

THE TORTURES OF RHEUMATISM

Happily Stopped When He Began To Take "Fruit-a-tives"

3 OYAWA ST., HULL, P. Q.

"For a year, I suffered with Rheumatism, being forced to stay in bed for five months. I tried all kinds of medicine without relief and thought I would never be able to walk again. One day while lying in bed, I read about "Fruit-a-tives" the great fruit medicine; and it seemed just what I needed, so I decided to try it.

The first box helped me, and I took the tablets regularly until every trace of the Rheumatism left me."

LORENZO LEDUC.

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

Cuticura Soap

The Healthy Shaving Soap

AFTER SHAVING

Heal the Skin and Prevent Infection with "ABSORBINE JR."

The most healing, most soothing, most effective skin lotion you can use after shaving is one you can make up home by adding one ounce of "ABSORBINE JR." to a quart of water or witch hazel.

To rub this lotion over the face after shaving is a luxury indeed. It takes away all soreness—prevents chapping and irritation—keeps the skin—and prevents infection.

A solution of "ABSORBINE JR." in water makes an excellent mouth wash; it thoroughly cleans the mouth, destroys germs, and prevents decay; fine for the teeth and gums. Druggists sell a bottle of each. Druggists or sent postpaid by W. F. YOUNG, Inc., Lyman Building, Montreal.

Is Your Blood Starving For Want of Iron?

Without Plenty of Iron in Your Blood You Don't Get the Strength and Nourishment Out of the Food You Eat.

When over-work, lack of sleep, improper food and impure air sap the iron from your blood and make you feel weak, nervous, irritable and out-of-sorts, it is important that you should at once put more iron into your blood. Without iron the blood loses its power to change food into living tissue and therefore nothing that you eat does you the proper amount of good because you don't get the full strength out of it. Your food merely passes through your system as if it were a mill with the rollers so wide apart that the mill can't grind. Because of this steady starvation of the blood and nerves people often become weakened, tired, nervous and rundown and frequently develop all kinds of symptoms. But the moment organic iron—Nuxated Iron—is supplied a multitude of dangerous symptoms disappear in most cases, the flesh becomes firmer, the muscles get back their strength and the course of health bloom in cheeks that were pale and sickly looking.

No matter what other so-called remedies you may have tried, if you are not strong, vigorous, hearty and well, you owe it to yourself to make the following test: See how long you can work or how long you can walk without becoming tired. Next, take two three-grain tablets of ordinary Nuxated Iron five grains each, one after meals for two weeks. Then test your strength again and see how long you can work or how long you can walk. You can obtain Nuxated Iron from your druggist on the distinct understanding that if you are not fully satisfied your money will be refunded.

When your brain works like a dog with three legs walks—you need

BEECHAM'S PILLS

An active brain must have pure blood, not poisoned with products of indigestion—or liver and kidney laziness.

Largest Sale of Any Medicine in the World. Sold everywhere in Canada. In boxes, etc., etc.

AN OLD TYRE With a blow out fitted with an

INSYDE TYRE

Runs 2,000 miles. Cost less than \$2.00.

Have you tried one?

J. R. C. Dobbs & Co. Tel. 819. 41 Clarence St.

From The Countryside

FRONTENAC

HARLOWE. Aug. 18.—Most of the farmers are through cutting hay and are harvesting grain which is a good crop. Mr. and Mrs. N. Stoness, Westport, have returned to their home after visiting their parents and friends here. Mr. and Mrs. William Stihall, Munro, Mich., were guests at Thomas Whitman's. Mr. and Mrs. Manley Thompson have returned to their home at Flint, Mich., after spending a few weeks visiting parents here. Mr. and Mrs. Ezra Thompson expect to leave for Watertown soon. Danacour Thompson is home from Kingston. Mrs. Wallie and daughter, Kansas, are visiting the former's sister, Mrs. Charles Hillier. Mrs. J. Thompson and children, Plinton, spent Sunday at Thomas Whitman's. Mrs. Frank Thompson and Thomas Thompson's Mr. and Mrs. Walter Scott at Chas. Hillier's. Mrs. Charles Hillier and Mrs. Wallie are visiting at Welland.

GLENVALE. Aug. 23.—Much of the grain is harvested and the steam thrasher has again made its appearance. Mrs. Moss, Campbellford, and Miss Ar. Mura, Almonte, made a flying visit to friends here. Dr. J. S. Watts and family, Oswego, visited his sister, Mrs. J. O. Ellerbeck, prior to his departure for California. Miss Grace Cramer, who has been visiting friends at Chesterfield and Ottawa, has returned home. Mrs. R. J. Ellerbeck and Irma has returned home from New Brunswick, where she visited her sister. A number of the young people attended the lawn social at Dr. Rankin's, Collins Bay. Mrs. (Dr.) Galloway and children, New York, visited at R. B. Gibson's. Mr. and Mrs. Charles Forrester, Watertown, N.Y., are the guests of H. Campsall. The "teen-age" boys of the vicinity are on a camping exhibition at Sydenham lake under the care of Rev. Mr. Parsons. Mr. Gil-mour and daughter, Chicago, are visiting at Mrs. Emily Clark's. Mrs. Gibson and daughter, and C. MacFarland are the guests of G. Topcliffe over the week-end.

