

NUXATED IRON
Helps make rich red blood
and revitalize weak nerves

A CAUSE OF
WOMEN'S ILLS

WOMEN OFTEN THINK THEY HAVE
HEART TROUBLE, INDIGESTION,
NERVOUS EXHAUSTION, ETC.
WHEN IT'S SIMPLY IRON STARVA-
TION OF THE BLOOD.

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
across the back, etc., are due to some
serious disease instead of the real
cause—iron starvation of the blood.

Public Library Bulletin

New Books in the Children's Library
Days of the Discoverers—L. Lamprey.
Burgess Flower Book.
Perilous Peak—C. H. Spedeker.

GLASSES
For
Vacation

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

R. ARTHEY, R. O.
VISION SPECIALIST
148 PRINCESS STREET
Phone 3108.

THOMAS COPLEY
Carpenter, Phone-987.
See us for all kinds of Carpentry
work. Estimates given on request.

Dr. W. O. Vrooman
DENTAL SURGEON
Corner of Princess and Barrie
Streets.

Ladies' Fall Suits and Coats
made to order. Best quality materials
used. Order now before rush com-
mences.

Dr. Vincent A. Martin
DENTIST
Evenings by appointment.
272 Princess Street. Phone 3045w.

Auto Tops
Recovered
PRICES RIGHT
Make the old car look like new.
Sinclair's
Phone 1884 - 800 Barrie St.

BURNS'
IDEAL
BAKERY
TRY BURNS' WHOLE
WHEAT BREAD
THE STAFF OF LIFE
W. BURNS
61 Frontenac St., North
Phone 1825w.

Sunday Services in Churches

St. Paul's — Morning Prayer, 11
o'clock. Preacher, Rev. E. Scam-
well. Evening prayer, 7 o'clock
preacher, Archdeacon Dobbs.

St. Andrew's Presbyterian Church
Services 11 a.m. and 7 p.m. Rev.
Alexander M. Gordon, D.D., will con-
duct both services. Everybody wel-
come.

Cooke's Church, Brock Street.—
Rev. T. J. S. Ferguson, B.A., minis-
ter. Rev. C. S. Kidd, B.D., Ganano-
que, will conduct both services on
Sunday. A bright, helpful service,
leading one hour. Come.

Bethel Church, Cor. Barrie and
Johnson streets. Pastor, A. Sidney
Duncan. Church Services and Sun-
day school at the usual hours of 11
a.m., 2:45 and 7 p.m. Seats are
free. Strangers made welcome.

S.D.A. Gospel Tent, Barrie street,
near York street.—Services Sunday,
7:45 p.m. Special instrumental
music and solo. Subject: "Is Man
Immortal?" in connection with this
subject the evangelist will demon-
strate the weight of a living soul.
All welcome.

First Baptist Church, corner John-
son and Sydenham streets—11 a.m.,
"The Limitless Limit of Prayer." 7
p.m., "Whom Christ Calls to Repen-
tance." Rev. Douglas Laing at both
services. Sunday school at 10 a.m.
Everybody welcome to all the ser-
vices.

Calvary Congregational Church.—
Corner Charles and Bagot streets.
Pastor, Rev. A. F. Brown, 144 Bar-
rie street. Phone 1896w. Sunday,
11 a.m.; 3 p.m., Sunday school; 7
p.m.; Monday, 8 p.m., Christian En-
deavour; Wednesday, 8 p.m., prayer
meeting.

Chalmers Church—Rev. R. J. Wil-
son, D.D., minister. Union services
with Sydenham street Methodist
church, 11 a.m. and 7 p.m. Preacher,
Rev. Professor Johnston, D.D., of
Victoria University, Toronto. Stran-
gers and students are welcome to all
the services.

Sydenham Street Methodist
Church — Union services with Chal-

mers Presbyterian Church. Preach-
er, Rev. Prof. A. J. Johnston, D.D.,
11 a.m. and 7 p.m. W. W. Chown's
class 9:45 a.m.; Bible School, 2:45
p.m. Prayer meeting, Wednesday,
8 p.m. A hearty welcome to all.

