

FREE... mail coupon below to Ellen J. Buckland, Graduate Nurse

SCIENTIFIC FRANKNESS

on a subject known as woman's oldest problem



Now! Exquisiteness, comfort, immaculacy under all circumstances

By ELLEN J. BUCKLAND
Graduate Nurse

THERE is a new way in personal hygiene. A scientific way that gives women new poise and peace of mind—new exquisiteness and better health.

Although but a recent discovery, 8 in every 10 women of the better classes already have adopted it. It is called Kotex. And this offers you an opportunity to test it—free. Simply mail me the coupon below.

FIVE TIMES MORE ABSORBENT
Made of Cellucotton—a newly-discovered super-absorbent—Kotex absorbs 16 times its weight in moisture. It has 5 times the absorbency of ordinary cotton "sanitary pads." And, in addition, two other secret advantages which I cannot mention here.

You can dispose of it easily, without embarrassment—a point all women will appreciate.

Now try Kotex free

Kotex has become a health habit among all womanhood. And I believe every woman should at least be allowed to try it. So I have appealed to the Kotex laboratory. And they have consented—for a short time at least—that I offer women a trial of Kotex, without charge.

So do this now: Mail the coupon to me, personally. A packet will be sent you postpaid, by return mail—in an absolutely plain, undistinguishable, unmarked wrapper. Tear the coupon off now before you forget.

Kotex is on sale at all drug and department stores. Two sizes—Kotex regular and Kotex-Super. Also dispensed in rest rooms from Kotex cabinets.

KOTEX

FREE SAMPLE—Mail this Confidential Coupon

ELLEN J. BUCKLAND, G. N.
Care of Harold F. Ritchie & Co., Limited
10 McCaul St., Toronto, Ont.

I want to accept free trial offer made by you, with the understanding that it is absolutely confidential.

Name _____
Address _____
City _____ British Whig, Kingston, 6/7/24

The enemies of life are pettiness, narrowness and selfishness. The chief enjoyment of life comes from work. If you are a master be sometimes blind; if a servant sometimes deaf.

BATTLE AGAINST TUBERCULOSIS

How Can You And Your Family Keep From Getting the Disease?

Thorough disinfection of homes. Do not allow your family to move into any room, house or workshop where a consumptive has lived, worked or died without careful disinfection by the Board of Health or your doctor.

Stop promiscuous spitting not only in your own home but in the streets and other public places.

Try and have a little consideration for others.

See that light, air and cleanliness predominate in our homes, offices, schools and workshops.

Care for your body. A clean, healthy body is your greatest asset against disease.

Soap and water are cheap. Don't spare them—they are among the very best preventative measures.

Wear clean, warm, light clothing.

Watch your children. Keep them free from contact with tuberculosis.

Infection Through Milk.
The germ may also be taken into the body in uncooked cows' milk. Cows frequently have tuberculosis and the germ may get into the milk, sometimes in large numbers. While in grown people this is not a common source of infection it is a common source in little children who drink much uncooked cows' milk. The germs are carried by the milk into the bowels through whose walls they pass and enter the system through the lymphatics, lodging frequently in the glands around the roots of the lungs or in those attached to the intestines. Therefore, unless one is certain that the cow that supplies the milk is free from tuberculosis the only safe thing is to pasteurize or boil all milk which is used by children.

Other Sources of Infection.
There are a number of other sources of infection, but they are not very important and we need only mention a few, such as the kissing of consumptives, the regular use by well people of their unwashed clothing, and careless contact with the pus or other discharges from tuberculous sores. It has been shown that there can be a danger of infection from the unwashed hands of consumptives, and all such patients should wash their hands, faces and mouths frequently.

Hereditary Infection.
It is now known that tuberculosis is not hereditary, and that it is practically never handed on from the parents to the child before birth. We recognize, on the contrary, that the infection comes from tuberculous

parents, or relatives, who usually infect the healthy born child in a year or two after birth, if their habits are careless. Even with much care it is difficult to avoid the infection of the children by their tuberculous parents. When we see a whole family die of this disease one after another, it does not mean that they inherited it from the parents, but that there was carelessness in the family and that each child in turn acquired the disease from the careless parent, brother or sister. However, in families in which there has been much tuberculosis among the parents or grandparents there is at times found a lowered resistance to the disease so that the children in such families must be brought up with special care as to their surroundings and life.

Latent Tuberculosis.
As has already been shown, when this disease is acquired, it does not usually develop at once, but lies latent in the body anywhere from one to twenty years. During this time it may sometimes cause some symptoms which only a doctor would recognize, and which pass off so soon that the patient pays no attention to them. Thus people who are subject to repeated spells of "grippe" or colds every winter, or to attacks of pleurisy now and again, those who suffer from periods of "rundownness" or who are habitually pale and below normal weight or are chronic coughers and spitters, are very apt to be tuberculous, and often unconsciously hand on the disease by their cough to others.

(To Be Continued.)

