

Summer Toggery

- Sport Shirts
- Wash Ties
- Soft Collars
- Flannel Trousers
- Duck Trousers
- Athletic Underwear
- Belts
- Braces
- Straw Hats
- Bathing Suits

"THE CLUB"
112 Princess
Phone 1372j

PICNIC & CAMPING SUPPLIES
Cooked and Canned Meats,
Pickles, Relishes and Jams,
Canned Fish and Fruit
and everything to help make
your holiday enjoyable, at—
C. H. PICKERING
490-492 PRINCESS STREET
Phone 580.

Robinson & Wiltshire
Automobile Repair Shop
All kinds of Cars Repaired
Promptly.
Also do Motor Boat Repairing
405 Princess St.

Conserve Gas
Do your cooking with electric
Grills, Hotplates and Toasters,
or let us instal an Electric
Range for you.
Electric Wiring our specialty.
BURKE ELECTRIC CO.
74 PRINCESS STREET
Phone 428

WATTS FLOWER GIRL
Say it with Flowers
Fresh Cut
Flowers
and Plants
Daily
Ferns, etc.
WATTS FLORIST
123 WELLINGTON ST.
KINGSTON, ONT.
PHONE 1160

One Great Essential To a Woman's Health Is Her Nerves

Nature intended women to be strong, healthy and happy as the day is long, instead of being sick and wretched. But how can any woman be healthy and happy when the whole nervous system is unstrung. The trouble is they pay more attention to their social and household duties than they do to their health. Is it any wonder then that they become irritable and nervous, have hot flushes, faint and dizzy spells, smothering and sinking spells, become weak and nervous, and everything in life becomes dark and gloomy?

Milburn's Heart and Nerve Pills are the very remedy that nervous, tired-out, weary women need to restore them to the blessings of good health.

Mrs. P. H. Ryan, Sand Point, N. S., writes:—"I have been a great sufferer from nerve troubles. I was so weak and nervous I could not sleep at night and my appetite was very poor. I could not walk across the floor without trembling. I had hot flushes and fainting spells. When I was on my second box of Milburn's Heart and Nerve Pills I began to feel better and kept on until I had used six boxes when I felt like a different person. I am never without them in the house and recommend them to all who suffer with their nerves."

Price 50c. a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

COMB SAGE TEA INTO GRAY HAIR

Darkens Beautifully and Restores Its Natural Color and Lustre At Once.

Common garden sage brewed into a heavy, rich, sulphur and alcohol added, will turn gray, streaked and faded hair beautifully dark and luxuriant. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get the ready-made preparation improved by the addition of other ingredients a large bottle, at little cost, at drug stores, known as "Wyeth's Sage and Sulphur Compound," thus avoiding a lot of fuss.

White hair, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur Compound, no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning all gray hairs have disappeared. After another application or two your hair becomes beautifully dark, glossy, soft and luxuriant and you appear years younger.

Rich Fruit Desserts For a Trifle

A package of Jiffy-Jell serves six people in mold form, or twelve if you whip the jell. It is real fruit dainty. Each package contains a wealth of fruit-juice essence, condensed and sealed in glass.

No artificial flavor is used in Jiffy-Jell. No saccharine is used. Every housewife who once tries it will always make sure to get it. For this is the only quick gelatine dessert which has these bottled fruit flavors. Your choice of ten flavors—try it.

In Jiffy-Jell you get the delicious fruity flavor and goodness of the fruit itself.

VARICOSE VEINS

How To Get Prompt Relief with "ABSORBINE JR."

Bathe with hot water once a day—dry—and apply "ABSORBINE JR." Rub in "ABSORBINE JR." two or three times a day for the first two weeks—then every morning—and at night, put on a cloth saturated with solution composed of one ounce of "ABSORBINE JR." to a quart of water and leave on over night.

After the first few applications of "ABSORBINE JR." throbbing and pain will cease—the veins will not be so sore to the touch—and the skin will have a more natural appearance. Continue regularly to use "ABSORBINE JR." and you will be free of Varicose Veins.

\$1.25 a bottle—at most druggists or sent postpaid by W. F. Young, Inc., Lyman Building, Montreal.

Beauty is a Blessing

to every woman, but good health is vitally important. Attention to liver, kidneys and bowels will improve beauty and health.

BEECHAM'S PILLS

are a boon to women, because they regulate the functions of all these organs without any irritation or disagreeable effect.

