THE WHITEST, LIGHTEST

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GRIMEAN VETERAN TELLS THE STORY

BROUGHT BACK TO HEALTH BY "FRUIT-A-TIVES"



MAJOR GEORGE WALKER

am a veteran of the Cri-War and Indian Mutiny, having served under Lord Ro-Fierce hand-to-hand fighting and continual exposure left me a great sufferer from Rheumatism, so much so, that my legs swelled up, making it impossible for me to walk.

My bowels were so constipated that I was in terrible shape until began to use "Fruit-a-tives". They relieved me both from Rheumatism and Constipation. Today I enjoy perfect healthno more Rheumatism or Constipation".-Geo. Walker, Chatham,

"Fruit-a-tives" contain in tab-

form, the concentrated juices of luscious fruits-Nature's own remedy, for Constipation and its painful consequences. "Fruit-a-tives" overcome all intestinal troubles in a way no other medicine can. At your

dealers. 25c and 50 cents a box.

SPECIAL

We do fine picture framing in the newest styles and finishes. We are agents for the original Gerhard Heintaman Pianos.

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New Spring stock of Wall Paper just arrived.

Choice range of patterns to pick from.

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tory will give a complete set of

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Modern Pavements Make Feet Tired

The miles and miles of hard surface roadways and side-walks are very wonder-ful, but, being hard, non-resilient, and excellent conductors of heat and cold, they torture our poor feet unmercifully

It has been found that if tired, sore feet are bathed in warm water containing a few rops of Absorbine Jr. they will be de-ghtfully cooled and refreshed.

But this is not the only use for Absorbine Jr. It is a liniment, antiseptic, and germi-cide in one—the handlest, most useful Not only does it kill germs and prevent the healing not only does it limber up to new freshness, tired, stiff muscles, but as a mouth wash, throat spray or gargle it protects you against wandering disease germs and leaves behind a pleasant, clean taste and odor. \$1.25 a bottle at your



The Washing-

that if hubby was invited to around while it was being done he would say, "Let George do it." Our advice is to let one of our electric washing machines take the soil out of the garments and the toil out of your wife's life. Let us demon-strate their worthiness and guaran-

HONE:423. 74 PRINCESSS

Church Services on Sunday

"I was glad when they said unto me, Let us go into the House of the Lord."-Psalm cxxii., 1.

St. Paul's-Holy Communion 11 dress the W.M.S. in the church. a.m., preacher, Canon FitzGerald, cordial welcome to all the services. M.A. Evening prayer, 7 o'clock. Preacher, Canon FitzGerald, M.A.

Minister, Rev. W. T. G. Brown, B.A., Trinity, 11 a.m., morning prayer and D.D. Services 11 and 7 p.m. The Holy Communion. 4 p.m., Holy Bapminister will preach at both services. | tism. 7 p.m., evening prayer. Seats

St. John's Presbyterian Church, welcome. Pittsburgh. Service on Sunday morning September 6th, at ten thirty o'clock (standard time), Reverend W. Minister, W. H. Raney, B.A. M. Lee will conduct the service.

school and Bible class 3 p.m. Children welcome at all services. Everybody welcome.

and Collingwood streets-Lord's T. J. S. Ferguson, minister. 11 a.m., Supper, 11 a.m. Sunday School and "Obedience and Happiness;" 3 p.m., Bible Class, 3 p.m. Gospel service, 7 Bible school; 7 p.m., "The White p.m. Mr. R. Hunter will speak.

Friendly - Church." Rev. Frank | welcome. Sanders, minister. 11 a.m., "Conservation." 3 p.m., Sunday school and Bible class. 7 p.m., "Service." A

ance Union will be held in the Y.W. meets at 2.45. day, Sept. 8th, at 3 p.m. All ladles ship with us. All are welcome. welcome.

lic worship at 11 a.m. and 7 p.m., sembling of yourselves together."

St. James' Church, corner Union and Barrie streets. T. W. Savary. sermon. Preacher, Rev. J. Cantrell.

day 8 p.m., Mrs. McLachian will ad- room.

