

Be Your Own Doctor.

When you meet with an accident—a cut, a burn, a scald or a bruise—don't spend money needlessly in doctor's bills, but apply Zam-Buk at once. This herbal balm will end the pain, stop the bleeding, prevent festering and heal quickly. Keep a box handy.

For skin troubles Zam-Buk is equally invaluable. A skin disease cured by Zam-Buk does not break out again, because Zam-Buk cures from the "root" up.

Zam-Buk is best for eczema, boils, blood-poisoning and piles. All dealers 50c. box.



Ladies Keep Your Skin Clear, Sweet, Healthy With Cuticura Soap and Cuticura Talcum

A DANGER SIGNAL—TENDER AND BLEEDING GUMS

Healthy teeth cannot live in diseased tissue. Gums tainted with Pyorrhoea are dangerously diseased. For not only the teeth are affected, but Pyorrhoea germs seep into the body, lower its vitality and cause many ills.

Pyorrhoea 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 the poisonous germs that breed in pockets about them.

Four out of five people over forty have this disease. But you need not have it. Visit your dentist often for tooth and gum inspection. And keep Pyorrhoea away by using Forhan's For The Gums.

Forhan's For The Gums will prevent Pyorrhoea—or 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. If you have tender or bleeding gums, start using it today. If gum-shrinkage has already set in, use Forhan's according to directions, and consult a dentist immediately for special treatment.

See and 50¢ tubes in Canada and U.S. If your druggist cannot supply you, send price to us direct and we will mail tube postpaid.

FORHAN'S, LTD., Montreal

Forhan's FOR THE GUMS



Iced "Primus Tea" is Fashion's Decree

Iced tea is now served at meals and at every social function during the hot summer months.

Iced tea actually quenches thirst, refreshes, stimulates, besides tasting wonderfully good, and being wonderfully good for health also.

But in order to be the real thing, iced tea must contain good tea, and be slightly made.

Make the following way, iced tea will be delicious, and fragrant.

Take one teaspoonful of tea for every two cups. Pour on fresh boiling water and allow to infuse five minutes. Decant the liquor off the leaves, bottle it and place it on ice as soon as sufficiently cool. To serve, pour into tall glasses partly filled with chopped ice. A slice of lemon should float on the surface of each glass, sweeten to taste with sugar syrup previously prepared.

Always ask your grocer for "PRIMUS TEA" the brand "Primus" insures uniform flavor and guaranteed purity.

L. CHAPUT, FILLS & CIE., LIMITEE MONTREAL



Irish Police Are Brave Men

NO race has a greater claim to be regarded as physically courageous than the Irish.

The history of the British army is one long glowing record of the heroism and devotion of Irish regiments. On a thousand battlefields, on a thousand days of trial, Leinsters and Munsters, Connaught Rangers and Fusiliers from Ulster have displayed such indomitable courage and contempt of death that the Irish name has become a synonym for personal bravery and it constitutes almost an impertinence to venture such a commonplace as that the Irish are a great fighting people.

It need, therefore, occasion no surprise that the standard of bravery set by Irish soldiers in every corner of the universe is being maintained, if not surpassed, by the Royal Irish Constabulary in the defensive war they are engaged in against the evil spirits of chaos and anarchy. The courage of these Irish policemen is of the two-o'clock-in-the-morning variety spread over each hour of the twenty-four. On lonely hillsides, in village lanes, by day and night, sleeping and waking, death stalks by their side ever ready to pounce. There are no reserve trenches, no rest billets, no nerve cures at Le Touquet for the R.I.C. There is a perpetual front line tour of duty with nothing in the shape of a parapet to protect them from the bullet of the hidden sniper.

Men who have dwelt in towns subject to sudden bombardment will know how human it is to seek the sidewalk that affords the greater protection from flying shrapnel. But for the Irish constable there is no safe side of the street although perhaps the most dangerous spot is his own doorstep which, with malignant cruelty, is often chosen as the place of assassination.