Largest Sale of Any Medicine in the World

Worth a Guinea a Box

Sold every-where. In boxes of 10, 25, 50, 100, 250, 500, 1000.

A CHAMPION OF A FORLORN HOPE

The International Sunday School Lesson for July 4th is "David In Camp and Court."—1 Sam. 17:40-49; 18:5-9.

By William T. Ellis.

Pugilism has robbed the knightly word "champion" of its good old meaning. Newsdays—the everyday newspaper rearer, thinks of a champion as a mercenary bruiser, who ranks well up among the profiteers. When there is real fighting to be done, the pugilist plays the slacker; he is a champion for revenue only. He would not know a noble cause if he saw it.

Still the fine word "champion" may not be stolen from its rightful use by the sordid slugger of the prize ring, who has capitalized his brutish insensibility to pain. It is a word with a glorious history; a word that calls up memories of the chivalry of the centuries. He who fights for a good cause, and against odds, must ever remain beloved of man and God.

Of all the heroes of the Old Testament, David is easily first among the champions. His battle with Goliath is one of the familiar stories that every child knows. Today it is the assigned theme of the Sunday School Lesson. There is enough of the eternal youth in all of us to make us enjoy the tale of the combat between the giant and the shepherd boy, when the brave young champion of his nation won spectacular victory, and vindicated the faith of Israel in the eyes of the heathen.

An Old Tale of Combat

Just to refresh our memories, let us read the story anew, as given in the Revised Version.

"And he took his staff in his hand, and chose him five smooth stones out of the brook, and put them in the shepherd's bag which he had, even in his wallet; and his sling was in his hand; and he drew near to the Philistine.

"And the Philistine came on and drew near unto David; and the man that bare the shield went before him. And when the Philistine looked about and saw David, he disdained him; for he was but a youth, and ruddy, and withal of a fair countenance. And the Philistine said unto David, Am I a dog, that thou comest to me with staves? And the Philistine cursed David by his gods. And the Philistine said to David, Come to me, and I will give thee flesh unto the birds of the heavens, and to the beasts of the field. Then said David to the Philistine, Thou comest to me with a spear, and with a javelin; but I come to thee in the name of Jehovah of hosts, the God of the armies of Israel, whom thou hast defied. This day will Jehovah deliver thee into my hand; and I will smite thee, and take thy head off thee; and I will give the dead bodies of the Philistines this day unto the birds of the heavens, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel, and that all this assembly may know that Jehovah saveth not with sword and spear; for the battle is Jehovah's, and He will give you into our hand. And it came to pass, when the Philistine arose, and came and drew nigh to meet David, that David hastened and threw his stone, and met the Philistine, and David put his hand in his bag, and took thence a stone, and slang it, and smote the Philistine in his forehead; and the stone sank into his forehead, and he fell upon his face to the earth."

How Bolshevism Came.

With a large part of the world turning red, it is well to remember that the Bolshevik movement had its rise in the east, among the Russian Jew in Switzerland, who had sworn to avenge indignities he had suffered at the hands of the Russian aristocracy. That man has been the brains behind the whole Bolshevik movement; he has played with nations and peoples and pawns in his game of vendetta. How dearly the old order in Russia has paid for despising one Jew, whom it humiliated! Goliath made the same mistake; he came toward David breathing contempt and boasting.

Goliath lost his head figuratively before he lost it literally. He was one of the long line of blunderers who disdained youth; whereas the rise of the Bolshevik movement is the emblem of the old and powerful, if he may only have the friendship and support of the young. "Let no man despise thy youth," wrote Paul to Timothy; but Goliath had no friend to give him this counsel. It is the basic of strategy to respect every enemy; politics is full of stories of how the despised have ultimately made the arrogant pay for their contempt.

When the Cause is All.

David was a debonair hero, for he had a great cause, which eclipsed into insignificance the non-essential fact of his own life or death. He drew the champion of his nation, and the champion of Israel. He was just David for the honor of his country, and for the fair name of Jehovah. His brilliant deed was patriotism in action. He was courageous because he had that to fight for which was bigger than himself.

It makes all the difference in the world whether a warrior's cause is great or ignoble. God always fights with holy enterprises. Our soldiers were sustained in the rigors of the war by the conviction that eternal right was on their side. They could not fight in that same spirit to subjugate Russia, or to put through to completion the imperialistic schemes now under way in the Near East. No nation that is seeking to impose its will upon another can count on the help of the hosts of heaven.

