

INVESTIGATE

The Special Policy

ISSUED BY THE

EXCELSIOR

INS. LIFE COY

SOLD BY

H. D. WIGHTMAN

151 WELLINGTON ST.

FEATURES High Guaranteed Low Premium

Illustration: Age 30 \$5,000.00 Premium \$130.30, Guarantees to return in Cash in 21 years \$2,500.00 or \$5,000.00 paid-up insurance.

GRAND TRUNK RAILWAY SYSTEM

AGENCY FOR ALL

OCEAN STEAMSHIP

LINES

Special attention given your family or friends going to or returning from the Old Country.

For information and rates apply to J. P. HANLEY, G.P. and T.A.G.T. Ry. Kingston, Ont. Open day and night. PHONE 99.

TRANSATLANTIC STEAMSHIPS St. Lawrence Route, Season 1922 Sailing Lists Now Ready C. S. Kirkpatrick Agent - 28 Clarence Street

CUNARD ANCHOR ANCHOR-DONALDSON

Montreal to Glasgow June 4/June 20/July 28... Casandra June 16/July 14/Aug. 11... Saturnia June 27/July 25/Aug. 17... Tyrhenia Sept. 10/Oct. 13/Nov. 10... Athina **Calls at Moville (Ireland). * en route to Liverpool.

Montreal to Liverpool June 10/July 15/Aug. 19... Albania June 27/July 25/Aug. 2... Tyrhenia Aug. 12/Sept. 16/Oct. 14... Ausonia

Montreal to Plymouth, Cherbourg and London June 17/July 22/Aug. 26... Andania July 1/Aug. 6/Sept. 9... Antonia

N. Y. to Queenstown and Liverpool June 8/July 6/July 24... Samaria June 15/July 13/Aug. 17... Carmania June 22/July 20/Aug. 31... Scythia *Calls from Boston, June 16

N. Y., Cherbourg & Southampton May 30/June 20/July 11... Berengaria June 6/June 27/July 19... Mauretania June 13/July 4/Aug. 1... Aquitania

N. Y., Plymouth, Cherbourg and Hamburg June 11/July 29/Aug. 31... Caronia July 1/Aug. 2/Sept. 9... Saxonia

Boston - Liverpool - Queenstown May 31/June 28/July 26... Laconia

N. Y. to Glasgow (via Moville) May 27/June 24/July 22... Columbia June 3/Sept. 5/Oct. 7... Cameronia June 14/July 15/Aug. 25... Algeria

BOSTON TO LONDON LIVERPOOL AND GLASGOW July 5... Assyria Aug. 4... Elysia *Cargo only to Glasgow.

N. Y. to MEDITERRANEAN June 10... Italia July 5 (Cruise)... Camronia

For rates of passage, freight and further particulars apply to local agent or THE ROBERT REFORM CO., LIMITED GENERAL AGENTS 89 KING STREET EAST TORONTO, ONT.

Some stars are so remote that it takes 40,000 years for their light to reach this earth.

DOUBLE DAILY SERVICE

Effective June 4th.

THE National

WILL BE RESTORED AS DAILY TRAIN BETWEEN

TORONTO AND WINNIPEG

via CAPREOL and PORT ARTHUR

FROM TORONTO 10.35 P.M. DAILY Standard Time

FINEST MODERN EQUIPMENT Including first class coaches, Tourist and Standard Sleeping Cars, Dining Car and Compartment-Observation Library Car. Connection is made at Winnipeg for all Western Points.

IN ADDITION Through Standard Sleeping Car Toronto-Winnipeg will leave as usual on Grand Trunk Train at 8.45 p.m. daily, connecting at North Bay with the "Continental Limited" for Vancouver, Pacific Coast and all intermediate points.

For tickets, reservations and all information, apply City Ticket Office, corner Johnson and Ontario streets, or any agent of the Canadian National-Grand Trunk Railways.

Canadian National Railways

COULDN'T DO HOUSEWORK

HEART WAS SO BAD Many women get weak and run down and unable to look after their household duties owing to the heart action becoming impaired or the nervous system unstrung.

Nature intended women to be strong, healthy and happy instead of sick and wretched. But how can a woman be strong and healthy when day in and day out she has to go through the same routine of work, sweeping, dusting, cooking, washing, etc. Is it any wonder that the heart becomes affected and she gets irritable and nervous, has hot flushes, faint and dizzy spells, smothering and sinking spells and can't sleep at night.

