## OWES HER LIFE TO "FRUIT-A-TIVES"

After Years of Suffering with Dysopeia, this Fruit Medicine Gave Relief



MLLE ANTOINETTE BOUCHER

917 Dorion St., Montreal.

"I am writing to tell you that I our my life to 'Fruit-a-times' for this remedy relieved me when I had abandoned all hope of ever recovering my health. I suffered terribly with Dyspepsia. I had it for years and all the medicines

I took did not do me any good. I read something about 'Fruit-atives' being good for all Stomach Troubles and Disorders of Digestion so I tried them. After finishing a few boxes, I was entirely relieved of the Dyspepsia and my general health was restored.

I thank the great fruit medicine, 'Fruit-a-tives', for this wonderful

MIle ANTOINETTE BOUCHER.

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

#### GET IT REPAIRED

Sewing Machines, Phonographs, Guns, Riffes repaired and refitted. Parts supplied, Saws filed, knives, scissors and edge tools ground. Locks repaired. Keys fitted to all kinds of locks. All makes of Lawn Mowers sharpened and re-paired. We can repair anything that is repairable.

#### J. M. PATRICK 149 Syden Street, Kingston

The adhesion of cement to iron had never seen it before. that gives strength to reinforced concrete, is found by an expert to be un- ing at him in surprise: like the gluing effect of mortar on bricks. The cement does not stick to the iron firmly, if at all, but the adhesion is given by gripping a portion of enclosed iron as the concrete contracts in setting.

Fair exchange religion is the kind | no?" that ought to grow in popularity.

#### Pothooks And Hangers

By Harold Sinclaire

Jimmy had come early. It was regular lesson night, but the Shark wouldn't appear for perhaps half an hour. Plenty of time for Jimmy in which to learn his fate and well, he hadn't decided just what he would do after that; that is, in case she

wouldn't marry him So he sat in the little parlor of Louise's home and waited. Presently she would come in briskly, her brown eyes demure, her lips smiling. she always made you think of a sturdy little wildflower in the woods in springtime. And Jimmy, young lawyer though he was, knew that his heart would skip a beat and his ruddy face take on a still deeper hue as he faced her. He tried to be patient, and as the minutes passed memories came-sweet and bitter-

in their turn. Around that library table in the centre of the room he had sat three nights a week with Louise and-yes -Terry Gerard, the Shark-who was the particular fly in Jimmy's ointment. Why did he need a commercial education, anyway-his business didn't require it. Jimmy's did;

teach him the art of shorthand. So around this table the three had sat-Louise and her two mismated pupils, for they hated each other as much as they loved their teacher. Both had invented their need of knowledge of shorthand in order to be near the object of their affections, The only difference in their methods was that while Jimmy didn't try to learn, concealing his indifference to the best of his ability, Terry made the most of his lessons and consequently was able to read whole pages of curlicues without a break.

"Red headed shark," growled Jimmy, gritting his teeth. He smoothed his own glossy dark nair and scowled. That shark was to be reckoned with, he was bright and, yes, good looking, and Louise seemed to like him. Of late he had imagined that she preferred him. Only yesterday he had come upon them talking confidentially in low tones when no one was near. Well, the suspense would soon be over. He heard her coming down the stairs, and his heart skipped that beat according to prophecy, as Louise entered in anticipated fash-

While he was holding her hand, which had been extended in welcome, he looked at it idiotically, as if he "Why, Jimmy," said Louise, look-

Jimmy gulped. "You promised to write my ans-

wer today." "And so I have." "Didn't get it," grasped Jimmy.

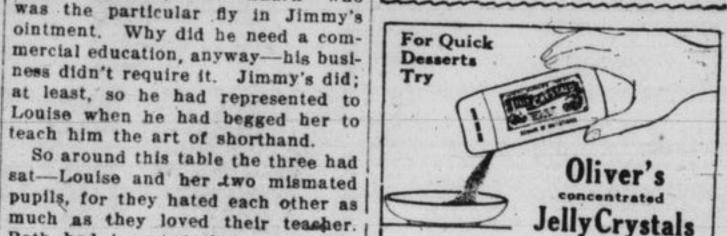
"Mail service punk. Was it yes or "Silly," she answered, diving into to you. Weren't you to come this marks with a vengeance. evening to take your lesson? Well!" She handed him a notebook, open,

his teacher in his arms!

his heart and fortune at his teacher's of that craftiness. feet. In a sweetly businesslike manner she had promised to write him

And there it was in his hand and he couldn't read it!

"Yes," Jimmy floundered miser-She was looking out of the



Made of pure fruit extracts combined with the very finest Calf's Foot Jelly. Far superior to the average Jelly

Each packet makes one pint of delicious jelly. Six flavors. A trial will convince you.