Children Cry for

Fletcher's CASTORIA



MOTHER—Fletcher's Castoria is a pleasant, harmless Substitute for Castor Oil, Paregoric, Teething Drops and Soothing Syrups, prepared for Infants in arms and Children all ages.

To avoid imitations, always look for the signature of *Charles H. Fletcher*. Proven directions on each package. Physicians everywhere recommend it.

cient. Experts came from many cities not only in Canada but the United States to see the wonder, and the inventor decided to surprise his guests. He invited them to an "Electrical Banquet." The visitors who had come to see electric heating were bidden to appear at the Windsor Hotel, Ottawa, one evening in the month of April, 1892. When they arrived they were treated to a dinner, every course of which had been cooked by electricity in an oven built for the purpose. This was the first time in the history of the world that electric cooking had been demonstrated. The oven used resembled a baker's oven, and had been provided with heating grids that could be regulated from the outside. The meal was voted a complete success and from that beginning has grown the numerous conveniences that make life easier wherever a electric lighting circuit is provided.

Bollingbroke, Decas&d was a most respectable resident and lived to a very old age. V. Johnson Watkins, agent, is delayed in this district owing to the illness of his horse. S. Wing, Westport, has purchased the G. Ayerst store, and has begun his duties now. S. Orser makes his usual calls at the mines here. Making dandelion wine is the order of the day. The farmers are making use of this fine weather finishing up their seeding and plowing, as the wet weather caused a great delay. J. McVeigh, Sharbot Lake, is assisting Mr. Strong with farm duties at present. The roads are much improved this week, but need much repairing yet.

About 18,000,000 tons of coal are consumed annually in London.

CORNS DISSOLVE IN HOT WATER

It's a wonderful combination—the special hot foot bath and Putnam's Corn Extractor. You get quick relief. The stings disappear. Your sore toes feel better at once, another application or two and the corn goes away. Any corn that grows on the foot of man can be removed by Putnam's Painless Corn Extractor. Refuse a substitute. 25c., all dealers.

Next Article—Calcium Carbide. MAKING DANDELION WINE.

This is the Order of the Day about Maberly. June 3.—Mr. Pringle, Arden, auto salesman, paid a visit in this district this week. Allen Deacon visited friends at Maberly on Sunday. Mrs. E. Deacon, Bollingbroke, was buried on Sunday last, at

Have you tried these famous flours?

Each is a product of the finest and most up-to-date mills in the Dominion. Each is supreme for its own purpose. Try them both. You are sure to be satisfied.

SAXON FLOUR

The Finest Milled Pastry Flour

An extra fine flour, made from the best Ontario soft winter wheat. Specially milled for the exacting housewife who likes to use a particularly good flour for the baking of her cakes, pies and fancy pastry. Saxon can always be depended on to give you the very best results.



Quaker Flour

Always the Same—Always the Best

"The Old Reliable"—Quaker Flour is the finest all-purpose flour milled. Whether you make bread, rolls, cakes or pastry, your results with Quaker Flour will always be uniformly good, for every sack of Quaker Flour is of the same unvarying high quality.



Your Grocer has both these famous flours in stock Try a sack of each—your satisfaction is assured.

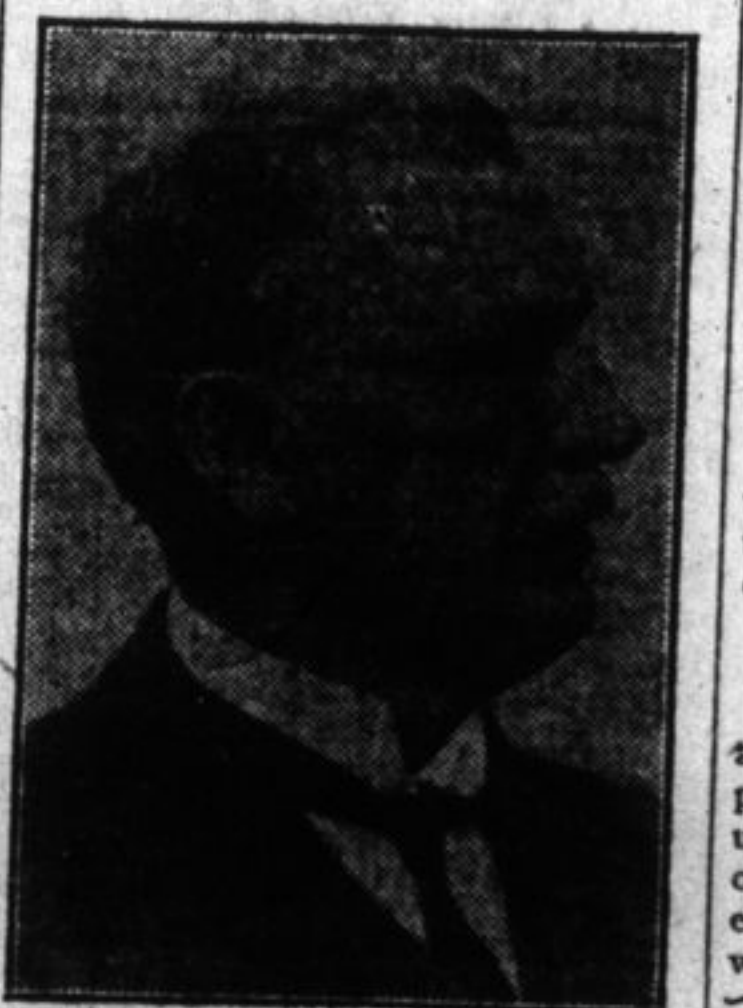
Products of The Quaker Mills, Peterborough and Saskatoon.