To all women whose heart is weak and whose nerves are unstrung we would recommend

MILBURN'S HEART AND NERVE PILLS

as the best remedy to tone up the system and strengthen the weakened organs.

Mrs. Daniel Besanson, Loganville, N.S., writes: "As I was troubled with a weak heart for nearly two years I am writing to tell you what your great remedy, Milburn's Heart and Nerve Pills, has done for me.

My heart was so bad at night I could not sleep. I would take soothing pills and was so weak I could not do my housework. I tried two doctors, but got no results. A friend advised me to try your pills. I used six boxes and am completely relieved. I think they are the best remedy for heart trouble there is."

Price, 50c a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Children's HAIR CUTTING 35c

One of our specialties! Our Motto: "Cleanliness and Civility" and we try to live up to it in every way.

Frank Robb's BARBER PARLOR

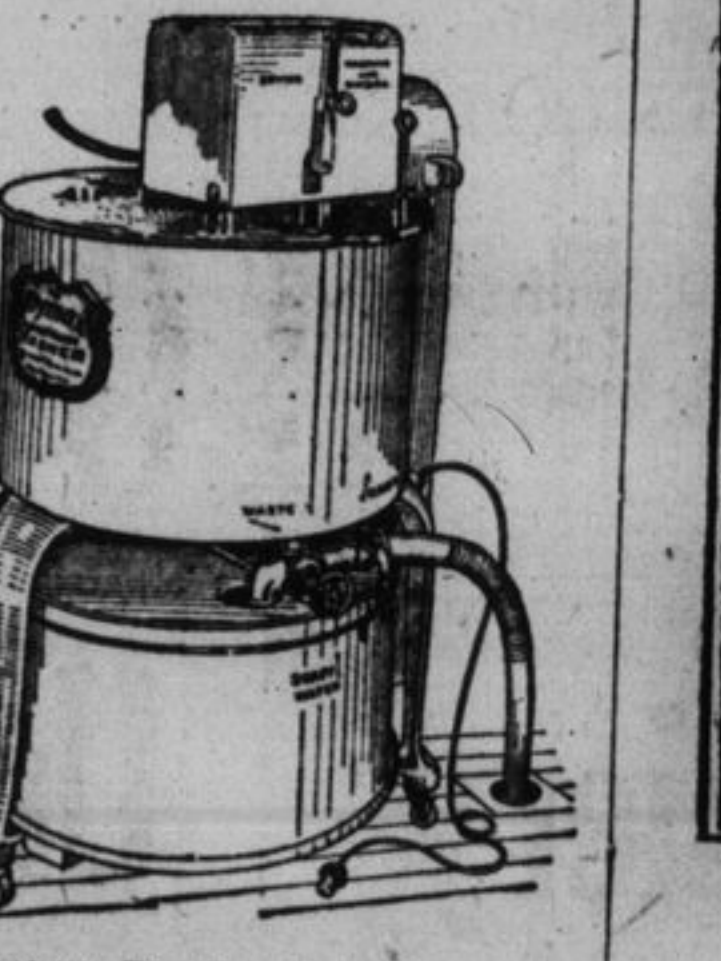
185 WELLINGTON STREET (Next to Bank of Nova Scotia)

Helpful Hair Hints

You can easily clean your head of dandruff, prevent the hair from falling out and beautify it, if you use Parisian Sage.

A lady visiting friends says "Parisian Sage is the best thing I ever used to make my hair wavy, lustrous and abundant. It also keeps away all dandruff and immediately stops itching scalp."

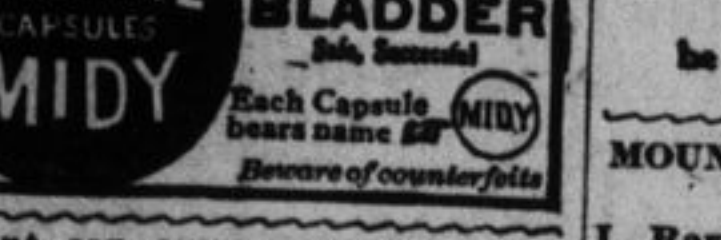
This inexpensive invigorator is sold by McLeod's Drug Store and at all good drug and toilet counters. Be sure you get the genuine Parisian Sage (Giroux's) as that has the money back guarantee printed on every bottle.



The Latest Development in Electric Washing Machines - Washes, Rinses, Squeezes and Wringer Dries Without Use of Water.