David dared defy Goliath because he knew himself to be the champion of Jehovah. He was about to demonstrate that "the Lord is with the sword and spear; for the battle is the Lord's, and He will give you into our hands." That is the victory that overcomes the world, even faith.

There are no giants that can stand before the man who knows that he is fighting for the Lord and his helpers, and in that faith even women, who are the poorest of all hands at throwing a stone—landed their missile squarely in the head of John Barleycorn; and now he lies low, slain by the W.C.T.U. and their helpers.

David reminds us that the faith of the battlefield is better than the faith of undisturbed ease. We should not pray to be kept from troubles; rather let us pray for giants to meet, and five smooth stones with which to meet them!

Notes From Lyndhurst.

Lyndhurst, June 29.—Mrs. J. M. Somerville and little daughter, Margaret, Ottawa, visited at G. White's, Mrs. G. A. Rooney and family, have returned from Kingston, to their old home to spend the summer. A mission house is being erected in memory of the boys who served in France. Quite a number from here, attended the funeral of the late Mrs. F. Wells at Seely's Bay. The Kingston industrial fair is being boosted here and everyone is working to help Mr. B. H. L. Mr. and Mrs. W. F. Tate spent Sunday with W. R. Glover at Jones' Falls.

When to Live, When to Die

David, the youth, was possessed of real courage. He was ready to champion a forlorn hope after the blustering giant had turned the whole army of Israel yellow. Fear he knew not. It was the spirit of young manhood abounding in his heart: not without reason, as our armies made up of young men. What a host of Davids I saw, ruddy of cheek, fair to look upon, dauntless in battle, during the great days in France! Like Israel's great hero, they fairly ran into action, regardless of the odds. The story of the British and Colonial troops on Gallipoli is one of fearless glory; the authorities higher up may have bungled, but these young heroes wrote a new chapter of daring.

Strawberry Time

During Strawberry time we will have fresh berries arriving daily—at lowest market prices. Domestic and imported Fruits of all kinds.

FRUITLAND

ALBAN MASOUD, PROP.
348 Princess Street. Phone 904

NEW PERFECTION

Oil Cook Stoves



Here's The Reason

—The Long Blue Chimney which supplies cheap, instant, speedy, clean cooking heat whenever needed. It has won for the New Perfection Oil Cook Stove the appreciation of hundreds of thousands of housewives.

With the Long Blue New Perfection Chimney, every drop of fuel goes into cooking heat—not into overheating the kitchen. The flame is applied directly under the utensils. There is no smoke or odors and pots and pans are not blackened. High, medium or low, the flame is always visible. It can be adjusted to give the heat desired and stays set.

A New Perfection Oil Cook Stove and a New Perfection Oven and Warming Cabinet form the best combination for year round cooking. The New Perfection gives you more satisfaction in the kitchen and more time out of it.

Sold by good dealers everywhere. Ask for demonstration of the Long Blue Chimney or write for New Perfection Booklet.

Made in Canada

THE PERFECTION STOVE COMPANY

HOME OFFICE AND FACTORY
SARNIA - ONTARIO

GRAND TRUNK RAILWAY SYSTEM

A change of time will be made on

SUNDAY, JUNE 27th, 1920.

Standard time, not so-called Daylight Saving Time, will continue to be used for schedules of all trains on the Grand Trunk Railway System.

For particulars, apply to:—

J. P. HANLEY,
C.P. & T.A., G.T. Ry., Kingston, Ont.

J. P. HANLEY,
C.P. & T.A., G.T. Ry., Kingston, Ont.

CUNARD

ANCHOR
ANCHOR-DONALDSON

REGULAR SERVICES

MONTREAL—GLASGOW
July 11/AUG. 11/Sept. 11 Cassandra
July 12/AUG. 12/Sept. 12 Satarina
N. Y., GLASGOW, (via Moville)
July 21/AUG. 21/AUG. 23 Columbia

NEW YORK—LIVERPOOL
July 17/AUG. 14/Sept. 11 K. AUG. Vict.
July 18/AUG. 15/Sept. 12 Yarrari
July 24/AUG. 21/Sept. 18 Caronia
N. Y., PLY., CHER. & LONDON
Oct. 18/NOV. 13 Caronia
N. Y., CHERBOURG & SOUTHAMPTON
July 11/AUG. 8/Sept. 2 Mauretania
July 15/AUG. 12/Sept. 10 Imperator
July 21/AUG. 18/Sept. 22 Aquitania
*via Queenstown.