St. James Church, Cor. Union and
Barrie streets — T. W. Savary, rec-
tor, the rectory. 11 a.m., morning
prayer and holy communion. Ser-
mon subject, "The Church in Baby-
lon." 3 p.m., Sunday school; 7 p.m.,
evening prayer and sermon. Ser-
mon subject, "Ways into the King-
dom."

Princess Street Methodist Church
—Corner of Princess and Albert
streets. Rev. J. K. Curtis, B.A., pas-
tor. Services 11 a.m. and 7 p.m.
Subject, 11 a.m., "How Christ Meets
Our Need." 7 p.m., "The Doubter's
Question." Sunday school at the
close of the morning service. Viet-
ors cordially welcomed.

St. Luke's Church, Nelson street.—
Rev. J. dePencier Wright, M.A., B.D.,
rector. Twelfth Sunday after Trini-
ty. 8 a.m., holy communion; 11
a.m., morning prayer; 4 p.m., holy
baptism; 7 p.m., evening prayer.
Music—anthem, "Praise the Lord O
My Soul" (Simper) choir. Solo, D.
Cooper. Seats free. Visitors and
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." Sun-
day school and Bible classes at 3 p.m.
Mrs. McKinnon, (formerly Miss Helen
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
Christ, Scientist, 95 Johnston
street.—Services, 11 a.m. Subject
"Soul." Wednesday, 8 p.m.,
testimonial meeting. Public read-
ing room open every afternoon ex-
cept Sundays and holidays, from 3
to 5 p.m., and on Thursday during
July and August the Sunday even-
ing services and Sunday school are
discontinued. All are cordially in-
vited to the services and to the read-
ing room.

Where the "Henry Street Nurse" is Trained

"Henry Street Settlement" is not
an institution, as that term is usually
understood, implying mechanical and
not personal relationships, but it is an
institution in the sense that it is or-
ganized and established on the most
fundamental principles, having high
standards of efficiency. Neither does
it belong to a single locality. Begun
as a nursing settlement in Henry Street
about thirty years ago by Miss Lillian
D. Wald, who is still its directing gen-
ius, it has grown to 23 centres, scat-
tered throughout the boroughs of
Manhattan, Bronx and Richmond. It
is the largest, visiting nurse service of
any city in the world. It is also help-
ing to conduct four fully developed
settlements in various parts of the city,
and it maintains county places for the
children of the tenements in Westches-
ter and Putnam Counties.

It has, besides, important contacts
with other enterprises in the city con-
ducted for the benefit of the people.
Indeed, the outreach of the settlement
has become worldwide, because it is
founded upon an idea accepted every-
where as sound and workable.

Because this is true, particularly in
the field of health and preventive
work, "The House on Henry Street"
is a shrine to which thousands of vis-
itors have come in order to see for
themselves the work which has made
the Henry Street nurse famous. Not
only from every section of the United
States do they come, but from many
other parts of the world—men and
women who are leaders in social and
political affairs, as well as students
who receive training for service as
visiting nurses.

Not a day but that delegates or indi-
viduals come to the House, commis-
sioned to investigate its methods and
to report upon them, so that similar
work may be established or helped in
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
mail contained three letters which in-
dicated the effect of three distinct ser-
vices of the Henry Street Settlement
in its nursing work. The first came
from a Henry Street nurse now work-
ing in the far west. Among other
things, she said—"I have on many oc-
casions driven over the most desolate
parts of the desert and mountains of
Arizona and Colorado and here in
Wyoming, and have been able to give
service to those who are lonely and
isolated because of the splendid les-
sons I learned and the ideals acquired
at Henry Street Settlement. The peo-
ple who have made the Settlement
possible can never know the great,
lasting, and far reaching good they are
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

Kingston Markets

Friday, Aug. 17th.
A number of fresh fruits ap-
peared on the local market this
week, although the prices quoted
are a little high as yet. New
cheese is quoted at 27c a pound
and old cheese at 40c. Flour is
selling at \$4 to \$4.10 a hundred-
weight. Raspberries are finished
for the season.

