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Has been taken over by M. J. BERNARD, late of the Whitney Hotel. First class Hotel Service is assured. Good yard and stable in connection. Your patronage is solicited.
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Carpenter. Phone 987

See us for all kinds of Carpentry work. Estimates given on new floor laid. Have your hardwood floors cleaned with our new floor cleaning machine.

Quick Relief



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Godkin's Livery
For Bus and Taxi Service
Buggies and Saddle Horses
BUS FOR CATARAQUI CEMETERY
Daily except Monday and Saturday
at 1.45 p.m.



Cuticura For Skins That Itch And Burn

Keeps the affected part with Cuticura Soap and hot water. Dry gently and anoint with Cuticura Ointment. This treatment not only soothes but in most cases heals.

Sample High Free by Mail. Address: Cuticura Dept., P.O. Box 102, Lowell, Mass., U.S.A. Send 10c for Cuticura Soap and 17c for Cuticura Ointment. Total 27c. Try one new Shaving Stick.

ATTENTION!

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FREIGHT, FURNITURE, PIANOS, ETC.

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TELEPHONE 1678F

Food and Cleanliness.

All food is sacred. The community of man arose out of the necessity for combination in maintaining the food supply of the race. The honest sweat that goes to win our bread from the soil is not a thing to be treated lightly. A country like Australia which holds the possibilities of a food supply infinitely beyond its own requirements, is holding those possibilities as a trust for the race. Yet in plain and sordid fact there is nothing which we treat with such easy contempt. Half the food put before Australians is either wasted or spoiled in preparation, sometimes by the manufacturer and dealer, and sometimes by those whose daily standards of living are too loose to regard the maintenance of life as worth a little trouble. Loaves of bread are tossed about by unclean hands; the deadly frying-pan makes a quick and evil meal for the worker in homes where the women have never been given an honest thought to their job.

—Sydney Bulletin.

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 *Dr. J. C. Fletcher* written diagonally on each package. Physicians everywhere recommend it.

Sunday Services in Churches

Salvation Army—Sunday services, 7 a.m., 11 a.m.; 3 p.m., City Park; 7 p.m., Salvation meeting. Sunday school, 10.15 a.m. and 2 p.m. Ensign and Mrs. Boshier in charge.

St. Andrew's Presbyterian—Rev. John W. Stephen, minister. Public worship, 11 a.m. and 7 p.m., conducted by the minister. Strangers cordially invited. Sunday school, 3 p.m.

W.C.T.U.—The regular meeting of the Women's Christian Temperance Union will be held in the Y. W.C.A. parlors, Johnson street, on Tuesday, Sept. 9th, at 3.30 p.m. All ladies welcome.

Gospel Hall, Orange Hall, Princess street—Lord's supper, 11 a.m.; young people's meeting, 3 p.m.; Gospel meeting, 7 p.m.; Evangelist George Garratt, of Foxmeade, Ont., will be the speaker. Ernest Thomas will have charge of the singing.

Chalmers Church, corner Earl and Barry streets—Minister Emeritus, Rev. Malcom MacGillivray, D. D., Minister, Rev. Geo. A. Brown, M. A., B.D. Services, 11 a.m. and 7 p.m., conducted by the minister, 3 p.m., Sunday school.

Bethel Congregational Church, corner Barrie and Johnson streets—Services, 11 a.m. and 7 p.m. Rev. J. A. Miller will preach at both services. Sunday school, 3 p.m., Christian Endeavor Society, Monday, 8 p.m. Sacrament will be served at the morning service.

Sydenham Street—R. H. Bell, minister. Public worship and sermon, 11 a.m. and 7 p.m. Morning subject: "Making the Most of What We Have." Let us have a full rally of the congregation. Sunday school and Bible classes, 2.45 p.m.; official board, Monday, 8 p.m.

St. Luke's Church, Nelson Street. Rev. J. dePencier Wright, M.A., B.D., rector. Twelfth Sunday after Trinity, 11 a.m., morning prayer and holy communion; 2.30 p.m., Sunday school and Bible classes; 4 p.m., holy baptism; 7 p.m., evening prayer. Seats free. Strangers and visitors cordially welcome to all services.

Calvary Congregational Church—(The Friendly Church), corner of Bagot and Charles streets. Rev. Frank Sanders, minister, 11 a.m., "Personal Providence," 3 p.m., Sunday school; 7 p.m., "Opportunity." The minister at both services. A hearty welcome and helpful message.

LETTERS To The Editor

Curing Hay Fever.
Kingston, Sept. 5.—(To the Editor): Having been stopped on the street yesterday and being told by a lady that a very simple treatment I said to use had benefited her very much, so seeing many on the streets sneezing and using their handkerchiefs, I thought it well to give it to the public with explanation.

