

THE SCHOOL CHILDREN'S PAGE

OVER-EATING
is the root of nearly all digestive evils. If your digestion is weak or out of kilter, better eat less and use

KI-MOIDS
The new aid to better digestion. Pleasant to take—effective. Let KI-moids help straighten out your digestive troubles.

MADE BY SCOTT & BOWNE
MAKERS OF SCOTT'S EMULSION

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HARBLEM OIL
(CANDLES)

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. At all druggists, 50c. a box. Look for the name Gold Medal on every box and accept no imitation.

WOOD

Sawed in Stove Lengths

BOOTH & CO.,
Foot West Street
Phone 133

PIMPLES ITCHED AND BURNED

Face Was Badly Disfigured. Cuticura Soap and Ointment Healed.

"Small red pimples and blackheads began on my face and my face was badly disfigured. Some of the pimples festered while others scaled over and there were places where the pimples were people like blotches. They used to itch and burn terribly. I saw an advertisement for Cuticura and I tried them. They stopped the itching and burning and I used four boxes of Soap and three boxes of Ointment which healed me." (Signed) Miss V. A. Hayne, Stormont, N. S., Dec. 26, '18.

Keep 25c. Ointment 25c. and 50c. Sold throughout the Dominion. Wholesale: The Dominion Drug Company, Limited, St. Paul St., Montreal. Cuticura Soap shaves without soap.

MATTRESSES

Don't throw away your old mattress. We renovate all kinds and make them as good as new. Get our prices.

Frontenac Mattress Co
17 BALACLAVA STREET
Phone 2106w

THE DREAD PYORRHEA BEGINS WITH BLEEDING GUMS

Pyorrhoea infecting germs cause many ills. Medical science has proven this. Diseased conditions, which not long ago doctors were unable to trace to a cause, are now known often to be the result of Pyorrhoea germs that breed in pockets about the teeth. Rheumatism, anaemia, nervous disorders and other diseases have been traced in many cases to this Pyorrhoea infection. Don't let Pyorrhoea work its wicked will on your body. Visit your dentist frequently for tooth and gum inspection. And watch your gums yourself. Pyorrhoea, which afflicts four out of five people over forty, begins with tender and bleeding gums; then the gums recede, the teeth decay, loosen and fall out, or must be extracted to rid the system of poisons generated at their base. Forhan's For the Gums will prevent Pyorrhoea—check its progress, if used in time and used consistently. Ordinary dentifrices cannot do this. Forhan's keeps the gums hard and healthy—the teeth white and clean. Start using it today. If gum-shrinkage has set in, use Forhan's according to directions and consult a dentist immediately for special treatment.

35c and 60c tubes in Canada and U.S. If your druggist cannot supply, send price to us direct and we will mail tube postpaid.

FORHAN'S, LTD., Montreal

Forhan's FOR THE GUMS

Reginald Kingsbury Pierce, secretary of the Smet-Solvay and Kentucky Solvay companies and a prominent Syracuse, N.Y., society, club and sportsman, was killed shortly before 6 o'clock Sunday afternoon, when his car plunged off the state road a mile east of Oran, N.Y.

The Clan of North America

Saved From a Quicksand

FRANCIS SOLT-WHEELER

"I'm the son of a Coast Guard out on the beach at the Island, south of Kill Devil Hill, where the Wright Brothers first taught the world how to fly." The speaker was an Honor Guest of the Independent Campers, come to receive his Honor Medal in the Clan of North America.

"Down our way, the mail has to come along the beach. The beach road is dangerous, because it is full of quicksands, especially near the marshy, fresh-water ponds.

"I had gone to these ponds to get some fish, for the deep sea fish weren't running, when I heard shouts. Running to the place I found the mailman. His little wagon and horse were almost swallowed up. The mailman had got a little way out, but finding himself sinking he had thrown the mailbag clear. The action of throwing had thrust him in deeper and he was caught.



Indian Chiefs' Yarns

Chief Joseph

JAMES WILLARD SCHULZE

When in 1854, Capt. Bonneville visited the Nez Percés, in Idaho, he wrote, "Their honesty is immaculate, their purity of purpose remarkable. They are certainly more like a nation of saints than a horde of savages." In 1863 the Nez Percés made Himmaton-Kalakit (Rolling Thunder) later known as Chief Joseph, their head chief.

Early in the seventies, the white settlers began encroaching on Nez Percé lands, but Chief Joseph kept his people from avenging their wrongs until 1877, when they quarreled with the settlers and one of their number was killed. Even then Chief Joseph held his warriors in check, but the whites raided the reservation, drove off the cattle and shot down the Indian herds in charge of them.