Table with 2 columns: Item, Price. Includes Bananas, Blueberries, Currants, Raspberries, Lemons, Peaches, Plums, Peaches, Dried fruits, Apricots, Thimbleberries, Prunes, Peaches, Plums, Raspberries, Garden Produce, Cauliflower, Celery, Corn, Cucumbers, Lettuce, Onion, Onions, Peas, Peas, Potatoes, Beans, Carrots, Cabbage, Tomatoes, Beets, Sugar, Sugar, Flour, Rolled oats, Honey, Honey, Lard, Oleomargarine, Maple Sugar.

This table is interesting in that it
shows that the patients being visited
constitute a horizontal slice of the
population in the boroughs of Man-
hattan, Richmond and the Bronx, in
which the service operates. However,
a larger part of the work is being car-
ried on among the native-white of na-
tive parents than is generally sup-
posed. The percentage of this group liv-
ing in the three boroughs is 17.8 per
cent, whereas the number nursed is
109.9 per cent. The percentage of na-
tive-white of foreign parents living in
the three boroughs is 32.6 per cent,
and the percentage nursed is 30.3 per
cent. The foreign-born population liv-
ing in the three boroughs is 38.9 per
cent, whereas the percentage nursed is
28.4 per cent. It is obvious, therefore,
that the major part of the nursing ser-
vice is given to native whites. On the
other hand the figures concerning the
Service among colored people indi-
cate that whereas the colored popula-
tion of the three boroughs is 3.6 per
cent, the percentage of colored pa-
tients 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 popu-
lation, and because the Visiting Nurse
Service has made special efforts in
certain districts inhabited mainly by
colored people, to carry on an inten-
sive nursing service.

The condition of the patient on dis-
charge is shown in the following table:
Recovered 32,917 76.1
Improved 4,997 11.6
Unimproved 4,083 9.4
Dead 1,226 2.9
Total 43,223 100
No charge is made for nursing ser-
vice when a patient is unable to pay,
but the regular fee charged is one dol-
lar per visit. Sometimes patients can
pay only part of this fee. The Service
as a whole is about forty per cent self
supporting, although only about ten
per cent can pay the full amount of the
fee. The total annual cost of maintain-
ing the entire Nursing Service is
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
that Sabbath observance is not neces-
sary for Christians is all wrong. If
he had said church attendance twice
on Sunday he would have been near-
er the mark.

As sweet singing as the Watchman
has heard by any religious body was
that rendered by a little company of
worshippers at the corner of Clergy
and Princess streets last Saturday
night. It was worth standing to lis-
ten to.

Babies are not sent to school be-
cause they are unable to comprehend
the teaching. Why then should
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-
versity may perhaps be horrified at
learning that there are some eminent
preachers who like to read a good de-
lective story.

They say that the next Fortmouth
municipal election campaign may be
waged over dog barking and street
ollies.

Spiritualism is no "master delu-
sion," as a certain local preacher in-
timidates. 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 living
to some of the newly-fledged lawyers,
who should settle out there.

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

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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.

ALLAN LUMBER CO.
VICTORIA STREET. Phone 1042.

Deposits increase
rapidly

THE following com-
parative figures
indicate an almost
steady acceleration of
the rate of growth of
total deposits, especial-
ly during the last few
years.

Table with 2 columns: Year, Deposits. Shows increasing trend from 1857 to 1922.

This growth is the re-
sult of confidence in the
sound policies of this
Bank and the willing
and capable service ren-
dered by its officers.