The inside of the nose, like the outside, is composed of bone. It is separated into two parts by a wall called septum. The two openings called in olden times nose holes, now called nostrils in which are situated three turbinated bones, these are to warm the air, catch particles of dust and other substances before going down to the lungs.

All the lining of the whole breathing tract is covered with a very delicate lining of mucus membrane supplied with very sensitive nerves.

The dust from the roads, the pollen from plants as hay, flowers, smoke from factories, from automobiles, etc., irritate this membrane, causing sneezing, running at the eyes and nose, stuffing up of the head, coughing, etc.

This may possibly lead to chronic catarrh, laryngitis, or throat trouble, bronchitis or asthma.

A means of preventing or helping this condition is simple.

You know that we frequently wash our bodies; every day we wash our mouth, and teeth, if not by a brush, with mouth washes, yet when we take a drink we do, too. But that nose is never washed out. Some may do it, some when they go swimming may accidentally and some never since the day they were born.

The simple remedy is: Take a teaspoonful of ordinary table salt to two cups of water or in a sixteen

EFFICIENCY IMPAIRED

Why Many Men and Women Are Badly Handicapped.

When you are so run down in health that it impairs the efficiency of your work as well as your power to enjoy your leisure hours, or obtain rest, it is time you looked to the cause. If you do not, a serious breakdown is almost sure to result sooner or later. In nearly all cases this condition, which doctors usually describe as general debility, is due to poor blood—blood that is deficient in red corpuscles. When the blood is thin and weak your whole system suffers. You lose appetite, have no energy, your nerves trouble you and you feel restless.

What you need is help to build up your blood and you should begin at once to make your blood rich and red by taking Dr. Williams' Pink Pills. You will soon notice the difference in your health by a better appetite and increased vigor. The reason is that the new blood created by Dr. Williams' Pink Pills stimulates all the organs of the body to healthy activity, and so the system gains nourishment and strength. If you are weak or out of sorts begin gaining new strength to-day by taking Dr. Williams' Pink Pills.

You can get these pills from your druggist or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

GREY SPECKLED CARPET



Some of the single toned rugs or carpets on sale to-day are impractical because a footprint leaves its impression by turning the nap the wrong way. This is not apparent on some of the pepper-and-salt, or speckled, grey rugs that are effective floor coverings for living, dining and other rooms of the house.

THE WHITE COLLAR BRIGADE

(Continued from Page 1.)

One could sympathize with the feelings of this youth. His father, possessing high academic standing, was scientific reader for a publishing house at the magnificent sum of one hundred and twenty-five dollars a month.

With a touch of bitterness in his voice, the father remarked: "What's the good of totering about a B.A. degree in a world where elbow-grease takes precedence to mental effort?"

SOMETHING WRONG.

One of the leading college presidents of the United States tells me of an illiterate who applied for the position as janitor of School A, in New York City.

The salary for this position seemed attractive, and the applicant was consequently keen on getting the job.

"Can you read?" was the first query.

"No."

"Well, you won't do."

"Why, what has reading got to do with shaking down furnaces?" demanded the applicant.

But his refusal was final.

Later, the man who could not land the enviable position shaking down furnaces, branched out on his own in shippard contracts during the war.

With the emergency, there came a boom in American shipping, so that the illiterate contractor made a clean-up. One day he was in the bank negotiating some business when the manager asked him to sign his name.

"I can't write," was his confession.

On looking up his account the manager found that he had over three hundred thousand dollars to his credit.

"How in the world did you ever make that amount of money?"

"By contract work in the ship yards."

"And yet you mean to tell me that you haven't even the rudiments of an education?"

"No."

"My, but what wouldn't you have been if you had only known how to read!"

"I'd 'ave been janitor of School A in New York City."

TRUE VALUES.

A traveller through this dominion cannot but be impressed by the fantastic sense of values that actuate this country.

In the land that boasts of the rule of the majority, noisy and truculent minorities are forever extorting the lion's share of the reward.

A belligerent bricklayer "gets his" by sheer assault, while the excellent old gentleman in the black alpaca coat remains in the cubicle of an office, unrecognized and unrequited.

Alas, it is too often the case that those who "raise the biggest holler" get the biggest reward.

With so much being said and written about the poor down-trodden janitors and stevedores, it is surely about time that someone raised a weep on behalf of the faithful army of clerks and professional men in humbler places, who go hoof-slogging home at night while the over-allied gentry roll by in their tin lizzies.

The tendency more and more in this age seems to be to put a premium on brawn, and a discount on brain.