St. Luke's Church, Nelson Street -Rev. J dePencier Wright, M.A., Sydenham Street United Church- B.D., rector, 13th Sunday after free. Visitors and strangers cordially

Queen Street United Church-B.D. 30 Colborne street. Public worship, 11 a.m. Subject of sermon: St. Andrew's Presbyterian Church "Personal Influence." Sunday school Services 11 a.m. and 7 p.m., con- 3 p.m. Evening service, 7 p.m. ducted by the minister. Sunday Topic: "The Blessing of Labor."

First Baptist Church-Regular services morning and evening. 11 hearty welcome and helpful message. a.m., Prof. Glover, Cambridge, England, will occupy the pulpit. 7 p.m. W.C.T.U .- The regular meeting Rev. G. T. Gilmore, Toronto, will of the Woman's Christian Temper- conduct the services. Bible school C.A. parlors, Johnson street on Tues- tion is extended to strangers to wor-

Chalmers Church of the United corner Barrie and Johnson streets. Church of Canada-Minister. The Services 11 a.m. and 7 p.m. Mr. Rev. George Brown, M.A., B.D. Pub- George Pound will preach in the morning. The evening service will conducted by the minister. Sunday be in charge of the young men of school 3 p.m. "Forsake not the as- the church. Sunday school at 3 p.m. A cordial invitation is extended to

rector, 11 a.m., Holy Communion Christ, Scientist, 95 Johnson street and sermon. Preacher, Rev. J. Cant- Services at 11 a.m. and 7 p.m. of us grown-ups have. We all want to rella Wolfe Island. 3 p.m., Sunday Subject, "Man." Sunday school, be popular and "run after." But very school. 7 p.m., evening prayer and 9.45 a.m. Wednesday, 8 p.m., few of us know how to bring the mirtestimonial meeting including testi- acle about. monies of healing through Christian We long for friends. We wonder Princess Street United Church of Science. Free public reading room why in the world we don't have them. Canada .- Rev. John K. Curtis, B.A., where the Bible and all authorized "If only I were beautiful. minister. 11 a.m. subject, "The Up- Christian Science literature may be sighs Flora the Flapper, dabbing a gaged as clerk at J. MacDonald's lift of Consecrated Service." 7 p.m., read, borrowed or purchased. Open little more rouge on either check. Labor Day sermon, "Why the In- every afternoon except Sundays and But beauty alone never brought a dustrial Unrest?" 2.45 Bible school, holidays, from 3 to 5 p.m., All are girl popularity any more than mo- B., Mrs. J. Freeman, Verona and Gillespie, and Dorothy, spent Sunday Sacrament of Lord's Supper at the cordially invited to the services and ney in his pocket will make friends for class of the morning service. Thurs- to make use of the public reading a man.

HORSE HAD TO BE SHOT.

It Got Into A Mire Hole Near Lee

Lee Valley, Sept. 2 .- Mrs. S. Andress and Lucy spent the past week visiting at I. Andress'. The Braithwaite family have returned to their home at North Bay, having spent the summer at their Island Kil-

Mr. McKnight's dance, last week, at the pavilion, was well attended. there being over two hundred people. Mr. Lang had the misfortune to lose one of his horses in a mire hole. It had to be shot.

S. Hunt is working for E. Patterson on the road. Miss G. Spencer has gone to Montreal River to teach school. Miss D. Capes is teaching

tack of Espanola. Mrs. D. Stevens and Myrtle, also Mr. and Mrs. S. Andress and children, were visitors at D. Andress' Sunday. Mr. Hill arrived on Monday; school opened Tuesday. Fires are all around, but none as yet in

Lee Valley. The first real rainstorm in two months came yesterday. It will hinder with the harvest but will stop some of the fires and help the potato crop. William Wilkinson, Haileybury, is visiting with his

son, Bruce Wilkinson, Word has been received of the and Mrs. Robert Shaw, Athens. death at Kenmore, N.D., of Edward B. S. Crysdale, aged seventy-sev-Anson Gray, aged sixty-eight, for- en, a former resident of Northport, merly of Addison, who had been a Ont., dropped dead in a Vancouver

CAPTIVE RELEASED



Bishop H. W. K. Mowll, former dean of Wycliffe College, Toronto. captured by Chinese bendits in Szechwan, has been released.

At Brockville on Wednesday, Florence E., youngest daughter of Mr. and Mrs. William Kavanagh. Athens, was united in marriage to T. J. Alton Shaw, only son of Mr.

resident of Gienewen, Sask., for the bank on Wednesday following a heart attack.