Canadian Achievements

By Lyman B. Jackson

No. 5—THE ELECTRIC STOVE.

Any alleged connection between the pioneer electric railway and the dainty electric stove of the modern Canadian kitchen will doubtless appear to be overdrawn. But the two conveniences are definitely connected in their origin. The electric stove is a product of Canada as the electric railway is. Thomas Ahearn, who was born in Ottawa in 1855, was the genius who gave to the world the comforts of electric cooking. This triumph was not of a sporadic nature, but came from years of experience attacking big jobs and bringing them to a successful conclusion.



THOMAS AHEARN
Of Ottawa, who gave to the world its first ideas of electric heating and cooking.

Thomas Ahearn was born in Ottawa in 1855 and like so many other Canadians who have won fame and fortune, he turned to telegraphy as a means of livelihood after graduating from Ottawa University. He did not sit long before the key, however, for in 1880 he was given the management of the first telephone company that was formed in Ottawa. Two years later, in 1882, he formed a partnership with W. Y. Soper, as electrical engineers and contractors.

The firm built the long distance telephone lines from Pembroke to Quebec, and wired the Maritime Provinces for the long distance land lines of the Atlantic cables. They next connected Halifax and Vancouver with telegraph lines, and followed that work by the construction and operation of some of the first hydraulic, electric generating stations on this continent.

His Great Secret.
With this marvelous result for a few years' work behind him, it is little won-

der that Thomas Ahearn took the presidency of the Ottawa Electric Railway Company when it was formed in 1891. He was warned from all sides that the venture would be a failure owing to the impossibility of heating the cars and operating them in the winter. But the secret of electric heating was known only to himself. He had learned that it was possible to draw certain metals into wires which would offer a high resistance to the passage of the electric current, and turn much of that which did pass, into heat.

The Ottawa Electric Railway commenced to operate cars in the autumn of 1891, and the critics and wisecracks shook their heads and smiled while waiting for the thermometer to dip into the sub-zero section of the scale and bring the venture to a standstill. Real cold weather did not come to Ottawa until February of 1892, and when the patrons hurried to the cars they found them pleasantly heated, but the heat was not radiating from visible stoves. Upon investigation mysterious little boxes were noted under the seats. These were the electric heaters. They were the first that were ever built, and they were made in Canada by a Canadian.

The "Electrical" Banquet
These heaters attracted considerable attention and Thomas Ahearn was approached with offers for larger heating units. In March, 1892, the foreman's office of the Ottawa Water Works was equipped with a large electric heater which was both economical and effi-

Bad Blood Pimples and Boils Burdock Blood Bitters

Miss Irene A. Matthews, Stayner, Ont., writes:—"I thought I would write and tell you of the experience and benefit I have derived from Burdock Blood Bitters.

Some few months ago I was troubled with bad blood which broke out on my face in the nature of pimples, boils and ring-worm, and I got so bad I really did not know what to do.

I was ashamed to go anywhere, and the itching and burning caused such a terrible sensation I could get no relief day or night.

One day a friend advised me to use Burdock Blood Bitters. I used one bottle and felt quite a relief, and by the time I had taken 3 bottles I was completely relieved. I cannot praise B.B.B. enough and I hope anyone afflicted like I was will get the same benefit I received." Burdock Blood Bitters is manufactured only by The T. M. Barron Co., Limited, Toronto, Ont.

Your Ambition

whatever it may be, will be more easily achieved if you have created a strong ally in the shape of a Savings Bank balance.

It gives courage in present difficulties and confidence for the future. No beginning is too small and no aim too high.

Open an account to-day.

THE CANADIAN BANK OF COMMERCE

Capital Paid Up \$20,000,000
Reserve Fund \$20,000,000

Kingston Branch . . . F. E. Dench, Manager

Mathieu's SYRUP OF TAR & COD LIVER EXTRACT STOPS COUGHS

Sold in generous size bottles by all dealers. SHEERBROOKE, P.Q. Makers also of Mathieu's Nervine Food—the best remedy for Headaches, Neuralgia and Feverish Colds.

PAINT UP TIME

From the standpoint of economy it is much cheaper to keep things in repair and looking well than allow them to go to waste, especially when a little fixing and a dab of paint will do the trick.

Floglaze Finishes.	Valspar Varnish
Maple Leaf Paints.	Valspar Enamels
Flat Wall Paints	Caymote Finishes
Alabastine	Granitine Varnish.
Wall Finish	

Stevenson & Hunter

TINSMITHS and PLUMBERS 85-87 PRINCESS ST.