For rates of passage, freight and further particulars apply to local agents or

THE ROBERT REFORD CO., LTD.
GENERAL MANAGERS
50 KING STREET EAST
TORONTO, ONT.

CP & OS

EUROPE

From Quebec to Liverpool
July 7/AUG. 4 Victorian
July 14/AUG. 11 Em France
July 25/AUG. 21 P. F. Wm.

From Montreal to
July 2 Scotian
July 3 Minerva
July 8 Pretorian
July 9 Turin
July 10 Metagama
July 17 Cora
July 22 Scotia
July 24 Melita
July 26 Gramplan
July 31 Sicilia

CANADIAN PACIFIC OCEAN SERVICES
1 King Street, East
Toronto

Most husbands seem to think that a woman's vanity should subsist forever on the memory of three months of intensive courtship and half a month of honeymoon.

"HIS MASTER'S VOICE" RECORDS

FOR JULY Out To-Day

HERE'S another wonderful list comprising the most Popular Songs, the sweetest Dance numbers, Instrumental, Concert and Operatic selections rendered by foremost artists.

Vocal Records	Dance Records
Popular Melody No. 3—With Chimes Popular Melody No. 2—With Chimes Tiddie-dee Winks (At All the Men) It's Only a Dream of the Past Deep in My Heart Sunshine Rose Vendetta Moon Sweetness When He Gave Me You Blue Diamonds	Ball Hop Blues—Fox Trot Van Dyke Just a Little Touch of Paris—One-Step Van Eye Trio Alexandria—Fox Trot Harry Rademans' Novelty Orchestra La Vende—Castilian Fox Trot Harry Rademans' Novelty Orchestra Whisper Baby Are You—One-Step Harry Rademans' Novelty Orchestra Wendy—Fox Trot Harry Rademans' Novelty Orchestra Your Eyes Have Told Me So—Waltz Hend's Orchestra Che-Cho-Sun—Jugband Fox Trot Hend's Orchestra O Honey—One-Step Silver and Easy—Fox Trot Scott's Orch. Kathleen Melody Wellness Waltz
A Little Love Eles Me Agita Song of the Bay El Abanico—March	Nathan Glantz Nathan Glantz Milo's Band Milo's Band
All on 10-inch, double-sided. Price still remains at 51-00. WSPAY THE TAX.	
I Think I'll Get Wed in the Summer Summer and Delish (Contralto) The Barfoot Trail (Tenor) Scotch Pastoral (Viola) Les Filles des Coteaux (Contralto) The Girl of the Golden West (Tenor) Greatest Miracle of All (Contralto) Bessons Barcarolle Rigoletto—Mensalogo, "Parl elamo" (Baritone) Bessons (Tenor) Bessons—Raconato di Redolfo (Tenor) Large (Tenor "L'Arise") (Tenor)	Red Seal Records Cathleen John McCormack Mecha Kinnon Gail-Cord Edward Johnson Suzette Branda Philadelphia Orchestra Zacell Alvin Cortel Orville Harrod Barrio Caron
46275 1.25 46276 1.25 46277 1.25 46278 1.25 46279 1.25 46280 1.25 46281 1.25 46282 1.25 46283 1.25 46284 1.25 46285 1.25 46286 1.25	

Any "His Master's Voice" dealer will gladly play any selection you wish to hear and demonstrate the Victrola.

Manufactured by **BERLINER GRAM-O-PHONE CO. Limited, Montreal 26113**

MAHOOD BROS.

Agents Victor-Victrolas. 113 Princess Street.

We are always pleased to demonstrate Victrolas and Victor Records

T. F. HARRISON CO., LTD.

229-231-233-235-237 Princess Street. Phone 90.

F. W. COATES

JEWELLER, AGENT VICTOR VICTROLAS. Phone 301J
158 Princess Street



The Deacon SHIRT

For Camp or Trail

Your shirt of plain Gray, Navy Blue and Khaki Fabrics—Tweed in Checks and Stripes—made at the Deacon Shirt Co. for sportmen's use—with whatever style of collar you prefer.

Perfect fitting. All buttons double stitched, turned and sealed. Buttons put on in star—ask your dealer.

DEACON SHIRT COMPANY.
WELLSVILLE - CANADA