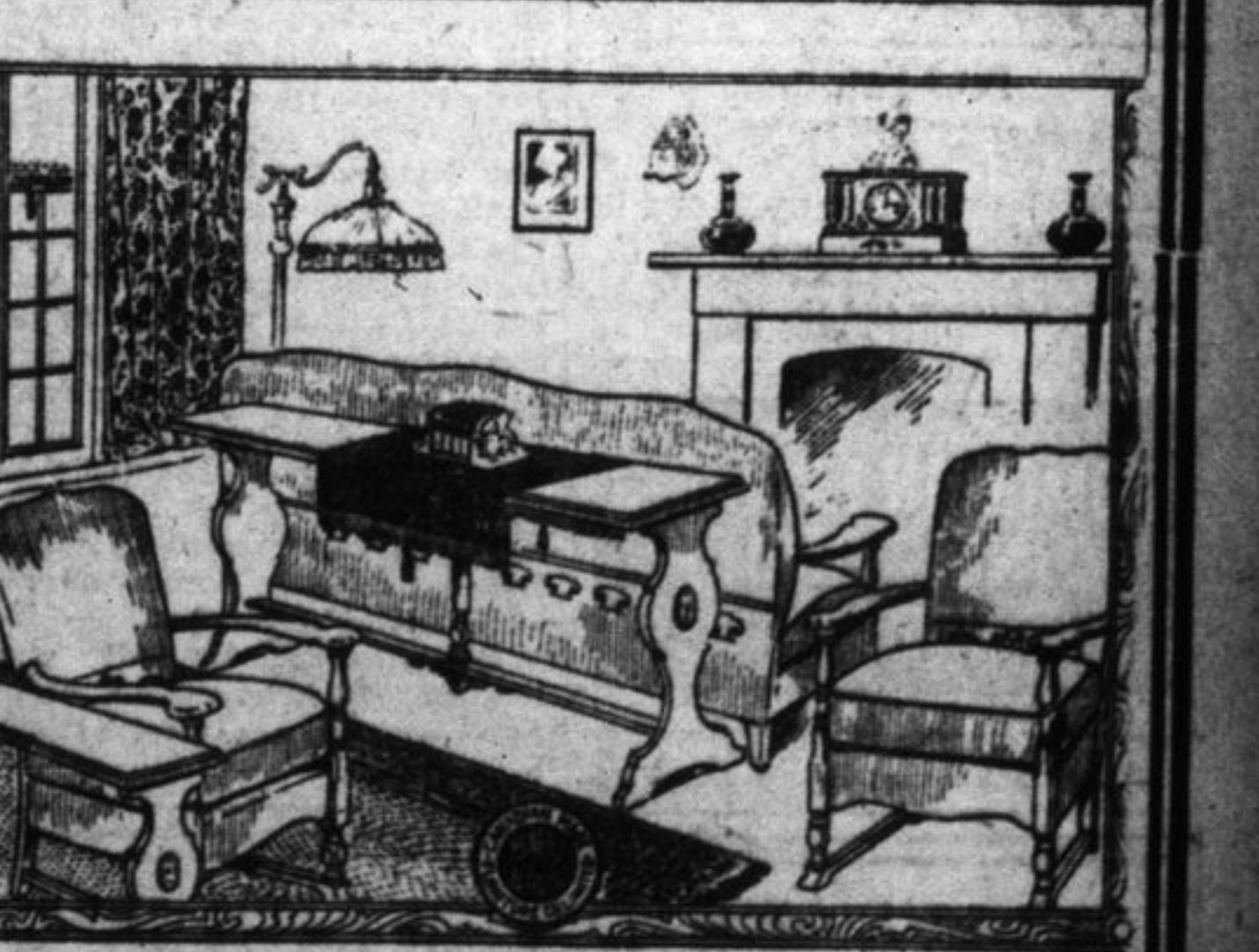
You will get a friendly reception
at any branch of

THE BANK OF TORONTO

BRANCHES
KINGSTON LYNDBURST

Mathieu's
SYRUP OF TAR &
COD LIVER EXTRACT
STOPS COUGHS
Sold in generous size bottles by all dealers.
THE J. L. MATHIEU CO., PROPRIETORS, SHERBROOKE, P.Q.
Makers also of Mathieu's Nerve Powder the best remedy
for Headaches, Neuralgia and Feverish Colds.

AUGUST SALE OF
Furniture



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

Robt. J. Reid
Director of Funeral Services Ambulance Phone 577.