At your grocers WEIR SPECIALTY CO. LTD TORONTO - CANADA Beware of imitations."



Many a Canadian Beauty owes her exquisite complexion to the use of

#### Baby's Own Soap'

Cleansing-Healing-Fragrant "Its Best for Baby

and Best for You"

her pocket. "I didn't say I'd mail it and began to study those awful

A gasp escaped him. There was a familiar chicken track in that first pointing to a neat array of pothooks line. It was the one phrase he had and hangers that adorned the page. learned very early in the course, "That is my answer," she told him thinking some time to use it craftily. "I love you!" He recognized that He looked at it helplessly. "Je- when he saw it. It was there! He hoshaphat!" he exclaimed. For the looked closer. Yes, it was there, but first time he envied that shark. He what was that silly little mark precould have read those marks. Poor ceding the word love? It didn't be-Jimmy couldn't, and he didn't know long! He tried with his finger to rewhether to sink with despair or take move it it might be an evelash fallen there. But it stayed, and Jim-It was at "recess" the night be- my's brow grew moist with the dawnfore that it happened. The Shark ing of an awful thought. Suppose had left early, Louise had told him that little fool curved line should be good night in what seemed to Jimmy the negative to that sweet phrase! a most unnecessarily interested fash- Did she or didn't she? That was the ion, and Jimmy had forthwith laid question. It was time to use some

> Pushing back his damp hair and calling to his aid a sickly smile, he pointed to the disturbing curlicue.

"Teacher," he said in a wheedling tone which he sometimes used teas-"That is your answer," repeated ingly, "teacher, you made this character a little lame. I can't quite make it out." He held his breath.

"That," answered Louise, turning to him · patiently and spelling the word phonetically, "is 'd-o-n-'t'-half length, you know, to add 't'."

Jimmy stiffened and the notebook fell to the floor. When Louise left it there and turned away again he exploded. Black despair reigned, but rage gained mastery of his ton

"I hope you're satisfied," he said thickly. "You've made all kinds of a fool of me-deliberately, too. Louise raised her finger warning-

ly and listened. "I think Terry's coming." she said, "He's early." Jimmy swallowed and looked for his hat. He was certain now-the Shark had won, Louise's smile showed that. It was radiant and her face was shining with a glory that only love can bring.

"Can't stay for lesson," he mumbled, cramming the letter into his pocket and making for the door. "It was a false alarm," said Louise after a moment of looking toward

"That shark-" began Jimmy an-

"Isn't he a wonder?" asked Louise, her sparkling eyes upon him. "He can read shorthand like print." Her tace was glowing still and Jimmy could stand it no .onger. "Goodnight," he said thickly,

"But," said Louise, innocently. "Have you read all the letter, Jimmy? There are some good phrases there and you should study-"

"I know one of them," thundered Jimmy, "and that's enough. " 'I don't love you'-in the first linethat's enough. I can read that."

The doorbell rang jarringly. Jimmy gave a farewell backward look, saw her brandishing another paper before his eyes, felt her hand upon his arm. But he jerked away angrily from those fingers he had so loved to touch, accidentally, of course, at their tasks.

"I'll read no more foo! marks," he

"But this is a typed transcript of the fool marks, Jimmy," she explained. "I knew you were a fraud and preparer this for you," and suddenly her arm went about his stubborn neck, tightened, and brought his eyes down within range of the typewritten words:

"I don't love you half as much as

"Jehoshaphat!" Jimmy waited to read no more, but blinking at the heavenly light that enveloped him, he kissed his teacher, and together they went to the door to let in the

#### THE MAN ON WATCH

Is it so that a Kingston church board is talking about engaging a practical nurse to take care of noisy babies, whose mothers insist on bringing them to Sunday services?

Shall old Glenburnie burn, shall old Gienburnie burn? Well not so long as Kingston ha some hose to on it turn.

Who is my neighbor, asked the lawyer of New Testament story. Kingston's mayor does not have to query his pastor on this matter when fires rage and threaten property miles outside the limits of the municipality of which he is chief magis-

They say the Irish will combine to fight no matter what settlement is made. It is suggested by the Lampman that special fighting days for various districts be regularly nounced, but that the weapons be restricted to Ireland's favorite shillelah. The Kingston club of Irish Self-Determination might also arrange their little scrap, and permit Mr. Ronan was one of nature's interested 'clerical' brethren to pargentlemen, always refined and courteous to everyone. He was a remark-

They say that corns result when women insist upon encasing their feet in shoes that are not constructed to fit them. It is just like trying to put a family of eight into flat built for four-you have to do Kingston a distracted mother poissome squeezing. ons her three girls. while out in

With regard to a complaint about at their daughters. Human life is retired farmers taking jobs away too valuable just now to dispose of from those who need them more ur- it by these violent methods. gently, the view of the Lampman is this: That most farmers who retire and come to the cities to reside have

For Infants and Children

In Use For Over 30 Years

DEATH OF E. WARREN.