Yet, through it all, the magnificent discipline and fearless devotion of the Royal Irish Constabulary shines like a star. Never has a body of men brought greater credit to the name of Ireland. In the present unhappy condition of this land the dogged courage shown by these country policemen is the one satisfactory feature and Irishmen the world over may bow their heads in sorrow at the thought that good true men like these are being sent to their death by Irish hands and the sacred name of patriotism besmirched by murder, black and foul, to further the ends of political adventures whose motives are actuated more by blind hatred of the British Empire than any real desire to bring prosperity to their country.

As I write all Ireland is discussing the "Battle of Kilmallock" and its gruesome details. Broadly, the affair followed the now familiar lines of isolating the village in which the doomed police barrack was situated by blocking all the approaches with felled trees and cutting the telegraph wires. Then, at once in the morning, a force of two hundred men armed with rifles and bombs called on the garrison of ten constables to surrender their charge. But the R.I.C. do not lightly deliver up their arms or their quarters, so, without further parley, began the Battle of Kilmallock. For six hours the police gallantly resisted the onslaught. Their barrack was built in the peaceful long ago, when no architect dreamt of associating a police barrack with what military engineers term a "field of fire." In fact, it was situated quite cozily among neighboring houses, and was also overlooked by a schoolhouse at the rear. All the raiders had to do, therefore, was to occupy the most suitable vantage points and pour rifle shots and detonating explosives among the defenders.

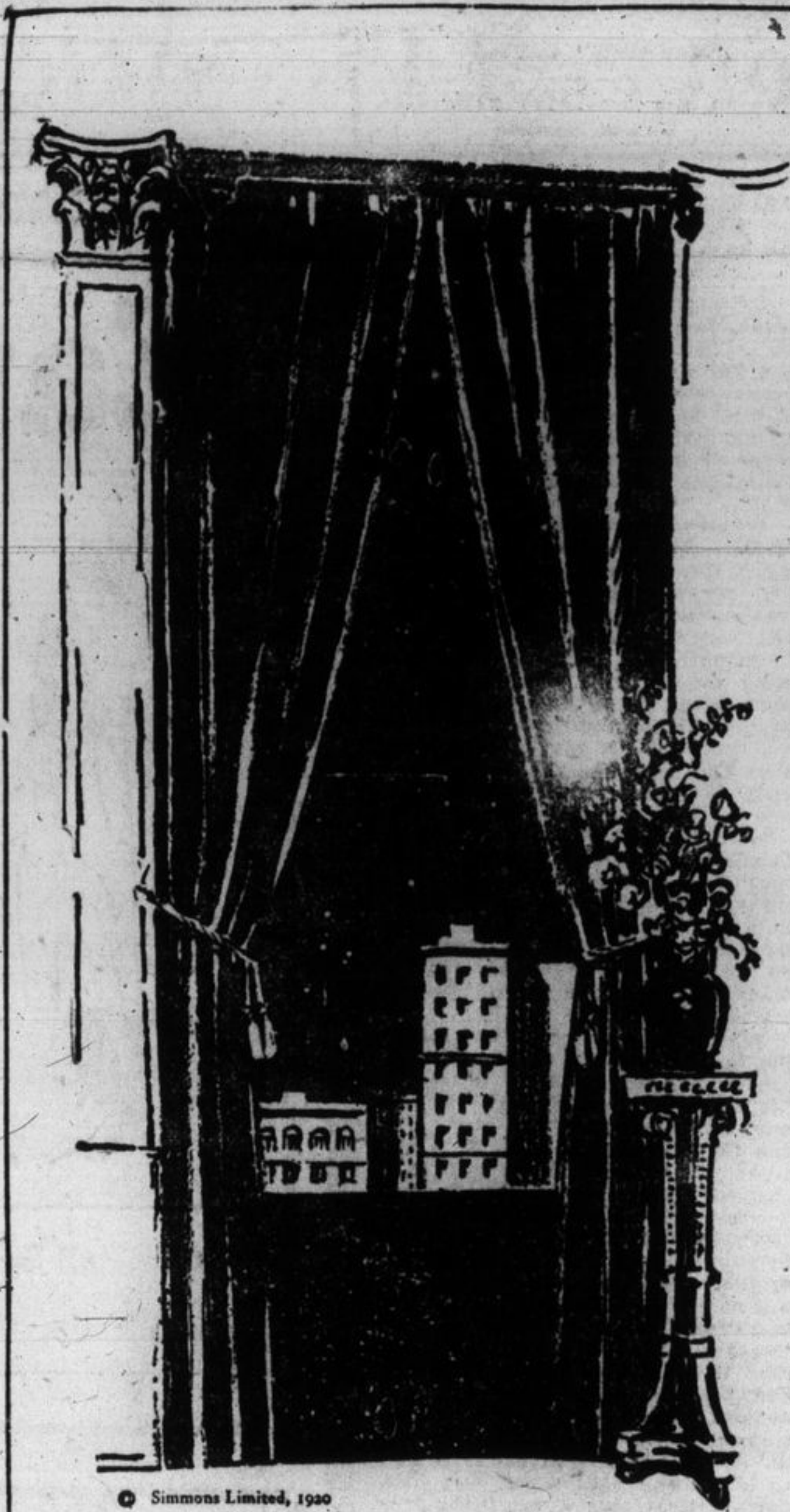
But two hours of this failed to bring the constabulary forth. Instead, they answered fusillade with fusillade, bomb with bomb, and there could have been little sleep for any one within miles of Kilmallock that night. Then the raiders procured a pump and hose, saturated the building with oil and set it ablaze. In the western wing Sergt. King and Constable Morton were incinerated, burnt to death, but even that did not daunt the others. With magnificent determination they fought on in the blazing building until, at seven in the morning, the frustrated raiders withdrew in disgust. Thereupon the constables emerged triumphant from their blackened ruin, and at once Constable Hoey fell a victim to the concealed sniper. During the engagement five others of the garrison were wounded more or less seriously, so that two only escaped unhurt. The dead men are policemen of long service, and, in the manner of Irish constables, are the fathers of large families. The local reporter adds the final pathetic touch to this tale of heroism and horror when he says that "several of Constable Morton's children were crying bitterly in the streets in the vicinity of the barrack during the day." And in Dublin I have heard men renowned for their strong nationalist views anathematizing such dastardly outrages as the "Battle of Kilmallock," and wondering where all this dreadful waste of good Irish lives is leading to.