War broke out, and, in the first three battles, Chief Joseph and his

hand defeated the troops sent against them. Then Gen. Howard, with a large force, approached and the Nez Percés fled, and Chief Joseph led them through the Rockies and out on the Montana plains, only to find himself cut off, with Col. Sturges and Crow Indians on his right flank, and Gen. Miles and a strong force in front of him.

Even then, Chief Joseph eluded his enemies for a thousand miles, being captured by General Miles when one of his sons was shot by the boundary into Canada.

Chief Joseph surrendered on the promise that he and his little band should be returned to the Nez Percé reservation. That promise was broken. They were removed to Fort Leavenworth, Kans., and kept there for seven years, during which time 170 of them died. They were then returned to Idaho, where, some years later, Chief Joseph died, from constant striving over the unjust treatment of his people by the powerful whites.

(Tomorrow: My Town Adventures—Following the Indian Trail.)



The Eagle and the Jewels

And the Memory-Man said

A miser, having hidden his hoard in an Eagle's nest during the winter, the gold and jewels were found by the Eagles on their return.

It chanced that the Father Eagle, hearing two rustics below, agreeing to help each other, no matter what might come, decided that these men would be worthy of help. So, taking a jewel in his beak, he dropped it at the rustic's feet.

"What," cried one, "do eagles lay jewels, now? Let me stand on your shoulder that I may climb the tree!"

The other agreed, expecting his share of the treasure.

But, when the climber descended, he ignored his friend, saying that as he had done the climbing he would keep the prize.

On hearing which, the Eagle, falling like a thunderbolt on the niggardly man's neck, killed him and gave the treasure to the other rustic.

Those who climb to riches on other men's shoulders and who ungratefully forget, never know when their riches may be taken from them. R.W.

A Story of Harding

Twenty years ago Warren G. Harding was not very well known in his own state—not to speak of the country at large. A writer in Editor and Publisher tells this: Somewhere before '90, a visitor from Marion dropped into the bank at Lancaster, Ohio, and made himself known to the president, who was always glad to greet visitors to town and have a little chat over the counter. "So you're from Marion," commented the president of the local bank. "I never knew but one family in Marion. That was the Kilings, the richest folks in town. I hear old man Kilng has been very much broken up because his eldest daughter, whom he used to be very proud of, ran away and married some newspaper fellow in town—of course, newspaper men are always hard up. I wonder if you ever knew the old man Kilng?" "Why (you see) my married daughter," replied Mr. Harding with a smile.

Dainty Service

"Mother, dear, I wish I could get you to eat a little more lunch. When you have one of those violent headaches, you always seem to eat better when Ida brings you the tray. I'm sure I try as hard as I can to cook things nicely."

"You cook even better than Ida, dear, but you don't pay as much attention to serving. It is not enough that food be appealing, it must look appealing. Especially when the stomach is a little weak, the sense has a great deal to do with digestion. If a dish looks tempting and if it is served with daintiness, and not too much of it at a time, one feels that will digest and that feeling goes a long way to actually helping the digestion. Cooking only the first half of preparing a meal, the other half is service. Remember that, when you have a home of your own. A daintily-set table is half the charm of a meal."

—GEORGETTE BEVELL.

Daily Twelve-Syllable Rhyme

To go fast
Is a game,
To go straight
Is an aim.

It was an Ohio boy, who after taking several doughnuts, remarked: "Ma, I think I could stand one more of those fried holes."

Mushrooms and tomatoes stewed together are delicious. Lined oil on a soft rag will polish fireplace tiles.

Should Join It.

Senator Moses was considerably bored one day in Washington by a politician who thought he ought to be nominated for the presidency. "But, Moses," the politician dolefully ended, "there's a conspiracy of silence against me—a regular conspiracy of silence. What do you think I ought to do?" "Join it," said Senator Moses, promptly.

Ma Must Have Been Ill.
Detroit Free Press:
"What's the matter, ma, sick?"
"No. Why do you ask?"
"You didn't order me to go right upstairs and wash my hands and face when I came in."

Not a Day's Work.

A couple of "Jocks" were talking of civil jobs.

"Have you heard about Sandy?" snarled one. "He's drawn three pounds a week, but he never does a day's work."

"Eh?" said the other, deeply interested, "and what does Sandy draw the three quid for?"

"For bein' a nice watchman," chuckled the first speaker.

