After Three Years of Suffering, FRUIT-A-TIVES" Brought Relief



MADAME HORMIDAS FOISY

624 Champlain St., Montreal.

"For three years, I was ill and exhausted and I suffered constantly from Kidney Trouble and Liver Disease. My health was miserable and nothing in the way of medicine did me any good. Then I started to use 'Fruit-a-tives' and the effect was

I began to improve immediately and this wonderful fruit medicine entirely restored me to health. All the old pains, headaches, indigestion and constipation were relieved and once more

remarkable.

To all who suffer from Indigestion, Constipation, Rheumatic Pains or great Fatigue, I advise the use of 'Fruit-a-tives'."

Madame HORMIDAS FOISY.

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

WE SELL ON EASY **TERMS**

Ladiest Suits, Dresses, Skirts, Men's Suits, Overalls, Underwear, Jewelery, Suitcases, etc. N. Morris, 374 King St.

Famous Old Recipe for Cough Syrup

Easily and cheaply made at home, quick results.

Thousands of housewives have found that they can save two-thirds of the money usually spent for cough preparations, by using the well-known old recipe for making cough syrup at home. It is simple and cheap but it has no equal for prompt results. It takes right hold of a cough and gives immediate relief, usually stopping an ordinary cough in

Get 21/2 ounces of Pinex (50 cents worth) from any druggist, pour it into a 16-oz bottle and add plain granulated sugar syrup to make 16 ounces. If you prefer, use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, it tastes good, keeps perfectly, and lasts a family a long time. It's truly astonishing how quickly it nets, penetrating through every air passage of the throat and lungs-loosens and raises the phlegm, soothes and heals the membranes, and gradually but surely the annoying throat tickle and dreaded cough disappearentirely. Nothing better for bronchitis, spasmodic croup,

hoarseness or bronchial asthma. Pinex is a special and highly concentrated compound of genuine Norway to Tommy, and now and then he venpine extract, known the world over for | tured to talk to her a little, but only its healing effect on the membranes.

Avoid disapointment by asking your druggist for "21/2 ounces of Pinex" with full directions and don't accept anything and ill at ease at such times, perhaps else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

Here's Proof That Cures Headache

Mr. E. F. Tomkins, Ex-Mayor of Coaticook, Que. proves it.
"Your Tablets are a safe and effective remedy for headache" Mr. Geo. Legge, Editor of the "Granby Leader-Mail" proves it. "Your Zutoo Tablets deserve to be widely known as a cure that will cure." A. C. Hanson, B. A., K. C., Colonel of

the Hussars, proves it.
"I use Zutoo Tablets and find them a very satisfactory cure for Headache." 25 cents per box-at all dealers

Kingston Co-operative Society, Ltd.

King and Princess Streets. Just arrived a large consignment of new Xmas. Fruits and Peels of the finest quality.

W. H. HALL

"The Home of Good Things to Eat and Drink" Phone 469. Delivery Service.

That Hair Mattress

FEATHERS RENOVATED EXPERTS

Kingston Mattress Company

556 Princess St. Phone 602w.

The Trouble With ·Tommy

By WILL T. AMES

(Copyright, 1919, by the McClure News-

The trouble with Tommy Ellis and there were just fifty hooks on the walls of the boys' "entry," with fiftyone boys to hang their hats on them. Half a dozen of the new boys were younger and smaller than Tommy, who i had reached the ripe age of seven; but Tommy it was who had to lay his cap on the floor in the corner because he let the other fellows grab while he

It wasn't because he was slow or stupid that Tommy, from that time on, took the dust of his schoolmates and later on the choice of whatever was being given out in the way of favors or jobs or opportunities. On the contrary, Tommy was brighter and quicker and naturally more skillful and clever than the majority of boys. But he was utterly lacking in self-assertiveness.

