elps make rich, red blood and revitalize weak nerves

WOMEN'S ILLS

HEART TROUBLE, INDIGESTION, WHEN IT'S SIMPLY IRON STARVA-

Many women believe they are weak and nervous as a result of age, worry and overwork; they think that their disturbed digestion, headaches, heart palpitation, shortness of breath, pains Sunday. A bright, helpf across the back, etc., are due to some lasting one hour. Come. serious disease instead of the real cause—iron starvation of the blood. This is proven by the fact that when many of these same women take organic iron for awhile all their alarmthy. Iron is absolutely necessary to living cells and tissue. Without it no- free. Strangers made welcome. thing you eat does you the proper amount of good—you do not get the strength out of it.

If you are not strong and well do no wait until you go all to pieces and colbut take some organic iron-Nuxated Iron-at once. But be sure it's organic ly by the action of strong acids on and like the iron in spinach, lentils apples and it often increases the bodily and mental vigor of weak, worn-

out women in two weeks' time. Beware of substitutes. Look for the son and Sydenham streets-11 a.m., Couper. Seats free. Visitors and word "Nuxated" on every package and "The Limitless Limit of Prayer." the letters N. I. on every tablet. Your money will be refunded by the manufacturers if you do not obtain perfectly ance." Rev. Douglas Laing at both satisfactory results. At all druggists.

New Books in the Children's Lubrary

Days of the Discoverers-L. Lamprey. Burgess Flower Book.

Perilous Seat—C. D. Snedeker.

Rich Little Poor Boy—E. Gates.

Chaucer Story Book—E. M. Tappan. Wild Life Under Equator-P. B. Du-Chaillu. y Apingi Kingdom.

With LaSalle the Explorer—V. C. Wat-Ancient Man-H. W. VanLoon lock of the Bushvelt—J. F. Fitzpatrick. Hnglestreams—J. Abbott.



Before going away, have us make an extra pair of Glasses a duplicate of those you are wearing.

If you break one pair, you still have another to meet the emergency. Enjoy your vacation to the full,

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Sunday Services in Churches

preacher, Archdeacon Dobbs.

Services 11 a.m. and 7 p.m. Rev. Alexander M. Gordon, D.D., will conduct both services. Everybody wel-

ter. Rev. C. S. Kidd, B.D., Gananoque, will conduct both services on Sunday. A bright, helpful service.

Bethel Church, Cor. Barrie and Johnson streets. Pastor, A. Sidney ing symptoms quickly disappear and Duncan. Church Services and Sun-

S.D.A. Gospel Tent, Barrie street, tors cordially welcomed. near York street .- Services Sunday. lapse in a state of nervous prostration, 7.45 pm. Special instrumental music and solo. Subject: "Is Man iron and not metallic fron which people Immortal?" in connection with this usually take and which is made meresubject the evangelist will demonsmall pieces of fron. Organic NUXATED strate the weight of a living soul. a.m., morning prayer; 4 p.m., holy IRON is like the fron in your blood All welcome. All welcome.

> p.m., "Whom Christ Calls to Repent services. Sunday school at 10 a.m. Everybody welcome to all the ser

Calvary Congregational Church-Corner Charles and Bagot streets. Pastor, Rev. A. F. Brown, 144 Barrie street. Phone 1806w. Sunday, Northern Course of Empire-V. Stef- 11 a.m.; 3 p.m., Sunday school; p.m.; Monday, 8 p.m., Christian Endeavor; Wednesday, 8 p.m., prayer meeting.

> Chalmers Church-Rev. R. J. Wilson, D.D., minister. Union services with Sydenham street Methodist church, il a m. and 7 p.m. Preacher. Rev. Professor Johnston, D.D. of Victoria University, Toronto, Strankers and students are welcome to all

Church - Union services with Chal . ing foom.

