaid by Fruit-a-lives Limited, Ottawa.

HOCKEY STARR SKATES. The "high tempered" skates. Made only by STARR MFG. CO., LIMITED DARTMOUTH, NOVA SCOTIA Toronto Branch: 122 Wellington St. West

Investment Problems. Have you a knotty investment problem to solve? Our organization is always at your service. Wood, Gundy & Company. Canadian Pacific Railway Building Montreal Toronto New York London, Eng.

Protection and Profit. When money is in a Savings Account in The Merchants Bank, it is absolutely safe from loss, as far as you are concerned. All the time it is here, it is earning interest—so that the bank actually pays you to let it take care of your money. Don't carry unneeded sums or your person or hide them at home. Protect them against loss, theft and fire by opening a savings account. THE MERCHANTS BANK. Head Office: Montreal, OF CANADA. Established 1864. KINGSTON BRANCH, H. A. TOPFIELD, Manager. PARHAM AND VERONA BRANCHES, J. W. MCCLYMONT, Manager. Safety Deposit Boxes to Rent at Kingston Branch.

QUALITY Princess & Clergy COMFORT. REASONABLE PRICES. —TRY— THE VICTORY SHOE STORE. FOR YOUR WINTER FOOTWEAR. REASONABLE PRICES. DURABILITY Phone 486 STYLE

TODAY IN HISTORY. POLITICAL EQUALITY. Three years ago today, November 17, 1916, women were made eligible to membership in the States-General in the Netherlands. Find another woman. Answer to Saturday's puzzle: Right side down, under arm.