WHEN GERTRUDE EDERLE FAILED



Beaten by the icy waters of the English Channel, Miss and companionship. We still have the Gertrude Ederle, American girl swimmer, was forced to give herd instinct in us; we can't get along up with the English shore in sight. This shows Miss Ederle alone. just after she was taken from the water, comforted over her And none of us would need to get failure by Mme. Sion, the French swimmer who accompanied we would live by the simple formula

REAL SUCCESS IN LIFE COMES ONLY THROUGH PERSONAL SACRIFICES

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

follows:

A LL real success must stand on the solid foundation of sacrifice.

porary pleasure,

can rest assured

YOU MUST GIVE

success.

they are on the high road of

with the true thrift spirit, sacri-

fices are but blessings in disguise.

rapid advancement in the busi-

ness world, and, from every

standpoint of good citizenship

and personal progress, is an out-

standing success, recently was

A young man, who has made

To all those who are imbued

This is true in every walk of life and with equal truth it may be said that the practices of thrift are of greatest value, because of the

strength of character, will - power and complete selfmastery which they impart. The employee

who is willing to make the sacrifice of doing more than he is paid to dothe man or woman who saves at the sacrifice of tem-

Cooke's Church, Brock Street, of Gospel Tabernacle, corner Union the United Church of Canada. Rev. Fields." Parents may leave their children in the Kindergarten dur-Calvary United Church - The ing morning worship. Everybody

Bethel Congregational Church,



past fifteen years.



AS WELL AS TAKE If You Wish to Win Friends.

By Cynthia Grey.

"Make me wonderfully popular and run after by five this afternoon." That is what the Kangaroo asked the great god Nquong to do for him, Christian Science, First Church of in Kipling's Jungle Tales for children. But his naive wish is one that most

entertain people in!" sighs Mrs. Just-Married, turning up her cute nose at her four-room flat.

But the most beautiful home on earth won't fill up with loyal and loving friends automatically.

One of the wealthiest women I know is certainly the loneliest. She has a town house, a country house, and a camp in the woods of

Maine. But she has no friends-She has never learned the art of making them which, by the way, isn't an art, at all. It's a habit the habit of meeting

folks halfway! • The rare person who has a smile in his eyes and a word of welcome on his lips will find that there are ever so

many people ready to be friendly with Look around you the next time you are at church or at a party, or at any of the places where human beings ga-

ther together. Most of the faces you will see are frozen with shyness and reserve. The one that shines with friendliness is the happy exception.

For most of us are shy. We dislike to make advances to meet the other fellow more than half-way. We wait for him to hold out his hand in greeting first.

The only trouble with this behavior is that, nine times out of ten, the other fellow is just as shy and timid

For instance, you will hear Mrs. Next-Door say: "I saw Sarah Jones on the street today, and she stared me straight in the eye, and walked right past without saying a word ... I wonder what she's sore about!"

Now, the chances are that Sarah Jones wasn't "sore" about anything, but was simply waiting for Mrs. Next-Door to say "How do you do" first. Moreover, she doubtless is "sore" now, because Mrs. Next-Door didn't say "How do you do"! And what might have been a perfectly good friendship between two women has become a

And so we all go on wondering why we have so few real friends wondering why the Browns across the street don't come to call, wondering why there are so many dull evenings when the telephone never rings.... wondering why we receive so few Christmas cards, and why no one remembered our last birthday!

We are all waiting for a miracle to happen we are as pathetic as Kipling's Kangaroo, yearning to be made "popular by five this afternoon." But miracles don't happen in this world of stark realities. Like Napoleon, who made his own opportunities instead of waiting for them to come along and happen, we have got so make our own friendships. If we want friends, we must learn

For most of us life is a rough road. But even the roughest, uphill journey is pleasant if travelled in good com-

So none of us can afford to be without friends. Our human need is for them ____for their comfort, sympathy

of "meeting folks half way."

It is a lesson in thrift because it teaches success through sacri-

Those At Work in Neighborhood of Mountain Grove.