The only occasion on which Tommy's hand went up in time to be recognized by the teacher, when she was showing off her pupils to visiting parents or committeemen, was when he was the only child in the room who knew the answer to the question. If one or two or a dozen of the others were prepared with the desired information they were

all sure to beat Tommy to it. There was a little girl whom Tommy worshiped in his secret soul. One day her hat blew off. She was the school beauty, so five boys put chase after the bat. Tommy, as usual, got started last, having been bumped out of his stride by another boy. It was a freak wind and of a sudden the hat shifted its course and came straight at Tommy and a mud puddle. Tommy headed it off and, all blushes, took a single step toward his inamorata. Then another boy grabbed the hat away from Tommy and himself bestowed it upon its owner, with the air of one having rescued it from the puddle instead of purloining it from the abashed Tommy's worshipful hand. The little girl, whose name was Annabelle Hester, smiled benignantly upon the other boy.

whose name was Floyd Cushman, and never even gave Tommy a glance. And so it was. At twenty Tommy was holding down the worst possible job in the gift of the superintendent of the one-horse interurban trolley compeny, a job which no one else would take, and which necessitated his getting up at an unconscionable hour in the morning, and walking a mile after taking the last car into the barn at night, with all his leisure time in the middle of the day-and what use can a young fellow make of the hours from

ten till three? The use that Tommy made of them was to think, hopelessly and with a sinking heart, about that same Annabelle Hester whose hat he saved from being muddled when he was a little boy. Annabelle was a stenographer in jown now, but she still lived in the suburban village, and very often rode out on the car on which Tommy col-

lected the fares. She was always friendly and nice now and then, because Tommy fancied Annabelle seemed a little nervous as though she didn't just care about getting too intimate with a conductor. Another reason was that Floyd Cushman, who was in college now, and going to be a lawyer, rode out with Annabelle whenever he came back to the village, which was pretty often, and quite took possession of her. Yes, Tommy felt altogether "out of it" with An-

Then the war came. Tommy went as you?" a buck private and came back as one. He wasn't, it appeared, of non-com material, though an intelligent, studious and conscientious soldier. Floyd Cushman, jamming his way in the attenlater in France, attained to a captaincy before he met his finish above Verdun.

When Tommy was demobilized they gave him back his old run, and it was

The Hacking Cough Strains The Lungs

allowed to stick the more serious the back.

You can easily get rid of the rough or cold at its inception by usshowed itself from the first day he | ng Dr. Wood's Norway Pine Syrup, went to school. It was a little school, a remedy that has been universally used throughout Canada for the past

Mrs. Samuel Matthews, Portage, P. E. I., writes: -- 'Last winter I caught a heavy cold, and was laid up for sometime. I had such a hacking did not think I could ever get over it. One day a friend dropped in to see me, and was surprised to held back. Tommy didn't like having how bad my cough was. She advised me to use Dr. Wood's Norway Pine than the other boys. But somebody's Syrup, so the next day I sent for a had to go there, and so it was Tom- bottle and soon got relief, and by the time I had taken two bottles my cough was all gone, I doub there is anything to equal it."

Dr. Wood's Norway Pine Syrup is put up in a yellow wrapper; 3 pine trees the trade mark; price 25c, and 50c. Manufactured only by The T. Millburn Co., Limited, Toronto, Ont. rosy. "Why. Tommy-Tommy Ellis!" she exclaimed. "When on earth did you get back? I didn't-I never

Tommy Ellis had been through what no man can go through and still be nite as he was before. Much of his old self-consciousness was gone.

heard-" Annabelle was becoming in-

"Annabelle," he said in a manty, direct way. "I'm. dreadfully sorry about Floyd. I'm the only one you know who was there when it happened. All the way back I was thinking you'd want to know, and that the first thing I'd do would be to tell you. If you'll let me know when, I'll get off and come over to your house and tell you."

"Do, Tommy; come tomorrow in your off-time. I'm going to be home. And I do want to hear-everything." Tommy didn't notice the odd, studying look the girl gave him. But he promised to go; and next day he went.