Didn't Want Ducks.

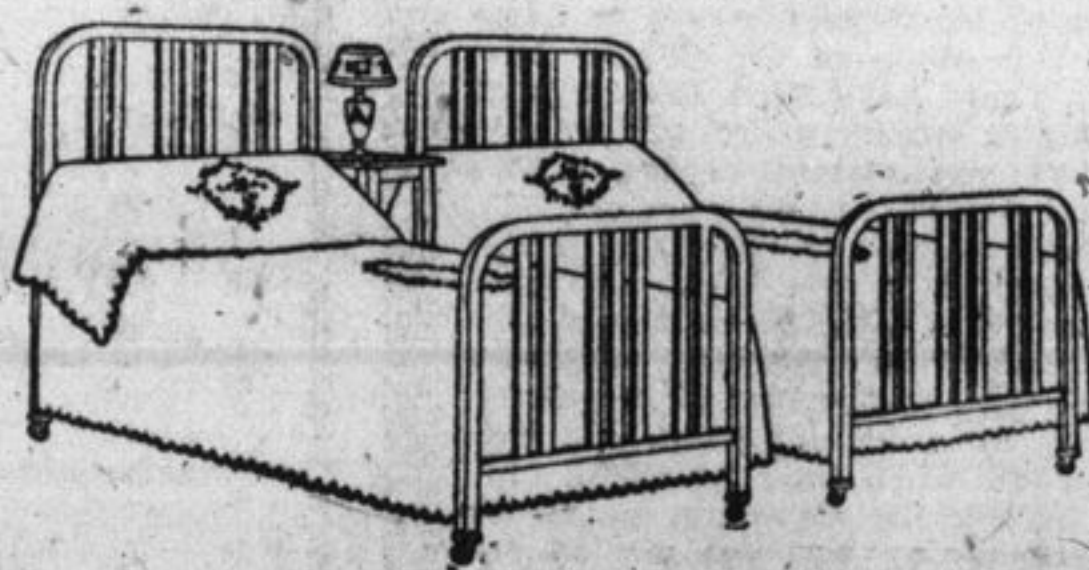
In a village in Staffordshire a lady started a poultry farm with one hen and thirteen eggs. Not having had the least experience in keeping poultry, she inquired of a friend how long eggs generally took to hatch. She received the reply: "Three weeks for chickens and four for ducks." The old lady met her friend some time later, and on being asked how the poultry farm was going, replied: "Oh, I've finished. At the end of three weeks there were no chickens, so I took the hen off, as I didn't want ducks."