Burke Electric Co.

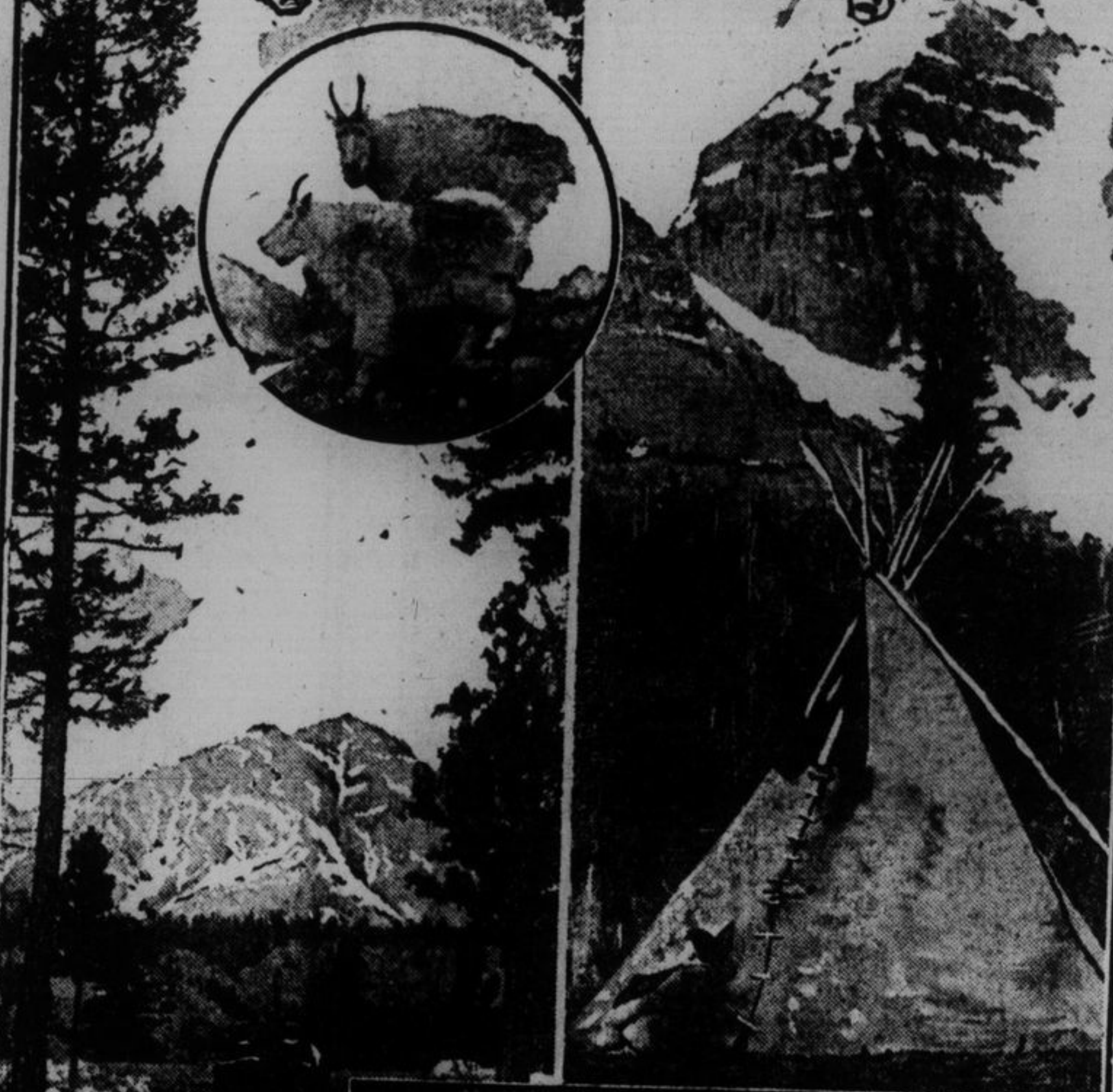
74 Princess Street. Phone 423.



SANTAL MIDY CATARRH OF THE BLADDER Each Capsule bears name DR. MIDY

An ant can carry over ten times its own weight.