LEEDS

CHAFFEY'S LOCKS. Aug. 19.—The farmers of this locality are engaged with their harvest. The Opinion Club house is full of guests. Mrs. Hobart, Mr. and Mrs. Monton, Ottawa, are guests of Mrs. Frank, Pedley, Mrs. W. B. Rodney, Miss Frank, and Miss Ida Maxim, New York; are guests of Mrs. C. Harper, Rev. W. J. Milligan and C. Hart, Toronto, are spending a few weeks with J. W. Simmons, B. J. O'Brien, Ottawa, is spending his holidays at W. H. Fleming's. Mrs. Acton and sons, Montreal, are at their cottage here for August. Mrs. Rapp expects to build an extensive cottage on her island soon.

LOMBARDY. Aug. 23.—Miss Lelah B. Rabb, Rainy-River, and Mrs. W. Wilson, Smith's Falls, visited friends in this vicinity last week. Michael Dermady, Watertown, N.Y., spent last week with relatives here. Among those who left for the west last week were James Tram, Kenneth Covell, Charley Morse, Austin Bass, Miss Helen O'Meara, student of Notre Dame Convent, Kingston, was among the successful students who passed the lower school entrance to normal with honors. Master Vincent Keenan who spent the holidays with relatives here, left today for his home, Sault Ste. Marie. Mrs. Kelly, Watertown, N.Y., is visiting her parents, Mr. and Mrs. S. Dermady. Mr. and Mrs. W. Reynolds, Frankville, spent Sunday with Mr. and Mrs. T. Cauley. Lombardy fair will be held this year on Sept. 11th. Miss Helen Doohar, Detroit, Mich., is home for a visit. Miss K. Healy, Montreal, is visiting at her home here.

Lennox & Addington

NEWBURGH. Aug. 21.—Mr. and Mrs. Maboe and Mrs. Richards, Picton, visited their brother Charles Wabanks, MacGillivray and John Aylesworth are spending a few days with their parents, Mr. and Mrs. G. A. Aylesworth. Mrs. R. Brown and little son Billy, Orino, spent a couple of weeks the guests of Mr. and Mrs. T. L. Winter. Several from here attended the chautauque held at Napanee last week. The Newburgh picnic, held in Emberly's grove on Thursday, was a great success. Miss Lulu Green, Arden, is visiting Miss Mildred Hill. Mr. and Mrs. E. Freeman, Peterboro, visited his brother, E. A. Freeman, recently. F. W. Madden, wife and children, Rochester, N.Y., spent a week visiting his mother. Miss Beth Wilson is holidaying at home.

ENTERPRISE EAST. Aug. 21.—Miss Victoria McNamara, Rochester, N.Y., has been visiting Mrs. John Clair and other relatives in Bellrock, Enterprise and Wilkison. Mrs. John Clair held a family reunion on Sunday last in honor of Miss McNamara and Miss Mary Brown, also of Rochester. Miss McNamara expects to return to her home the latter part of August. The Misses Hester and Elizabeth Foster, who have been visiting their home here, have returned to Rochester. J. Clair Hayes motored to Shimmo on Sunday last. Mrs. Hannah O'Neill and Miss Gertrude Tompkins, Kingston, have been visiting relatives here during the past week. Mrs. C. O. O'Neill and Mr. P. Buckley, Watertown, are visiting here. Miss Mabel Kidd entertained a number of her friends on Sunday last. All are pleased to know that James McGrath is recover-

ing from the recent shock of lightning, which he sustained.

DESILLUSIONED ANARCHISTS.

Emma Goldman Does Not Like Russia.

Sympathizers with Bolshevism declare that it is the capitalistic press that is responsible for the stories emanating from Russia and describing the tyranny of the Soviet. We suppose that even the most advanced of Bolshevists would accept the statement of Emma Goldman. She can hardly be described as a friend of capitalism. She is a life-long anarchist, and her pernicious activities in behalf of the cause have led her to the penitentiary more than once. She and her "soul mate," Berkman, and a number of other anarchists were deported from the United States some months ago, and with glad hearts set out for Russia. Now comes the sad tidings that Miss Goldman is not satisfied with conditions there. In a recent interview with a newspaper correspondent Miss Goldman says that the state of affairs in Russia is "just rotten." She said: "You may be called an agent of the capitalistic class by the people in America who don't understand. If you are, tell them we have been here four months and now we know. We have investigated factories, homes and institutions as no newspaperman can be permitted to investigate them, and we have found them bad. I know from my conversation with you, you have gotten to the heart of the matter. It's up to you to tell the American people and tell them straight."