Tommy told Annabelle about the speed and rush of the great movement when the Americans cleaned out the Verdun salient; how most of the doughboys were racing to get in touch with the enemy, but now and then coming unexpectedly on the deadly machine gun nests of the rear guard; how Captain Cushman, commanding Tom my's own platoon because of a shortage of lieutenants, had stormed one of these enemy positions and had been shot leading his men across an open. field. "He died bravely, Miss Anna s belle," said Tommy, in conclusion. "I av the possibility of creating conwish he could have lived to come fusion in the minds of the people over back." And then, after a little, the most sections of the country where the new Tommy asserted himself enough | word "woodlots" has never been in lo to venture-"to you."

Annabelle looked straight at Tommy. "As a soldier," she asked, "do you think it was necessary for Captain Cushman to lose his life at that time and place? Do you think those Huns could have been driven out without a frontal attack? Was it good leader-

ship to do what he did?" "Why, Miss Annabelle," exclaimed Tommy, taken wholly by surprise by this questioning, "what-what makes

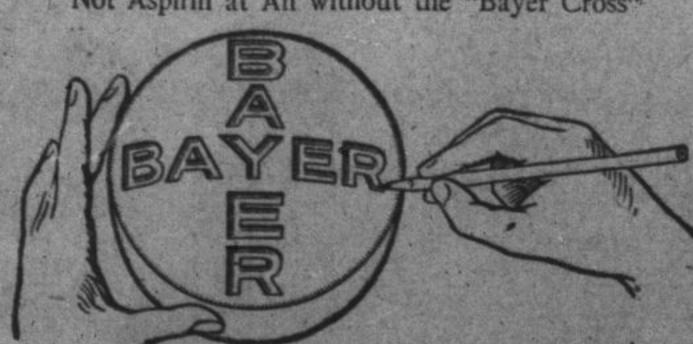
you doubt it?" all about it. You are not the only perlives besides his. Tommy Ellis, I know the plow will not be dulled. something else. I know you didn't like Floyd Cushman. I know he always treated you contemptuously. Then why did you, when he was struck down, leave the cover Fanton had ordered you to take, and go out there into that rain of bullets in a dear, wonderful, foolish, crazy attempt to save him and bring him back to the rocks? I know all about it, I tell you! But why did you do it-what made

"Why-why-why; Annabelle, There wasn't anything else to do-when I thought of you, waiting for him to come back."

"But, Tommy! I wasn't waiting for tion of his superiors at Plattsburg and Floyd to come back. You dear, selfeffacing, modest, morbid old Tommy-I was waiting for you. And I've always been waiting for you all my mortal life. Tommy Ellis, are you going to the third evening that he saw Anna- live the rest of your existence in the belle Hester. The girl had climbed to old way, letting everything go for want the platform of the car and was on the of enough cruelty or wickedness or point of enfering when she glanced up -gumption-or whatever it is to reach and saw Tommy. She went white, then out and grab? Or are you going to

ONLY TABLETS MARKED

Not Aspirin at All without the "Bayer Cross"



The name "Bayer" identifies the contains proper directions for Colds, only genuine Aspirin,—the Aspirin Headache, Toothache, Earache, Neuprescribed by physicians for over nine-teen years and now made in Canada.

Always buy an unbroken package of "Bayer Tablets of Aspirin" which a few cents. Larger "Bayer" packages.

There is only one Aspirin-"Bayer"-You must say "Bayer" Aspirin is the trade mark (re-is ered in Canada) of Bayer Manufacture of Mono-aceticacidester of Salleylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the Tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

grab-me? Annabelte was laughing and crying at once. But she cried altogether, and shuddered as she sobbed : "And you almost threw your life

The war helped some. Annabelle The terrible, hacking, lung-wrack- helped a great deal more. Tommy got ing cough that sticks to you in spite a better run next day. Last month he of everything you have done to get beat out three candidates for assistrid of it is a great source of danger, ant division superintendent. If you to your health and the longer it is push Tommy now you'll get pushed

> Fish Plentiful in Chile. Along the coast of Chile, many sections of which are practically uninhabited-at present, graves of the aborigines are found in great numbers, and they invariably contain implements for sea fishing. From prehistoric times the coast of Chile has been noted for its diverse and extensive fisheries. The fishes are so plentiful that sea birds by the millions, feeding on them, are found along the coast, and the numerous guano islands indicate the great length of time the birds frequented these waters. With methods similar to those used in other countries, the fishing industry could be revolutionized and established on a very large scale. The present methods in Chile are no more advanced than they were thousands of years ago. The need is felt by the Chileans themselves. The lack of sea food was recently the subject of a demand from the labor-

DROP THE TERM "WOODLOT"

ers to the government.

