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These days when all your energy is needed to keep up to the standard with your work, how many of you are neglecting your eyes and by suffering from eyestrain are using up that energy so much needed in your daily work.

Properly fitted Glasses will relieve eyestrain and permit you to work in comfort.

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Strong, durable Shoes for Boys and Girls-comfortable last onstructed to support growing foot muscles.

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EVENT BIRD SANCTUARY NEEDED

Grandmothers' Day Held at Cataraqui Creek Is Considered Enterprise Was an Interesting Affair.

The annual Grandmothers' Day was held at the home of Mrs. Wel- near Kingston?. When "Jack" Miner lington Lockwood, Enterprise, by the was here last spring, telling his marpresident occupied the chair. The geese in Essex county, he said that in meeting was opened with the singing his opinion Cataraqui creek was ideal call and hints on jelly making.

be distributed in the wards. Mrs. Bay, where the birds have become Clayton Brown gave a splendid ad- fearless in the knowledge of their

dress on pioneer times. ware about which Miss Carrie Jackthe articles are a hundred years old or over. The collection also includson, which she stated was three hundred years old. This exhibit was awarded the prize—a beautiful cup and saucer, which the members asked. her to use for the remainder of her to be sold in aid of the institute, but as the hour was late, the sale was

An interesting group photograph was taken of the grandmothers and an old-fashioned lunch was served, followed by a distribution of homemade candy. The meeting was closed with the singing of "The Old Folks At Home," "When You And I were Young Maggie," "There's a Land That is Fairer Than Day," and "Praise God From Whom-All Blessings Flow."

The event was a most enjoyable one for all who were present. The meeting was held from 2 p.m. till 6

Mrs. William Vannest being eighty-two years of age, was the oldest grandmother present. There were thirty-two members present. Mrs. Cronk is president, and Mrs. John S. Reid secretary-treasurer.

Falen-Vanwinckel Wedding. A pretty wedding was solemnized at St. John's rectory at Bath, when Mamie Edith, eldest daughter of Mr. and Mrs. F. G. Vanwinckel, Collin's Bay, was united in marriage to Frederick Falen, son of Mrs. Ellen Falen, Belleville. The bride looked charming in a gown of blue duchess satin with hat to match, her only ornament being a string of pearl beads the gift of her great-uncle. The bride was attended by her sister, Edna, who wore a becoming dress of sand-colored red silk, while groom was attired by H. Kilganon, uncle of the bride. The groom's gift to the bride was a dainty gold wrist watch, to the bride's maid a gold brooch set with

Taylor- Potter Wedding. On August 24th, 1921, a quiet wedding was solemnized in St James' chapel by Rev. Fr. Coyle. when Isabella, youngest daughter of Mr. and Mrs. James Taylor, John street, was united in marriage to Alexander Potter, only son of Mr. and Mrs. A. Potter, Rideau street. The young couple were unattended Many costly presents were received by the young people, among them a grand upright piano from the parents of the bride. The bride was former employee of the operating staff of the Bell Telephone Co., and the groom a C.P.R. car inspector. Many good wishes go to the happy young couple through their wedded

Marlbank and other points.

Home From Trip Abroad School Inspector J. Russell Stuart and Mrs. Stuart arrived home at noon on Thursday from their trip to Belgium and Holland, and report a most enjoyable holiday. At Brussels Mr. and Mrs. Stuart visited their daughter, Mrs. A. Stuart

corker and a worker for the work. | about 6.36 per cent,

by Jack Miner an Ideal Location.

Why not have a bird sanctuary

Women's Institute. The macam relious tale of his home for the wild of an ode, followed by the Lord's for the purpose of a sanctuary for prayer. The minutes of the meeting the birds that do so much toward the held in June were read and confirm- destruction of the insects, harmful to ed, afterwhich the meeting was the produce of the farm and garden, thrown open for business, with roll as well as for the wild geese who would stay with us on their way to Reports of committees were called | their nesting place in the north. In for, and it was decided to send a box Grey county there are two bird sancof fruit to the Kingston hospital, to tuaries on the shores of Georgian safety, even within a few minutes The grandmothers were extended walk of a railway station. A pond, a special invitation to attend this made by the damming of the Beaver gathering, and were asked to bring river to secure power for several some old relics with them. The mills, has high, wooded banks where grandmother who brought the oldest wood, peewees vercos gold finch and relic received a prize. Sixteen grand- other familiar birds, whose daily food mothers were in attendance, and the is the insect pests which destroy our house was beautifully decorated with garden. Kildeer plover and sand flowers. The table presented the ap- pipers were busy on the sand bars, pearance of a museum. The relics some baby wild ducks had their home consisted of a bake kettle which had in the rushes on the turf islands with served five generations, a sword their thick growth of rushes, and the which had been in a war, table cloths great blue heron, who strolled in a and towels woven in Ireland, bon- lordly fashion in the shallows late in nets of the olden days, gold candle- the afternoon, every now and then sticks, sugar bowls, lamps, shawls, condescending to catch a fish by a and a rocking chair which had served swift dart of his long neck, had a five generations, cake plate of willow mate and a nest full of fledglings farther up the stream. Kingfishers son told interesting stories. All of flashed by in their coats of blue and scarlet, wax wings with their crested heads; red winged black birds and ed a pitcher owned by Mrs. B. Wil- fly catchers were among the rushes edging the pond, and on the grassey bank, a pair of flickers made their morning meal from the insects on the foliage, while overhead all day swooped the gulls and terns with life. A quilt was brought forward their strange weird crys. At the larger sanctuary, for six years protected by the game laws, there is a hundred acres of forest as well as meadows, grain fields and orchards, and here the migratory linger in the spring when the vegetation is ingreatest need of protection; oriols, the foe of the catapillers that destroy the fruit trees, the warblers who live on the smaller orchard insect pests, scarlet tanager, rarely seen near Kingston; mouring does nest in the orchard; the blue birds are in bird houses near the house, where tiny wrens have made their home under the eves and bobolinks and meadow larks are in the meadows where the small seeds of the weeds and insects are their food. In the woods are partridge and many of the more shy birds that sad to say are becoming