\*Lansdowne, July 20.-Mrs. Margaret Clendenning, Montreal, is visiting her daughter, Mrs. John Bradley. Mr. and Mrs. Condie and niece, Brockville, were recent visitors at Thomas Steacy's. Miss Campbell, Los Angeles, Cal., who has been visiting

kept them in ease.

(but thank heavens not in Kingston)

and the sight was enough to cause a

stomach upheaval. It is only willie-

boys who will revert to sport costume

memories of the late Thomas Ronan,

ably active man for his years. Those

who knew him in the old days will

Some parents have strange ways

of showing love for their children. In

North Frontenac two fathers shoot

THE TOWN WATCHMAN

who departed this life a week ago.

in a house of divine worship.

girls know them as sissies.

miss his happy countenance.

income of \$1,200 is only half suffici- has returned home. Mr. and Mrs. D. ness with Bright's disease. Deceased ent for their needs, and because they F. Warren, Fort Frances, Ont., are was well known, being one of our

The Lampman has mos. pleasant Thomas and Mrs. Leech. On Tuesday evening, July 19th, nounced Orangeman, a Methodist and Erastus Warren passed away to nis a Conservative.

seek jobs to augment an income that guests of Mr. and Mrs. J. H. War- most successful farmers and a lifelong resident of the community. He The movie show has ceased opera- was in his sixty-ninth year and was Effeminate young men singing in the extreme heat. George Shurtliffe, vived by his widow, formerly Charchoirs without coats and with their Hamilton, is visiting here. Mrs. lotte Sliter, and one son, Urban J. B. shirt sleeves rolled up above their Charles Lappan is a patient in Hotel Warren; five brothers, Omar, Nia-Dieu, Kingston. Mr. Kidd, Ontario gara Falls, N.Y.; Reo George, Nebgovernment judge of standing field raska; Rev. William, Nebraska; Delcrops, is working here now on en- bert, Fort Frances, Ont.; J. Hilliard, tries for Lansdowne fair. Mr. and Lansdowne; and two sisters: Mrs. Mrs. Delbert McClary, Rochester, Ellis, Iroquois; and Mrs. Cooey, To-The N.Y., are visitors here. Mrs. James ronto. The funeral will take, place Wallace has returned from Sydenham Thursday afternoon to the Methodist where she was the guest of Rev. church, thence to the Union cemetery. The late Mr. Warren was a pro-

> A Cool Thought for a Hot Day

### POST TOASTIES for breakfast or lunch

Crisp, sweet, satisfy. ing—ready to serve with cream or milk

Sold by grocers everywhere!



# Your Best Investment

an Adams product, particularly prepared

Life Insurance offers the best form for saving money. It is an investment for small sums, and affords "protection" for many times the annual deposit or premium. It is the only method of combining savings and protection.

It is also the sure way of leaving an estate. Fifty per cent. of all estates at death consist of life insurance—many persons are unable to leave anything else to their families.

For these reasons the people of Canada are buying twice as much life insurance in these days of retrenchment as they did even two years ago.

Life Insurance is your best investment.

Lise Insurance Service CONSERVE THE HOME AND

STABILIZE THE NATION from the farm. They find that their her brother, Dr. J. D. E. L. Campbell, long rest after only a few days' ill-

# Trade-Marked Circulation

YOU KNOW THE VALUE OF ESTAB LISHED, TRADE - MARKED BRANDS. YOU BUY SUCH MERCHANDISE IN PREFERENCE TO ANY THING ELSE BECAUSE YOU KNOW FROM EXPERI-ENCE THAT YOU CAN DEPEND ON THE TRADE-MARKED PRODUCT, ITS QUALITY, PURITY, WEIGHT, ETC., ETC. A.B.C. REPRESENTS TRADE - MARKED CIRCULATION - CIRCULATION THAT IS CORRECT AS TO QUANTITY, COR-RECT AS TO DISTRIBUTION AND COR-RECT AS TO SALES METHODS. IN CIRCULATION NOTHING CAN EQUAL. THE VALUE OF AN A.B.C. REPORT AND AUDIT.

Why Accept Less?

THE BRITISH WHIG IS THE ONLY A.B.C. PAPER IN KINGSTON