Bought Old Country Oatmeal. St. Mary's, Aug. 24.—Thomas R. Russell has returned after a three-months' visit to the Old Country, where he purchased ninety-one head of Shorthorn cattle for "Downview" farm near Toronto. Many of the animals are prize-winners.

More than 3,000 domesticated elephants are maintained in Siam.



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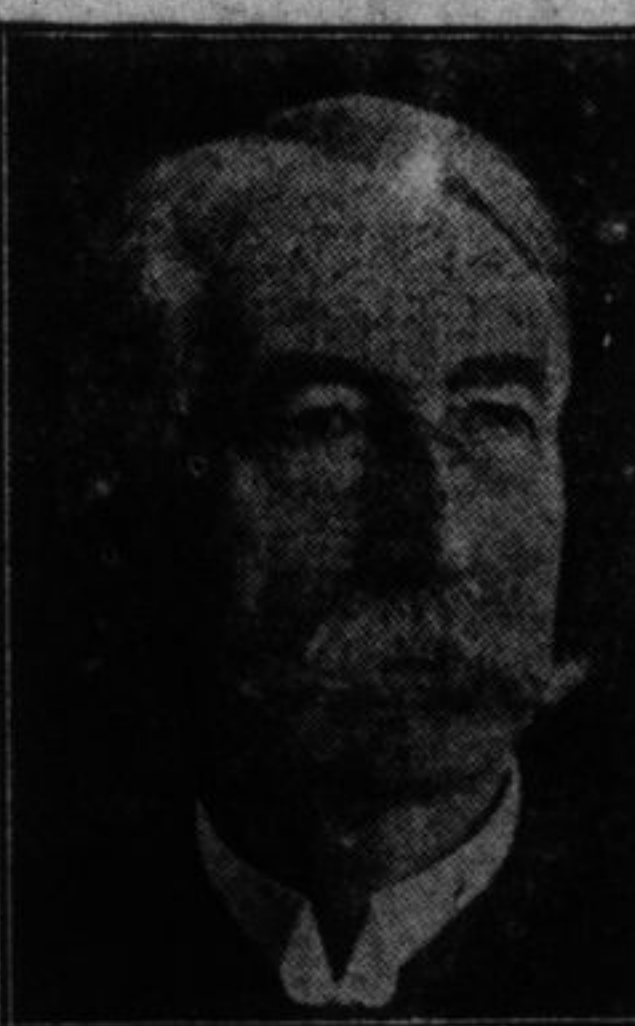
SIMMONS LIMITED

MONTREAL TORONTO WINNIPEG CALGARY VANCOUVER

SIMMONS BEDS

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WHO'S WHO AT TRADE CONGRESS



Hon. John Greeley Jenkins. Hon. John Greeley Jenkins, honorary treasurer of the ninth Congress of Chambers of Commerce of the Empire, which will be held in Toronto on Sept. 16th, was one of the founders of the congress and a past master of the Royal Colonial Institute Lodge of Freemasons. He is noted for the protest which he made against the charging of double income taxes within the empire, which subject he will pursue at the coming congress. Mr. Jenkins was agent-general for South Australia in 1908, and is personally interested in production and development in Canada. He is a director for Great Britain on the Paris International Chamber of Congress. He was born in Pennsylvania, U. S.

UNPREPAREDNESS—FAILURE

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An English inventor has obtained an American patent for detachable shoe soles and heels, easily replaced when worn.