Government Authorities Favor the Word "Woodland" When Used in Reference to Farm Forestry.

The increased interest in private forestry, particularly with reference to farm forestry, has brought about the general acceptance of the term "woodland" or "woods" instead of the original one of "woodlot," according to the forest service.

A large proportion of the woodland in the eastern United States is in irregularly shaped tracts, spreading out over ridges, ravines, slopes, swamps, and poor lands, whereas "woodlot" carries the idea of a small-sized, regularly shaped, and, in a large section of the country, fenced tract. When applied to the large or irregularly shaped tracts, it is obvious that the word inadequately describes the conditions. "Woodlot" probably originated in New England and seems fairly well established there. So long as only conditions like those in New England 'were considered, "woodlot" was accepted as adequate, but in the last few years farm forestry has been developing rapidly throughout the coun-

"""dodland" and "woods" are more ctory, more expressive, and cal use.

Cleaning Your Plow. Many plows, even those that have been well covered with oil or axle grease, fail to scour readily when first taken into the field. The following method is being used by many farmers to overcome the inconvenience attending the use of a plow that fails to clean off quickly: The plow is taken to the nearby branch or creek and drawn a few times through the sand or gravel "Because," replied the girl, "I know beds that invariably are found along water courses. It usually takes but a son I have seen who was there. Ser- few turns to cut off the rust or hardgeant Fanton of your squad is my ened grease. Under no circumstances cousin. He told me about it. It was a does the sand stick to the plow, no mad, blundering, headstrong piece of matter how rusty it may be; and if the thoughtless bravado, and it cost many gravel does not contain large stones

> Progressive Finance. We were curious to see just what ideas our twenty-eight-month-old urchin has about money. We showed him some pennies and

> asked him what they were. "That's money for the organ man,"

We showed him a nickel. "That's big money," he said, and then added, "That's Hessla's money," Hessia being the delightful person who

honors our kitchen. Then we showed him a one-dollar bill. There was no doubt at all in his

mind as to where that belonged. phia Ledger.

Passed the Test.

A young man from our town had gone into a training school as an automobile mochanic. In one of their tests an automobile was taken apart and it was his duty to assemble each pere, who began his experiments in part to its respective place. He had done this with the exception of one piece, which was missing and which ed for 15 years and in 1810 had pracbe could not find. The C. O. told this young fellow that it was up to him to get this piece, so, taking his superior officer at his word, he proceeded to take the missing part from the commanding officer's own car and he was passed the test.-Chicago Tribune.

Triumph of Modern Ingenuity. A common nall is an excellent illustration of the difference between old and new methods. Formerly the metal was cut into strips and then forged into shape with hammers. Today they are made of steel and are fighter and stronger. Strips are cut with steam shears and fed into automatic nail ma-

Cleaning Brass and Copper.

copper, nothing is better than oil and for some time yet. And this being the rotten stone, and most of the good pol- case, why is it that some genius dor ishes on the market are made from not invent a way to muffle the infer these materials, with alcohol, turpen- nal, nerve-wracking and diabolic

Half and Half. Louise and Barbara are twink Some one gave Barbara a piece of candy and Louise told her mother that Barbara should divide with her, saying: "We's the same; she's half of me and I's half of her."-- Detroit Free Press. Z

The Educational Value of the Phonograph



The Violin Lesson

O the young student of the violin nothing can prove more beneficial than to hear often the playing of the world's greatest violinists. Of course it is impossible to hear them often in person, because Kingston is seldom blessed with the visit of such artists as Kubelik, Thibaud, Helfetz, Seidel, Kreisler, Elman and others. But the

Phonograph brings their

playing to the student. The

violin student who possesses

a Phonograph, and particul-

arly a Columbia Grafonola

can hear all the great violin-

ists of the day whenever he

likes. The Columbia Gra-

fonola reproduction of the

playing of the violin is as

near perfect as it can be

made. It gives the student

the artist's phrasing, tone

quality and technique- his

music soul in all its beauty.