The comparison set forth in the ad for a janitor and a teacher is an adumbration of how mere manual labor is tending to usurp that primacy which in another age belonged to the aristocracy of intellectual toilers.

MILLION DOLLAR PLUG-UGLY.

It is a fantastic sense of values that brackets a movie manniken, or a pugilistic plug-ugly, for the same proportionate recompense as a railroad president or a great industrial executive.

I have often heard cart-tail spell-binders complaining about the large salary of the chief at the head of the works, but I never heard them complain about the large income of a Mr. Firpo or a Mr. Dempsey.

In the autumn time our schools and colleges are re-opening to eager hosts of boys and girls. The faithful teachers and professors that are entrusted with the moulding and guiding of this young life have perhaps the most important job in Canada to-day, and yet a regiment of the same could be hired for the yearly income of a certain plug-ugly from the prize ring!

If these present standards are right and true, there is more value in the hind leg of a Jack-ass than there is in the brain of man.

A world that rewards Charles Chaplin's feet with millions, and Charles Saunders' discovery of Marquis Wheat with a pittance may well cause questioning.

But in these very questionings there is a challenge to the white collar brigade, that in the days to come they also assert their rights and as a class obtain for themselves a more equitable compensation. Such an agitation should command the sympathy of all those who think, since it would be a striving to regain the lost primacy of brain sweat over brawn sweat.

THE TOWN WATCHMAN


The Kingston exhibition, if it had no other attraction than the pageant depicting the history of the Limestone City, should draw big crowds. When Kingston's 250th anniversary took place a little over a year ago a sickly effort made to hold a celebration in honor of that auspicious event, but the local historical society and the city council were not big enough to carry it on. Now we are to view a pageant at the fair grounds within a fortnight. Let the efforts of those responsible for it be appreciated.

When no other cause can be discovered, it is usual to lay the blame for a fire on "defective electric wiring." It appears likewise to be the custom just now when there is business depression and unemployment to lay the blame on the tariff. People should talk sense and realize that all countries are getting hit. Funny, isn't it, that the high tariff of the United States is not relished by Canada.

While automobile accidents are supplying the hospitals with material, it must be admitted that farm life is becoming more hazardous.

Corns Drop Out In Hot Water

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



PUTNAM'S Corn Extractor

There are the cases of three men who were nearly kicked to death by rufians near Morton; two persons on farms injured (one fatally) by horses, and a boy out at Violet who had both wrists fractured while loading hay.

So long as Kingston and many other folks insist upon riding through the country in automobiles instead of in passenger coaches, so long will there be fewer locomotives for the Kingston works to build. Have you ever tried to figure out how many additional locomotives would be needed by the railway companies if there was fifty per cent. less travel between cities and towns by motor cars?

Belleville seems to thrive on its nerve. Here it looms up in press despatches asking the Prince of Wales to unveil a memorial up there. Its officials knew that the prince could not perform the ceremony, just as they knew that the anti-British programme of parks concerts. This is recognized as Canada's national anthem, and the music is most inspiring.

A good deal of sympathy is felt for former Old Country folks living in

DOORS

British Columbia Fir Doors are becoming very popular. The two-panel is a handsome door, made with Edge Grain Solid Stiles and three ply Rotary Cut Panels. We carry a good assortment of stock sizes for prompt delivery.

ALLAN LUMBER CO.
Victoria Street. Phone 1042.

A RESTAURANT THAT WILL PLEASE YOU

Drop in and have your meals with us. We have everything you could desire at reasonable prices.

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MONTREAL—TORONTO—WINNIPEG



Rub it in

There's nothing much worse than a Lame Back, a Stiff Shoulder or a Swollen Knee or Foot.

It aches all the time and you just can't get it in an easy position. But see what a difference, when you rub in

Absorbine J.

It eases the pain with the first rubbing; and each succeeding rubbing reduces the swelling, limbers up the sore muscles, and starts up healthy circulation.—Try it.

\$1.25 a bottle at most druggists or sent postpaid by W. F. YOUNG INC., Lyman Building - Montreal.

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Canada—Kingston for instance—whose income had been so greatly depleted through taxes. There is a tax of five shillings on the pound payable in Great Britain on certain incomes. When the money—or what is left of it—is also liable to the Canadian income tax when it is received here. It is also subject to the municipal tax, and it fades away like a cake of ice in the sun. It surely is hard lines.

Most husbands would feel themselves abused if the wife demanded for her individual use a sum of equal to the cigar and tobacco outlay.

When you and I come into our final possessions we will be entitled to a burial permit and enough earth to cover us decently.

Looking for trouble is a fine way to lose your head.



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