St. Paul's - Morning Prayer, 11 mers Presbyterian Church. Prescho'clock. Preacher, Rev. E. Scam- er, Rev. Prof. A. J. Johnston, D.D., class 9:45 a.m.; Bible School, 2:46 p.m. Frayer meeting, Wednesday, St. Andrew's Presbyterian Church 8 p.m. A hearty welcome to all.

Barrie streets -- T. W. Savary, rec- Native-Born, Birthplace tor, the rectory. 11 a.m., morning prayer and holy communion. Ser- Colored Cooke's Church, Brock Street .- | mon subject, 'The Church in Baby- Unknown Rev. T. J. S. Ferguson, B.A., minis- lon." 3 p.m., Sunday school, 7 p.m., evening prayer and sermon. Ber- Total mon subject, "Ways into the King- This table is interesting in that

streets. Rev. J. K. Curtis, B.A., pas- which the service operates. However, tor. Services 11 a.m. and 7 p.m. a larger part of the work is being carhey become strong, robust and heal- day school at the usual hours of 11 Subject, 11 a.m., "How Christ Meets ried on among the native-white of naenable your blood to change food into a.m., 2:45 and 7 p.m. Seats are Our Need." 7 p.m., "The Doubter's tive parents than is generally suppos-Question." Sunday school at the ed. The percentage of this group livclose of the morning service. Vist. ing in the three boroughs is 17.8 per

> St. Luke's Church, Nelson street-Rev. J. dePencier Wright, M.A., B.D., rector. Twelfth Sunday after Triukity. 8 a.m., holy communion: 11 baptism; 7 p.m, evening prayer Music-anthem, "Praise the Lord O First Baptist Church, corner John- My Soul" (Simper) choir. Solo, D. strangers cordially welcome.

> > .Queen Street, Methodist Church-The pastor, Rev. W. S. Lennon, D.D., will preach at both services. 11 a.m. "The Fear of God." 7 p.m., "The Christian's Charged World." Sunday school and Bible classes at 3 p.rr. Mrs. McKinnon, (formerly Miss Heen Wright); a former organist of the church, will have charge of the or gan. All seats free. You are invited to worship with us.

Christian Science, First Church of Scientist, - 95 Johnston street - Services, 11 a.m. Subject "Soul." Wednesday, 8 p. m., testimonial meeting. Public reading room open every afternoon ex- Unimproved _____ 4.083 cept Sundays and halidays, from 3 Dead to 5 p.m., and on Thursday evenings from 7.30 to 9.30 p.m. During Total July and August the Sunday evening services and Sunday school are vice when a patient is unable to pay, discontinued. All are cordially sin- but the regular fee charged is one dol-

Where the "Henry Street Nurse" is Trained By the Rev. Charles Stelzle.

standards of efficiency. Neither does and my daughter loved them all." it belong to a single locally. Begun The third communication was from as a nursing settlement in Henry Street a woman who said-"We moved into that Sabbath observance is not necesabout thirty years ago by Miss Lillian our summer home and I was told by sary for Christians is all wrong. If D. Wald, who is still its directing gen- my doctor that I would have to have he had said church attendance twice Beef: ius, it has grown to 23 centres, scat- trained nursing service. The introduc- on Sunday he would have been neartered throughout the boroughs of tion of a trained nurse into our house- er the mark. Manhattan, Bronx and Richmond. It hold at that time was a difficult matis the largest, visiting nurse service of ter to arrange, but the doctor explain-

has become worldwide, because it is you the simplifying of our problems children under school age be taken Ham, smoked, 28 where as sound and workable.

