



Smart, Indeed

are the newest sport togs—but can they be washed safely? Rest assured, they can—with Lux.

Lux will not shrink or fade your sport clothes. The rich Lux suds clean gently, without the rubbing that is so injurious to any fabric.

Sold only in sealed packets—dustproof!

LUX LEVER BROTHERS LIMITED TORONTO

Uses for the Cucumber.

Nearly everyone who raises cucumbers finds that she has more than she knows what to do with. Here are two good ways of getting rid of the surplus. In the first place, stewed cucumber is a delectable dish. Peel, and soak for a few minutes in cold water, cut in halves and put in a saucepan with just enough salted water to keep the vegetables from burning. Steam rather than boil, and when tender, drain, sprinkle with pepper and a very little salt, put a small piece of butter on each half and take to table. Cooked cucumber is even more delicate than vegetable marrow.

Silence seldom gets a man into argument, and perhaps trouble.

GET IT REPAIRED

Sewing Machines, Phonographs, Grams, Bikes repaired and refitted. Parts supplied. Saws filed, knives, scissors and edge tools ground. Locks repaired. Keys fitted to all kinds of locks. All makes of Lawn Mowers sharpened and repaired. We can repair anything that is repairable.

J. M. PATRICK 140 Sydenham Street, Kingston Phone 20064.

Two Electric Specials

Electric Curling Tongs. Special \$1.75. Electric Irons Special \$3.00, \$4.50.

These are real bargains.

BURKE ELECTRIC CO. ELECTRICAL SUPPLIES & SERVICE PHONE-423. 74 PRINCESS ST.

OUT THEY GO

Our Entire Stock of Summer Clothing and Furnishings For Men, Young Men and Boys

MUST BE SOLD!

This is your opportunity to save. Space does not permit us to mention the many bargains we have arranged for you, but a visit to our store will convince you. Sale Continues All This Month

Louis Abramson's 336 Princess Street - Phone 1098. We Sell for Less—Let Us Prove It

From Beyond The Toll-Gate

Just over the brow of the hill, at the entrance to the Valley of Regret, there is a toll-gate. Thousands upon thousands have passed that way, and paid. This toll-gate is on one of the many roads which branch off the Highway of Life. The name of this road is IGNORANCE. Beyond the toll-gate, in the Valley of Regret, is an old, old man with furrowed brow and grizzled beard, for he has lived through many generations. He carries a great load and his back is bent with the weight of the burden. His name is Experience. He is weary and sorrowful, for he has cried aloud, mostly in vain, to travellers on the highway, to avoid the way of ignorance.

Why do so many fail to hear and why do they not heed?

Experience pleads today for the conservation of the nation's sight. He pleads that we may heed before it is too late. He pleads that we may seek the knowledge that will lead us to a new world through better vision. And here is what Experience has to say:

Nine out of every ten persons over twenty-one years old have imperfect vision.

Of several thousand school children in one of our large cities, 66 per cent. of them have defective vision.

Of more than 10,000 employees in factories and commercial houses, 53 per cent. it was shown by examination, had uncorrected faulty vision, and only 13 per cent. had defects which were corrected, making a total of 66 per cent. who required aids to vision.

Statistics compiled by the Provost-Marshal General's office show that of the twenty-one different classes into which were divided physical defects disqualifying for military service, eye defects ranked third. Only two other classes showed a higher ratio of rejections.

Of the twenty-four million school children in the United States, 25 to 40 per cent. have serious errors of vision that should receive immediate attention.

Experience also tells us that defective eyesight is the cause of many other human ills. It is responsible for many of the thousands of Misfits and N'er-Do-Wells that we find about us everywhere. Experience calls to you—"Conserve your eyesight!"

Do not be indifferent to the condition of your eyes. Avoid fine print, blurred letters and shiny paper; they are likely to strain the eyes.

Rest your eyes when tired; don't strain them.

Do not read or work with poor illumination.

Do not save light at the expense of the eyes.

Do not judge illumination by the brightness of lamps. Dim light and glaring light make the eyes tired and weak. Use light that is agreeable to the eye.

Do not read or work facing a very bright light.

Do not subject the eyes to an unshaded brilliant light source.

Do not bring your eyes to your work; bring the work to your eyes. The proper reading distance is 12 to 15 inches from the eyes.

Protect your eyes against dust and wind when driving.

Avoid cheap glasses. Their imperfections may be worse than no glasses at all.