Canadian Mountain Playgrounds



Possibly no other part of the world gives up to its people a greater expanse of country for recreation purposes than Canada. From the Atlantic to the Pacific large tracts of territory have been set aside by the Dominion or Provincial Governments - great unspoiled kingdoms, where nature and beauty vie with each other, where bird and animal life is unmolesied, and where everything is as nature planned it. Just what this means to other man it is difficult to estimate, but it makes life worth while for those who embrace the opportunity of spending their vacation in these great open spaces. These playgrounds are, in addition, a great national asset, as thousands of tourists annually from all parts of the world worship with us at our scenic shrines.

Of the great Canadian National Parks, Jasper Park, which has an area of 4,400 square miles, is without a peer. In fact, it is doubtful if anywhere in an equal area such mountain scenery and wonder features can be found - majestic peaks, snowfields and glaciers, deep canyons and mighty rivers on every hand. Jasper Park Lodge is at present being constructed and will be ready for the reception of this year's tourists. It will be operated by the Canadian National Railways.

MOUNTAIN GROVE ACCIDENTS.

I. Raymond's Home Burned - Narrow Escape of Earl McDonald. Mountain Grove, May 30. - Go to Sunday School Sunday was very suitably observed in the Methodist school here. Mrs. William Barr is spending some time in Kingston.

What might have resulted in a fatal accident occurred on Thursday when an east-bound freight struck Earl McDonald, one of the C.P.R. special gang, hurling him some distance. He was picked up and brought to Mountain Grove Station and Dr. Levine, Sharbot Lake, was hurriedly summoned. No bones were broken, but it was feared he had internal injuries, so he was rushed to the General Hospital at Kingston, when an X-ray examination revealed the fact that beyond a bad shaking up no serious results would accrue.

H. Thompson arrived home on Friday very ill, but is reported much better now. H. and C. Price, Miss Iva Brown and Miss E. Hughes motored to Napanee on Sunday. A baby boy has arrived to brighten the home of J. Cox.

The home of I. Raymond was totally destroyed by fire on Thursday morning. Mr. Raymond had gone to his work at the mill and Mrs. Raymond and two older children were after the cows, leaving a small boy and the baby at home. When they returned the house was in flames, but the little fellow had heroically carried the baby from the burning building to a place of safety. The house and contents were a total loss. The people of the vicinity are responding to their needs, as even their clothing was destroyed.

Fred and Hugh Thompson, also Mr. and Mrs. A. W. Thompson motored to Godfrey on Sunday and spent the day with friends. Mr. and

Mrs. Cecil Clarke, Mountain Vale, were at J. D. Clark's on Sunday. Horn to Mr. and Mrs. B. Hartwick a son.

William Loucks and family, Dead Creek, were recent visitors in this vicinity. Miss Maud Thompson visited R. Coulter's recently.



HORATIO BOTTOMLEY. Entering "Old Bailey" court in London, where he was sentenced to seven years imprisonment for fraud in Victory bond deals.



"HIS MASTER'S VOICE" COPYRIGHT, CANADA, 1920, BY EMILE BERLINER

Out To-day "His Master's Voice" Victor Records for June

Table listing dance records and popular songs with titles, artists, and prices.

Victrola at any "His Master's Voice" dealers

Internal and External Pains are promptly relieved by DR THOMAS' ELECTRIC OIL

MOTOR GLASSES

We have just received a shipment of Motor and Sun Glasses at a very reasonable price. As these are sure to be snapped up quick, get yours now, and the other fellows' dust won't worry you any longer.

R. ARTHEY, R.O. Kingston's Up-to-date Optical Parlor Phone 2108 for appointment. 148 Princess Street.



Ovaltine Hastens your return to Health and Strength

Convalescence is always tedious. Depleted strength and vitality must be restored - not by drugs and stimulants which act only superficially, but by nourishment. Yet an invalid's fastidious appetite and weakened digestion prohibit much food and retard the return of health. In such cases "Ovaltine" is invaluable.

OVALTINE TONIC FOOD BEVERAGE

"Ovaltine," a delicious beverage that tempts the appetite, is a concentrated food, providing all the vital body-building elements. One cup contains more nourishment than 3 eggs, 7 cups of cocoa or 12 cups of beef extract. "Ovaltine" is made from ripe barley malt, creamy milk, fresh eggs and cocoa. Now at all Canadian Druggists 50c, 85c. and \$1.50

Had a Narrow Shave. Charles Gavin, Sand Bay, met with a serious accident while working at Wright's saw mill, operating a cheese box slicer. But for the prompt action of E. McCready, the operator of the machine, he would have lost his hand.