Because this is true, particularly in themselves the work which has made about 4,000,000 visits. The past who receive training for service as cases were carefully kept.

visiting nurses. viduals come to the House, commis- five years old, and it was in this groun sioned to investigate its methods and to report upon them, so that similar work may be established or helped in that between 25 to 44, of whom there

other communities Thousands of nurses have received their training in the public health field at, the settlement, and they are now scattered to nearly every part of the world, still calling themselves "Henry Street Nurses," and to the hundreds of thousands of patients who have never seen the settlement but have been cared for by its nurses. Henry Street Settlement has become personi fied. They think of it in the terms of the trim, trained woman who nurses

them through a serious illness. One morning recently the settlement mall contained three letters which indicated the effect of three distinct services of the Henry Street Settlement | An encouraging feature of the work in its nursing work. The first came is that the family itself is calling for from a Henry Street nurse now work- nursing service-almost 30 per cent. of ing in the far west. Among other the cases having come through tele casions driven over the most desolate though no cases are carried without Arizona and Colorado and here in things, that the public is more and Wyoming, and have been able to give more looking to the Visiting Nurse service to those who are lonely and Service for assistance in time of illness isolated because of the splendid les- Another important aspect of the wi sons I learned and the ideals acquired is that being done for industrial plants with A. Dutton, 243 Station street, Markets unchanged. at Henry Street Settlement. The peo- and insurance companies, arrange- ne postmaster.

ple who have made the Settlement ments being made whereby nursing David Murray, who lived with his

"Henry Street Settlement" is not | Street Settlement for their kindness to an institution, as that term is usually my child and I want to congratulate understood, implying mechanical and you upon the fine nurses on your not personal relationships, but it is an staff. During my child's long illness, institution in the sense that it is or- because of the days off duty and vaganized and established on the most cation, different ones came to see her, fundamental principles, having high but all of them were gentle and able

settlements in various parts of the city, more than an hour a day, he could worshippers at the corner of Clergy Vest, and it maintains country places for the summon a Henry Street nurse. She and Princess streets last Saturday Pork: prescribed, charged \$1,00 for the visit | ten to. It has, besides, important contacts and departed. No tenement house with other enterprises in the city con- woman could have needed her at that ducted for the benefit of the people. time more than I did and our house- cause they are unable to comprehend Hogs, dressed, cwt. Indeed, the outreach of the settlement hold appreciated more than I can tell the teaching. Why then should Bacon, breakfast,30 to 33

> During the thirty years that the the field of health and preventive Henry Street Settlement has been enwork, "The House on Henry Street" gaged in its visiting nurse service, its is a shrine to which thousands of visi- nurses have cared for approximately tors have come in order to see for 500,000 different patients and made the Henry Street nurse famous, Not has been the greatest in its history. In only from every section of the United round numbers, the 250 nurses of the States do they come, but from many Service made approximately 400,000 other parts of the world-men and visits to 51,000 patients. Of these patients women who are leaders in social and ents, 43,223 were nursed and dismissed political affairs, as well as students during the year, and records of their

Of the age groups nursed during the Not a day but that delegates or indi- year, 42 per cent. or 18,205 were under that the largest number of lives were saved. The next largest group were 27.5 per cent,

The color and sex of patients nurs ed age indicated in the following table Total Per Cent White, Male ______11,675 .. 26,908 . 62.2 Colored, Male . Sex (white and colored)..43,223 Male

Over two-thirds of the patients were females, although among the colored people the percentage of females was three-fourths of the total number of colored people nursed.

ings, she said-"I have on many oc- phone or personal call from the home possible can never know the great, service is given to employees and in-lasting, and far reaching good they are dustrial policy-holders. This promises ton, died on Friday. Deceased was

ing Nurse Service for assistance in this

Patients are nursed regardless of race, creed or color-their need is the measure of the service rendered. The nationalities of the 43,223 patients nursed during the year is as follows: mell. Evening prayer, 7 o'clock 11 a.m. and 7 p.m. W. W. Chown's Nativity of Patients Total Per Cent Native White of Native

Parents 8,603 10.0 Native White of Foreign Parents15.701 36.3

St. James Church, Cor. Union and Foreign-Born White 12,260 28.4 of Parent Unknown... 1,455

shows that the patients being visited constitute a horizontal slice of the Princess Street Methodist Church population in the boroughs of Man--Corner of Princess and Albert hattan, Richmond and the Bronx in cent., whereas the number nursed is 19.9 per cent. The percentage of native-white of foreign parents living in the three boroughs is 32.6 per cent. and the percentage nursed is 36.3 per cent. The foreign-born population living in the three boroughs is 38.9 per cent, whereas the percentage nursed is Service among colored people indicate that whereas the colored population of the three boroughs is 3.6 per cent., the percentage of colored patients among all those nursed was 10.8 per cent. This is accounted for largely by the fact that the death rate and the amount of sickness among the colored people of New York is about twice as great as it is among the white population, and because the Visiting Nurse Service has made special efforts in certain districts inhabited mainly by colored people, to carry on an intensive nursing service.