The facts she wished to be presented to the outside world are that the Soviet Government is a tyranny; that the nationalization of industry and the new kind of Soviet "capitalism" have produced what she frankly calls a rotten state of affairs. When the American anarchists left for Russia they expected that they were about to arrive in a sort of paradise; but Miss Goldman asserts that she knew that the Marxian theory was impossible in practice, and that it was certain to produce a tyranny. Nevertheless, she blinded herself to its faults in the hope that she and Berkman and the others might accomplish something in Russia. They realize that they can accomplish nothing as matters now stand, and we should not be astonished to hear one of these days that she and her associates have resorted to the bomb as a necessary preliminary measure to improve conditions in Russia, unless Lenin and Trotsky take the first step and deport them. The truth is that Emma Goldman and Berkman are anarchists; they are opposed to all government, having the idea that a country can do very well without it. Government by Bolshevists, therefore, attracts them hardly more than government by the capitalistic class. Probably Lenin and Trotsky were equally opposed to Government until the task of conducting affairs in Russia was imposed on them.—J. V. McAree in Toronto Mail and Empire.

Elephants as Executioners.

The first instance of an elephant being brought to the West was in the year 1807, when the Caliph Hassan al Rashid presented one to Charlemagne.

It was not until 1855, however, that this well-known and sagacious animal came to England, and it was in that year that the King of France made King Henry VIII. a gift of one 10 years of age. It arrived at Sand-wich, and was then taken to the Tower of London, where by the king's command, a house had been built for it. Ten feet high to the top of its back, England's first elephant lived to the age of 41 years. Its keeper was John Gosh.

An elephant's skin is generally of a deep, ash-brown, but sometimes it is white or cream-colored. The latter variety is very valuable and highly prized, being one of the attributes of royalty in Siam. One of the titles of the King of Siam, by the way, is "Lord of the White Elephant."

Whilst on the subject, it is interesting to find that in many parts of India elephants have been appointed official executioners of justice. They will break the limbs of a criminal, trample him to death, or pierce him with their tusks, according to their master's instructions.—Answers.

Just Like Home.

The mild, bald man had settled down in the train to read, and feeling drowsy after a trying day at business, fell asleep. On the hat-rack above was a bucket containing a ferocious crab, and, reaching the edge of the rack, it fell, alighting on the man's shoulder, and grabbed his ear to steady itself.

All of the passengers waited expectantly for developments, but all they heard was:

"Let go, Sarah! I tell you I've been at the office all the evening."

A Wicked City.

"Port Said still is the wickedest place on earth," said Brig-Gen. J. H. Bateman in an address to soldiers recently. "I know Calcutta, Bombay and Madras better than I know London," he continued. "I have had to live in the east for a quarter of a century and I know what Cairo and Ismailia are, but I have seen more sin and appearances of sin in one hour in Port Said than in all the rest of my experiences."

A Remedy.

A large plot of land at Port Erie, owned by a Chicago plutocrat, has been held idle for years, in the expectation that a bridge will be built there. But the Port Erie municipality has hoisted the taxes to a figure that will probably release the land for practical every-day use. That is the way to prevent the speculators' blocking progress.

Costly Boys.

Educators declare that it costs much more to educate a boy than it does a girl largely because of a boy's tendency to destructiveness, as for instance, window breaking, lamp smashing, jack-knife carving on desks and other pastimes dear to the heart of a boy.

PILES

Do not suffer another day with itching, bleeding, protruding piles. No surgical operation required.

Dr. Chase's Ointment will relieve you at once and afford lasting benefit. It is sold by all dealers, or by Dr. Chase, 1230 St. Patrick St., Toronto. Sample Ointment this paper has enclosed. No stamp is necessary.

Sight

The greatest of all our possessions



THE beauties of nature—the wonders of creation—the works of man—spread themselves before our eyes day after day. We read and study—exclaim over forms of art—combinations of shades and colors—that reach our senses through our eyes. Do we realize that our eyesight is the greatest of our possessions? Do we guard it as such?

Human eyes are wonderful in construction—but of infinite delicacy. Paradoxical as it may seem—not many people give their eyes the care that is lavished on their hair—their teeth—or even the appearance of their skin! Yet their eyes are more important than any of these.

When teeth need attention—nature sends out prompt, sharp warning.

If we suffer bodily injury—nature—through pain—gives us unmistakable notice of it. But the eyes of many people may be impaired and suffering strain and tension that is slowly, imperceptibly wrecking and impairing them. Eyes often are the source of ill-health—or nervous strain—and we may not be aware of it.

The questions you should ask yourself are: "Are my eyes strong and healthy?" "Are my eyes affecting my health?" "Should I wear glasses?" "Are the glasses I got years ago the best for my eyes to-day?"

You cannot answer these questions yourself.

But there are men who can—whose study, experience and lifework is the care of our most priceless possession—eyesight. These men are members of the Optometrical Association of Ontario, and by training and study and experience they are equipped to be the guardians of your sight.

Don't wait till nature drives you to consult these men. If your eyes are not 100% perfect—to-day is the time they need professional attention.

"See your eyes."



Watch for this sign

It is an emblem of service

Write the Secretary, Box 92, Dundas, Ont., for free booklet on the care of the eyes.

Fires Break Out

and thieves break in. Don't risk the first, or invite the second, by keeping money in the house.

Put it in The Merchants Bank, where it will be safe from loss—always available—and earn interest at highest current rates.

THE MERCHANTS BANK

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