Then again the student, in

the absence of his teacher,

may play in duet with the

Columbia. Aside from the

pleasure, just think what can

If you are a violin student,

come in, bring your violin,

and let us demonstrate the

Also Sell

Columbia Records (90c to

be learned in this way.

Columbia to you.

Choosing

Phonograph

In choosing the edu-

cational Phonograph

great care must be

taken that its re-

production be per-

fect, true and mus-

ically correct. No

mistake is possible

GRAFONOLA

COLUMBIA

-THE-



The Place Where

Santa Claus

Buys His Records

Supplies

in our window

Phonographs, Look for Him

\$3.00) and Bubble Books.

every afternoon

is chosen. For quality of tone, faithfulness in reproduction. simplicity and beauty of line, and perfection in mechanism the Columbia Grafonola is unequalled. For facility of selection, quick service, courteous attention and satisfactory terms, your choice should be made at Lindsay's.

GRAFANOLAS FROM \$32 TO \$360

C. W. LINDSAY LIMITED 121 Princess Street, Kingston

Montreal, Ottawa, Quebec, Brockville, Belleville, Cornwall Growth of Comming Industry.

The canning findustry has within a "Mother's dollar," he said .- Philadel- few years grown to colossal proportions. It is an art that dates back a little more than 100 years. We owe this art of preserving foods through rendering them sterile by means of heat and maintaining them in that condition in hermetically sealed containers, to a Frenchman, Nicholas Apcanning in 1795 at Chalmons sur Marne. He worked and experimentically perfected his system.

The first canning in the United States was for the preservation of sea foods. It was not until the decade following the Civil war that the superiority of canned foods one of four out of a class of 190 who over those which were preserved by salting, drying and pickling became recognized. Today the United States is the largest producer and consumer of canned foods.

> Unnecessary Noise. A man reports that he has succeeded inventing a noiseless typewriting machine. If the report be true, let us rejoice. It is a great stride forward Any invention that ctops or lessens any of the noises of this noisy world is dis-

tinctly an achievement. We suppose that street cars, for instance, will one day become obsolete For cleaning and polishing brass and but the chances are that they will last noise that a street car makes? The crash and hammer their way over or streets, and when they round a curthey emit a wall like the wall of a lo soul.—Los Angeles Times.

> The man who doesn't have the services of that great teacher . experience may live to a green old age.



GEO. ROBERTSON & SON, Limited

A N interesting and encouraging thing about these fortune producing inventions is that most of them are of ordinary or minor value in themselves. If you have a notion that you must invent a big thing to make money, get rid of it at once. Many of the Patents that have made their inventors millionaires are those which contained very few entirely new ideas.

The simplest ideas have earned fortunes for their patentees. The safety rator, the sanitary drinking cup, the hump hairpin, the demountable tire rim—any of these could have been invented by a man of average ability. In your every day life, at home, at your office, in your shop you handle any number of articles that are subject to improvement. If you can think of a way of improving some article or process already in use, or if you can invent a new useful device or process or article of manufacture, you are on the foad to fortune. Dennison made a fortune from a single shipping-tag. Prepare now to meet the demands of Industry in All Fields for Prepare now to meet the demands of Industry in All Fields for New Ideas and New Inventionary Before sending your invention to any attorney or manufacturer of disclosing your invention, write for our free blank form PROOF OF CONCEPTION in order to protect your invention and secure your rights.

WE ADVERTISE our Clients Inventious Free in INDUSTRIAL CANADA, which is the Official Magneties of the Cauadian Magneturers Association. It pays to have Shipman's Service. Ask for our new Booklet "Patent Protection"

Send Model. Sketch and description of any new inven-tions you have for Free Opinion as to Patentability. This Certificate of Patentability together with our blank form 'Proof of Conception' will protect the Inventor and serve as proof of the invention until the case can be filed in The Patent Office. (1)

IJI BANK STREET, OTTAWA, CANADA.