The condition of the patient on discharge is shown in the following table Recovered ______32,917 76.1

No charge is made for nursing serpay only part of this fee. The Service Filets, 1b. 22 to 25 as a whole is about forty per cent self Finnan haddie, lb. ... 15 to 18 fee. The total annual cost of maintain- Kippers, Pair 20 to 25 something over \$400,000.

The Man On Watch

This would have been a good time for the Liberty Leaguers to have had a referendum. The long dry spell has made many people sore.

The Toronto minister who said

learning that there are some eminent Fowl, 1b. 20 to 25 preachers who like to road a good de- Chickens, 1b. 30

municipal election campaign may be waged over dog barking and street

ion," as a certain local preacher intimates. The Watchman regards those who refuse to even consider the claims of spiritualists as like the people who refused to believe that the earth was round and not square.

It might be noted that since the U.F.O. party was voted out, the country hereabouts has had scarcely any rainfalls. There you are.

Verona continues to be a snappy place and should afford a good livin to some of the newly-fledged lawyers, pared with 493,221 cases on July who should settle out there.

The Queen's summer school students this season were a good live bunch and Kingston is sorry to se them leave. However, the regular "gang" will soon be along.

Relatives of testators think they elves as to how to divide up th comes to a show down in court. -THE TOWN WATCHMAN

The Belleville Station P. O. which has been closed will be re-opene

Kingston Markets

Friday, Aug. 17th. A number of fresh fruits appeared on the local market this week, although the prices quoted are a little high as yet. cheese is quoted at 27c a pound and old cheese at 40c. Flour is selling at \$4 to \$4,10 a hundredweight. Raspberries are finished for the season.

Eananas, dos.40 to 50 Blueberries, qt. 30 Raspberries, Columbia,20 Oranges, doz 50 to 70 Meions, local,25 to 56 Pears, Cal. doz. 50 to 60 Peaches, Cal, doz. 40 to 50 Plums, greengage, 11 qt.\$1.15 Peaches, local, 11qt. \$1.00 Dried fruits -Apricots, Cal., 1b.,40 Thimbleherries, box30 Prunes, Cal., 'lb. 15 to 30 Plums, Cal., doz.20 to 25 Raspberries, red, box,30 Cauliflower, each, 15 to 20.

vice is given to native whites. On the Cucumbers, local, each 10 Lettuce, leaf, 5 Onion, green, bunch, Onions, Spanish, lb...... 3 for 25 Peas, garden, qt. 10 Peas, shell, qt. 30 Potatoes, new. pk.60 Fresh vegetables-Tomatoes, 3 lbs. 25 Beets, bunch8

Unclassified. Flour, standard, cwt...\$4 to \$4.10 Honey, 5-lb pail80 Oleomargarine, lb. 25

> White fish, 20 to 22 Dairy Produce Butter, creamery, lb..... 38 to 40

Figgs, fresh, doz. 30 Meats and Poulrty Steak, porterhouse, lb. 32 to 35 Steak, round, 1b. ... 20 to 25 Boilingcuts, 1b9 to 12 As sweet singing as the Watchman | Stewing cuts, 1b. 8 to 11

Hog live weight, cwt Bables are not sent to school be- Chops, 1b. 25 to 35c

> Barley bus. 76 Buckwhest, by3. Corn, fee 1, 'ar lots \$1.09 Hay, loose, ton 11 to 12 Oats, local, bus., Shorts, ton\$29 to \$30 Straw baled, ton,\$7 to \$8 Wheat, local, bus. .. \$1.05 to 31.10