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THE COURAGE OF MARGE O'DOONE

BY JAMES OLIVER CURWOOD

In David there was a slow and wonderful awakening. Every fibre of him was stirred by the cheer of this cabin bulled from logs rough-hewn out of the forest; his body, weakened by the months of mental and physical anguish which had been his burden seemed filled with a new strength. Unconsciously he was smiling and his soul was rising out of its dark prison as he saw Thoreau's big hand stroking Marie's shining hair. He was watching Thoreau when, at a word from Marie, the Frenchman suddenly pulled forth a huge roasting pan. At sight of the pan Father Roland gave a joyous cry, and he rubbed his hands together. The rich aroma of that pan! A delicious whiff of it had struck their nostrils even before the perfume of coffee, but not until now did the fragrance of the oven and the pan smite them with all its potency.

"Mallards fattened on wild rice, and a rabbit—my favorite—a rabbit roasted with an onion where his heart was, and well peppered," gloated the Little Missioner. "Dear Heavens! was there ever such a mess to put strength into a man's gizzard? And coffee—this coffee of Marie's! It is more than ambrosia. It is an elixir which transforms a cup into a fountain of youth. Take off your coat, David; take off your coat and make yourself at home!"

As David stripped off his coat, and followed that with his collar and tie, he thought of his steamer trunk with its faded and dress-coat, its plique shirts and neck collars, its suede gloves and kid-tipped patent leathers, and he felt the tips of his ears beginning to burn. He was sorry now that he had given the Missioner the check to that trunk.

A minute later he was sousing his face in a big tin wash-basin, and then drying it on a towel that had once been a burlap bag. But he had noticed that it was clean—as clean as the pink-flushed face of Marie. And the Frenchman himself, with all his hair, and his beard, and his rough-worn clothing, was as clean as the burlap towelling. Being a stranger, suddenly plunged into a life entirely new to him, these things impressed David.

When they sat down to the table—Thoreau sitting for company, and Marie standing behind them. He was at a loss at first to know how to begin. His plate was of tin and a foot in diameter, and on it was a three-pound mallard duck, dripping with juice and as brown as a ripe hazel-nut. He made a business of arranging his sleeves and drinking a glass of water while he watched the famished Little Missioner. With a chuckle of delight Father Roland plunged the tines of his fork hilt deep into the breast of the duck, seized a leg in his fingers, and dismembered the luscious anatomy of his plate with a deft twist and a sudden pull. With his teeth buried in the leg he looked across at David.

ONLY TABLETS MARKED "BAYER" ARE ASPIRIN

Not Aspirin at All without the "Bayer Cross"

The name "Bayer" is the thumb-print of genuine Aspirin. It positively identifies the only genuine Aspirin—the Aspirin prescribed by physicians for over nineteen years and now made in Canada.

Always buy an unbroken package of "Bayer Tablets of Aspirin" which contains proper directions for Colds, Headache, Toothache, Earache, Neuralgia, Lumbago, Rheumatism, Menstrual Pain, Joint Pains, and Pain generally.

Tin boxes of 12 tablets cost but a few cents. Larger "Bayer" packages.

There is only one Aspirin—"Bayer"—You must say "Bayer" Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monachiacidester of Salicylicacid. 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."

They Are Now Obeying Laws Better In Saskatchewan.

Regina, Sask., Aug. 16.—According to Premier Martin, the latest reports reaching the Department of Education regarding the situation in the Mennonite settlement near Swift Current show a considerable improvement and figures for school attendance are much higher than last year. This change is not the result of any change of heart on the part of the Mennonites, but comes with the stern measures adopted by the Government to compel the Mennonites to obey the education laws of the Province.

B. C. Fir

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Until further advised, and subject to change without notice, the price for COAL will be:

Stove	\$15.50
Egg	\$15.50
Nut	\$15.50
Pea	\$14.00

Carrying 50c. extra.

PHONE 155. ALL SALES FOR CASH. Phone orders C.O.D.

STEEL FISHING RODS

REGULAR PRICE \$2.50
SALE PRICE \$1.95

W. H. COCKBURN & CO.

Corner Wellington and Princess Street. Phone 216.

Gas Ranges

You will find on our floor a very complete stock of GAS RANGES at prices from \$17.00 to \$70.00

We invite your inspection of these.

LEMMON & SONS

187 PRINCESS STREET : : KINGSTON

Children Cry for Fletcher's

CASTORIA

Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

A Good Investment

THE money you save earns interest when deposited in our Savings Department, and both principal and interest are safe and can be obtained whenever required. Open an account to-day.

THE CANADIAN BANK OF COMMERCE

PAID-UP CAPITAL \$15,000,000
RESERVE FUND \$15,000,000

KINGSTON BRANCH—R. T. Brymner, Manager.