Mountain Grove, Sept. 4. - The schools have re-opened for the fall term. Miss Penman, Middleville, and Miss Curtis, Athens, are charge of the local school. Young, Young's Point, is at the Union school. Miss Smith, Amherst Island, in charge of the Maple Leaf school; Miss Ball, Uxbridge, at the Star school and Miss Roswell, Alliston, is at Elmdale.

The school fair was held here on Wednesday. A large attendance and good exhibits. Mrs. W. Till has returned home. Mr. and Mrs. Fred Thompson, Havelock, at W. Brown's. Miss Myrtle Snider has been engeneral store.

Miss Nellie Hicks, Toronto, are at at Hiram Atkinson's, St. John's. "If only I had a wonderful house to ser, Elginburgh, at W. Cowdy's. E. at George Millions' last week, Mr. MacDonald, Morristown, N.Y., spent roof recently.

I am paid to do, because I believe that it will pay me in the long run and that I can prove to be of greater value to

asked to outline the principles.

which have served for his guid-

ance. His written reply was as

"I believe in doing more than

myself and to my friends. If necessary, I will make sacrifices. I have made them in the past, and I expect to make them in the future. I do not believe any man can really succeed who is not willing to make

sacrifices and make them promptly and willingly when they are called for."

ABSOLUTELY Here is one of the best lessons RELIABLE in thrift ever uttered. It would be well if all young men and young women could read it care-That's why there's more of it sold in Canada than of all other brands combined fully and apply it personally.

HELD HARVEST SUPPER.

ALWAY5

E. W. GILLETT CO. LTD. TORONTO, CAN

It Was a Splendid Event at Woodburn Church.

Findley Station, Sept. 3 .- The harvest supper, held at Woodburn church, was a decided success. One hundred and forty dollars were realized. An excellent programme was given by Kingston talent, under the management of Miss Olive Woodman, ably assisted by Rev. D. T. Laneaster, St. John's church, who gave a pleasing address. Dr. Nash, Kingston, occupied the chair in his usual excellent manner.

of Mrs. Wilfrid Bennett. Lunch was served. The ladies are planning to have a sale. Fred Jackson is moving to Gananoque; his son and daughter will manage his farm here. Mrs. H. W. Belding, St. John, N. Mrs. Thomas Bell. Mr. and Mrs. J. J. D. Clark's. Mr. and Mrs. C. Fra- Mrs. Frank Lake, Hamilton, visited and Mrs. A. V. Doller, Kingston, and

George Brash and party took a trip

GORDON C. EDWARDS.

Mentioned as Liberal Candidate for

Russell County. Ottawa, Sept. 4 .- Morning papers here publish stories to the effect that it is reported that in the event of Hon. Charles Murphy, Postmaster-General, not seeking re-election Russell county, Gordon C. Edwards will be the Liberal nominee.

At Belleville on Wednesday, The-The Ladies' Aid met at the home resa M., daughter of Mr. and Mrs. John Hutchinson, was married to George Connors, son of Mr. and Mrs. William Connors, Colborne. Since 1918 two billion dollars in overdue income tax and delinquent Mrs. Lennox, Iroquois, visited penalties have been collected in the

United States. James A. Crukshank, aged veteran newspaper man, well-known in Western Canada, is dead at Little Rock. Ark., following and operation.

The unemployment situation at a short time under the parental Mr. and Mrs. John A. Bell, Morven, Niagara Falls is reported to be greatspent Sunday at Wilfrid Bennett's, ly improved.





If your boy or girl could speak now with the wisdom of later years, they would ask above all else for education-for knowledge of a business or profession which would give them a fair chance in the keen competition for success.

You want your child to be equipped as others are; and perhaps you are working to that end.

Why Not Make Your Plans Secure?

Why not provide, as many parents are now doing, that, "no matter what happens," your boy or girl will have a fair start in life? Let us tell you how this is done through the new Canada Life

Educational Policy



You can guarantee funds for those vital years of trainingfor your boy or girl.

This contract brings into existence a life insurance fund for educational expenses, to be held in trust at interest. This fund cannot be used or converted, except by you, but when your boy or girl is, say, eighteen years of age, it can be paid in any number of separate amounts required, six months apart, or in monthly cheques, to cover the vital years of training.

You have probably thought this matter over many times. Here is a chance to do something-tangible, immediate-yet quite easy.

We will send a proposal giving more complete information. A request will place you under no obligation.