Avoid reading on moving trains. Do not use a common towel; in-

CORNS DROP OUT IN HOT WATER

It is very easy to take out a sore corn by the "Putnam" method. You take a special foot bath which is described in the directions that go with the package. Apply a few drops of Putnam's Corn Extractor, and out comes the corn, roots and all. There is no pain, not even soreness; the thick tissue is softened, and healing "Putnam" goes to the heart of the corn. Success guaranteed. 25c. at all dealers.

fection is frequently transmitted thereby.

Do not let "cross-eyes" go neglected; it may lead to blindness of one eye.

Do not condemn children and workers as stupid—test their eyes. Do not neglect eye strain; it may lead to more serious trouble. If you are not sure of the condition of your own eyes, have them examined by one who is competent to give you advice as to their care.

If glasses are prescribed, wear them as advised. They will do you no good in your pocket, or in a drawer of your desk or dresser.

Heed the voice of Experience from beyond the Toll-Gate which leads into the Valley of Regret.

HE DIED A HERO



MRS. JOSEPH LOUP



JOSEPH LOUP

Joseph Loup, twenty-three, New Orleans, taxi driver, died trying to save three negroes. He jumped down a big manhole after them when they screamed for help. Carbon monoxide gas killed all four of them. His widow is penniless, and New Orleans negroes, grateful to the white hero, are going to see that she does not want.

BLUE CREPE DE CHINE



A combination of the practical and the decorative is achieved in this frock of navy blue crepe de chine. The simple blouse has a front and collar of white organdie outlined with the same colors that are found in the Roman striped sections to be found in the skirt. The skirt is composed of tiny baby pleats and is added to the upper portion with a heading of about an inch which makes a distinctive finish.



DR. HAMILTON'S PILLS FOR HEADACHE, BILIOUSNESS, CONSTIPATION, INDIGESTION, KIDNEYS, LIVER, BOWELS.

World-Famous Scenic Cruise. Go Now—Special Low Rates—Personally Conducted Tour. See the 1,000 Islands, St. Lawrence Rapids, Montreal, Quebec, Murray Bay, Tadoussac and the Giant Capes of the Saguenay Canyon all in one magnificent cruise. A cruise from Niagara to the Sea is a revelation of Wondrous Scenic Beauty. Scenery of a new type—something entirely different to the shoreline you've scanned on other boat trips. From the moment you board the boat at Toronto you will find each hour of the journey filled with new delights. As you cruise among the exquisite beauty of the Thousand Islands; as you thrill to the exciting ride of the St. Lawrence Rapids, and as you stand awestruck before the towering magnificence of the Giant Capes of the Saguenay Canyon, you will realize how impossible it is to express in words the incomparable wonders of this vacation trip, a trip of a thousand miles that sustains the lively interest of the traveller throughout its entire magnificent length. All the Wonders of This Cruise Can Be Seen to Best Advantage by Taking Our Personally Conducted Tours. Sailing Dates: August 26th and September 7th. 1st Day—Leave Kingston 6 a.m., arrive Prescott 8.30 a.m. Transfer to Rapids steamer for day trip through the St. Lawrence Rapids to Montreal. No state-room accommodation is necessary for this part of the journey. Arrive Montreal 6.15 p.m. Transfer and leave at 7.15 p.m. on new steamer "Richelieu" (four June 26th via de luxe S. S. "Saguenay") for Quebec and Saguenay River points. Evening concert and dancing on board. 2nd Day—Leave Quebec at 8 a.m., cruising down the St. Lawrence, during which local calls are made at Ste. Ives, Murray Bay, Cap. a T'Agile and Tadoussac, situated at the mouth of the Saguenay River. Leave Tadoussac shortly before dark and commence journey up the Saguenay as far as Ha Ha Bay, where the steamer remains until morning. 3rd Day—Leave Ha Ha Bay at 7.15 a.m. on the return trip, passing Capes Trinity and Eternity—higher than Gibraltar—and arrive Tadoussac at 11.50 a.m. En route from Tadoussac to Quebec steamer remains at Murray Bay for fifty minutes, enabling passengers to visit the Masoir Richelieu Hotel, the largest summer resort hotel on the lower St. Lawrence. On arrival at Quebec, 5.15 p.m., carriages will convey members of party and their baggage to the Chateau Frontenac Hotel. 4th Day—After breakfast at the Chateau Frontenac, party will leave at 8.00 a.m. for depot, thence electric line for a visit to the famous shrine of Ste. Anne de Beaupre, twenty-three miles from Quebec. Luncheon will be provided at Ste. Anne's before returning to Montmorency Falls. Leave Montmorency Falls at 2.50 p.m. for Quebec, where, on arrival, sight-seeing buses will take party for a tour around old Quebec. Leave Quebec 8 p.m. Dancing on board. 5th Day—Breakfast on steamer before arrival in Montreal at 7.30 a.m. Transfer to the New Mount Royal Hotel, where party will remain for one day. At 11 a.m. carriages will take party for a trip through Mount Royal Park and to the summit of Mount Royal, returning to the hotel for luncheon. At 3 p.m. a sight-seeing trip will be made around the City of Montreal, returning again to the hotel about two hours later. 6th Day—Breakfast at the hotel at 10.30 a.m. Transfer buses will convey party to Canadian National Depot, leaving there at 11.00 a.m. by special train for Brockville, connecting at that point with lake steamer for Toronto. Leave Brockville at 1.30 p.m. Luncheon on steamer. Afternoon sail through the famous Thousand Islands, calling at Alexandria Bay, Clayton and Kingston. Special Rate for These Personally Conducted Tours includes: All ordinary expenses, such as transportation, meals and berth on board steamers, room accommodation and meals for one day at Chateau Frontenac, Quebec, and Mount Royal Hotel, Montreal, transfer from dock to hotel in Montreal and Quebec, carriage drive through Mount Royal Park to summit of Mount Royal, also sight-seeing trip around City of Montreal, sight-seeing trip around City of Quebec and trip via electric line to the famous shrine of Ste. Anne de Beaupre and Montmorency Falls. Conductor of tours will look after all details. It will be well to put in your application for accommodation as soon as possible, as those booking first naturally have choice of accommodations. At the Hotels and on board steamers we figure two persons to a room. For reservations and complete information apply: J. P. HANLEY, corner Johnson and Ontario Streets, Kingston. Return Fare, including All Expenses Aug. 26th Sept. 7th \$90