less familiar year by year. No great outlay seems necessary for a sanctuary safety, some care to destroy the natural bird enemies, weasels, crows, cow black birds, owls and hawks, food placed where it can be got in winter, drinking places, bird houses to bring the most useful birds to the orchards and gardens, are the only real necessities, but bird lovers will find many other ways to make their feathered friends happier. Surely many among the large audience that filled Grant-Hall to overflowing last spring, to hear "Jack" Miner tell his story, will be interested in bringing to our doors the enemies provided by an allwise Father to check the too rapid increase of the destroyers of vegetable life, and also to use our natural advantages to prevent the destruction of some of the beautiful wild birds who still remain with us, pearls, and to the best man a tie-pin. that they may not be destroyed or The happy young couple left for driven into the wilds such birds as the white craine, the wild swans, the white heron, the wood duck, the esquimaux curlew and many another bird useful and beautiful.

Letters to the Editor

Some Seeley's Bay Matters. Seeley's Bay, Sept. 1 .- (To the Editor): I wish to tell my friends and neighbors through your paper that am not to blame for starting the stories concerning Mrs. Fred Wills. Thanking you in advance and hoping this will clear matters up, as I cannot stand it to be blamed in the wrong. I can prove any of my above state-

Yours truly, -MRS. JOHN BLACKMAN.

Stratford Bonds Solo. Toronto, Sept. 2 .-- A bond issue of \$79,000 has been sold by the city of Stratford to R. C. Matthews and Company. The bonds were for thirty years, and bear six per cent. At the A want ad will find work for the purchase price, the city borrows at

TWICE TOLD TALES

"ews of Kingston

The famous Coldstream Guards ronto exhibition this year. County pupils will be received at

The R.C.A. returned from Petawawa at an early hour this morn- race at Trenton yesterday.

After Monday's game at Lake On- most completed now. tario Park the C.L.C.'s will dis- W. Riggs, bookkeeper for Obern- statistician. The population of Or- crease 1921 over 1911.1.132 or 25.7 band for the season. Boys have been ornamenting the to take a position in Boston, Mass. letter-boxes about the city with fly- J. Rider, who played cen're field last Dominion census was taken.

using them.

TWENTY-FIVE YEARS AGO.

The veterans of the 14th P.W. hand will cross the ocean to the To- | O.R. who saw service in '66 will form a permanent organization. A deputation of Kingstonians is the Collegiate Institute this term if in Montreal to raise capital for a

new million-dollar elevator here. The new Frontenac school is

droffer's cigar works, has resigned illia now stands at 13,334, as com- per cent. Increase 1911 over 1901, paper, to the discomfort of those f -- the old professional baseball Sault Ste. Marie is a close second 873; 1911, 5,626; 1901, 5,156. In- Toronto exhibition go to the 13

Hawkesbury, Smith's Falls and Pembroke Are Among the Places Growing.

W. C. McDonald won the bicycle in the population of Orillia, Ont., is 65.60 per cent. Increase 1911 over shown by Bulletin No. 3, covering 1901, 1,215 or 23.57 per cent. the preliminary announcement of Hawkesbury, Ont, - Population, pulation, issued by the Dominion | 5,532; 1911, 4,400; 1901, 4,150. In

pared with 6,828 in 1911, when the 250 or 6.02 per cent

THE LATE CENSUS RETURNS in the last ten years, and a popula-Sask., shows a percentage increase of \$8.55, and St. Boniface, Man., of 84.63 since the figures of 1911 were compiled. Other returns are: Smith's Falls, Ont - Population,

RONEY'S, Princess St.

Boys' School Suits

\$10.00

10,549; 1911, 6,370; 1901, 5,155. An increase of 95.28 per cent. Increase 1921 over 1911, 4,179 or

Pembroke, Ont _ Population 7,nine, is sumping a hotel at Sarnia, with a percentage increase of 93.26 crease 1921 over 1911 2,247 or 39.9 | regiment of Hamilton.

per cent. Increase 1911 over 1901.

Cotton at a New High. New York, Sept. 2 .- Cotton vanced to new high levels for the season on publication of the government crop report here, showing a reduction of 1,166,000 bales. December sold at \$17.40 and Japuary at \$17.30, representing about \$5 . bale advance over yesterday's close

The day you overlook the want ade s probably the very day you should ook over them carefully. The band concert honors of the

LADIES' HIGH GREY KID BOOTS - a real pretty dark shade; Spool Heels but not too high. All sizes 2½ to 7; regular \$8.00 value. Clearing at\$2.25

LADIES' BLACK KID LACED BOOTS-Spool Heels; all sizes 2½ to 7; regular \$7.00. Clearing

LADIES' BLACK KID LACED BOOTS - dark grey kid tops; sizes $2\frac{1}{2}$, 3, $3\frac{1}{2}$ and 6 only. Clear-

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The average man does just as many queer things when he isn't in love as when he is, but they are less



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Be Made Up?

People speak of "making up" sleep, balancing loss of sleep one, two, or three nights by a "good, long sleep" some time in the future. A fine

But the hard-working man or woman of these days needs a good. sound sleep every night, in a bed that invites every nerve and muscle to relax. We lead in bedding.

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