EGG MARKET REVIEW. Ottawa, Aug. 17. - A sale of storage firsts for export Fall delivery is reported at 36c f.o.b., Montreal The prekiminary report of of eggs in storage on Aug. 1, as issued by the Dominion Bureau of Statistics, shows 484,831 casts, comor a movement out of storage during the month of July of 8,350 cazes. Toronto - Steady; receipts fair. Jobbing extras, 36 to 37c; firsts, 31 to 32c; seconds, 26c to 27c. Montreal - Firmer; Jobbing spe

cials, 40c; extras, 35c; firsts, 29c to 30c; seconds, 25c to 26c. Winnipeg - Market firm; dealers quoting country shippers, delivered Extras, 30c; firsts, 25c; seconds, 18c. Saeketchewan - Dealers quoting, delivered: Extras, 23c; firsts, 20c; seconds, 15c. Storage seconds are being drawn on to meet consum;

Alberta and British Columbia Chicago -Steady and unchanged.

accomplishing every day."

The second was from a chauffeur whose child had been cared for by the nurses throughout her illness. He wrote, "I want to thank your Henry Relief agencies also look to the Visit- to supply the stone.

In this eightieth year.

Limastone rook is being shipped in large quantities to Toronto. Mr. Munro, owner, has a long contract Boys' Re-union week there, He was admitted to bail.

B.C. FIR CEILING

Just unloaded a carload of No. 1 Clear Fir, V Joints for ceilings, Wainscoting, etc. Excellent stock.

Also have on hand a full assortment of Spruce, V Joints, Siding and Flooring. For prompt service, telephone 1042.

VICTORIA STREET.

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Deposits

Deposits increase rapidly

THE following comparative figures indicate an almost steady acceleration of the rate of growth of total deposits, especially during the last few

This growth is the result of confidence in the sound policies of this Bank and the willing and capable service rendered by its officers.

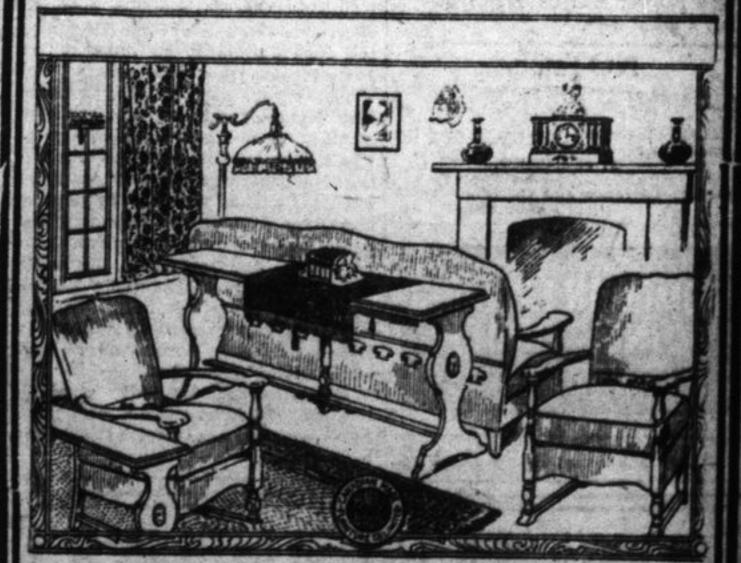
THE RESERVE THE PERSON NAMED IN
263,100
474,722
2,803,479
3,730,470
7,817,429
15,119,753
41,622,345
63,907;297
73,678,757

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children under school age be taken to church when they not only do not understand the preaching but annoy the congregation? Some professors of Queen's uni Mutton, carcase, 15. AUGUST SALE OF AUGUST SALE OF Furniture



See this Special Suite, Walnut, Marshall Cushions, Mohair Upholstering Chesterfield, 2 Arm Chairs, Table and Lamp, \$200. Worth \$250.00.

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