CANADA STEAMSHIP LINES LIMITED

A LAMENT O'World! O'Life! O'Time! On whose last steps I climb, Trembling at that where I had stood before; When will return the glory of your prime? No more—oh never more! Out of the day and night A joy has taken flight: Fresh spring, and summer, and winter hoar Move my faint heart with grief, but with delight. No more—oh never more. Percy Bysshe Shelley.

HAPPINESS THROUGH WORK SPLENDID TYPE OF THRIFT

By S. W. Straus, President American Society for Thrift

It is well to bear in mind that one of the greatest sources of human happiness is work. And this is a truth that could be more widely learned to advantage. Too many follow the rule that the more work they can avoid the greater will be their happiness. There is no true happiness in an idle life. Waste of time is a form of thriftlessness that is as destructive of rightful pleasure as waste of money or waste of health. Work alone brings happiness, because work is creative and up-building.

All the instincts of the human race which have been responsible for humanity's development have found their fulfillment only in work. In every realm of man's activities, whether it be spiritual, mental or physical, human experience has shown that progress alone has come through work. This does not mean that there is no rightful place in life for play, or that diversion is not in accordance with good thrift. It is a matter of common sense, that life cannot be made up entirely of labor. There would be little if any progress in a material way under such a condition, and, in the finer things of life, there would be absence of all development.

You cannot transform a man into a machine and get human results. But, within the average routine of life, work brings the most satisfying happiness—work that is right, up-building and helpful.

Do not allow an ambition for idleness to spring up in your heart. Wasting time, never, under any circumstance, can bring lasting joy. It is not dissimilar to every other unthrifty practice. Happiness through work is one of the fundamentals that can be continually counted on. It is a splendid type of true, constructive thrift.

READ THE ADVERTISEMENTS They Lighten Work

CONVINCE YOURSELF MASOUD'S ICE CREAM NONE BETTER Pasturized and homogenized. We ship anywhere in bulk and brick. Try our electrically baked Bread, Cakes and Pastry, with the home-made flavor. Our motto is a satisfied customer. GEO. MASOUD 238 Princess Street. Phone 980.

Feet and Pocket Both Profit IN BUYING OUR SHOES Every kind of Shoe is here—sport, every-day, evening, low or high heels. Many lines of White Shoes from \$1.00 up. The Sawyer Shoe Store Phone 159. 184 Princess St.