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POULTRY FAIR,
NOV. 24th-25th.

SHOES FOR MEN, WOMEN,
AND CHILDREN AT ATTRACTIVELY LOW PRICES.

NATIONAL COUNCIL EXECUTIVE AT R.M.C.

Taken in Autos by Rotary and Kiwanis Clubs—Received by Col. Constantine.

On Friday, immediately after the luncheon in the Grand Cafe, given to the members of the executive of the National Council of Women, cars sent by the Rotary and Kiwanis clubs, took the ladies over to the Royal Military College where they were met by Col. C. F. Constantine, the commandant, who with Col. Alexander, Major Tremaine and Capt. Fort, conducted the party to the riding school where they greatly enjoyed exhibitions of riding put on by the Gentlemen Cadets. From the riding school they went on to the gymnasium, stopping to look at a German gun made by the famous Krupp factory and captured in 1918 by the Eastern Ontario Rifles. In the gymnasium before the exhibition was put on, Capt. F. M. Harvey, V.C., M.C., spoke for a few minutes on the need of physical training for the body. There was not enough of it in Canada. England, France, Germany and other countries seemed to understand the necessity of this means of developing the body of the growing child. In Canada a fear of militarism and a lack of interest militated against the youth of the country receiving the necessary training to develop their bodies. The Lord Strathcona fund was left to be used for this purpose in the schools, but unfortunately ministers of education in the several provinces and principals of schools did not always grasp the full significance of physical training.

Then the third class of R.M.C. went through physical drill for about twenty minutes, changing the movements every few minutes. To make the mind and the body act together, to develop the growing bodies of the boys and to instill fair play into their minds is the object of these exercises and no one who witnessed the exhibition on Friday afternoon could doubt that the object was being attained. The next move was to the artillery shed, where Major Tremaine showed the interested women the miniature village that could be covered by the guns, the bursting of the shells, the electric lights that

flashed and were gone, being most thrilling.

Col. Constantine produced a model of a shrapnel shell, with 365 pieces of shrapnel ready to explode. A high explosive shell was also shown. From the Artillery shed the party went on to the Educational building and saw the wonderful plate of the Leinster Regiment, recruited in Canada during the Indian Mutiny and known as the Prince of Wales Regiment, afterwards turned into an Imperial regiment in Ireland and known as the Leinster Regiment. After serving in India, South Africa and in the Great War, it was disbanded when the Irish Free State assumed power and the regimental plate was sent to Canada and given into the safekeeping of the Royal Military College of Canada.

Sir Arthur Currie Hall, with its trophies of the late war, its portraits of famous generals and the arms of the regiments of the Canadian divisions was next visited and the visitors stopped to admire the statue of Peace at the entrance given by the French government to the college in recognition of the services of cadets and ex-cadets in the Great War.

Col. Constantine addressed the ladies, welcoming them to the Royal Military College on his own behalf and on that of the staff, and hoped they would carry away with them the impression that R.M.C. was a college for the mental, moral and physical development of the youth of Canada and that only a very small percentage of the cadets entered military life. Other colleges allowed graduates three, and sometimes four years on a course in science or arts, and wherever they went graduates of the R.M.C. stood high in the esteem of those who employed them. The late J. J. Hill had said that if there were fifty applicants for a position and the fifty-first was from the Royal Military College, he would take the fifty-first.

Mrs. Harry Carpenter, Hamilton, on behalf of the president, thanked Col. Constantine for the courtesy extended to the members of the executive, and said the impression of the college they would carry away with them would be indeed a happy one.

A visit to the physics and chemistry classrooms was most interesting, and Prof. Day showed the visitors the sights of his department. On the way home some of the party passed the crosses brought from the battle fields of France, and standing beside the shore of Lake Ontario, the cross of the 13th Battery and that of the 21st Battalion.

United Church has been ushered in. We know that its success has been in a large measure due to your wise and careful guidance.

In the pulpit and Sunday school, your messages have been a source of inspiration to us, and our choir has been greatly enriched by the work of Mrs. Fry and yourself. Your advice has always been a tower of strength and Mrs. Fry's word or presence, a gentle influence.

"Since your induction we assure you that you and Mrs. Fry have made many warm friends, and are bound to us by the strongest bond of brotherly love and friendship.

"As a token of the esteem in which you and Mrs. Fry are held, please accept this acknowledgment of our love and confidence, with our sincere wishes that you may long continue your good work amongst us—signed on behalf of the congregation—William Cochrane, S. R. Tugwell, elders; Mrs. John Glenn, President Ladies' Aid Society, Mrs. R. P. Saunders, secretary-treasurer."

GANANOQUE

Gananoque, Nov. 21.—A pretty house wedding was solemnized at the home of Mr. and Mrs. Henry Johnston, Brewer's Mills, on Wednesday last, when their daughter, Florence, became the bride of Mr. Harold Edgers, Smith's Falls. The ceremony was performed by Rev. John Stephen, Kingston. The bride looked very lovely in a gown of honey-dew satin faced crepe with silver trimmings. After a dainty luncheon the happy couple left by motor to spend their honeymoon in Ottawa and other eastern cities, after which they will take up residence in Smith's Falls. The numerous gifts received by the bride were evidence of her popularity in the community.

The Girl Guides' tea, held yesterday afternoon in the McKenzie Block, was well patronized. They are serving again this afternoon and it is expected the net returns will be most gratifying to the Guides and their leaders.

Messrs. Irwin and Bevins, who have the contract for taking down the arch at the Town Park, to be replaced with the granite arch donated by Mr. Charles Macdonald, started in on their job yesterday and have the worst part over. It took a good many charges of dynamite to demolish it sufficiently to dispose of it.

The many friends of Dr. Ferguson O'Connor in Gananoque are pleased to note that he is in the majority contest in Kingston. If elected, he will do the office full justice. Dr. O'Connor was one of the best mayors Gananoque ever had.

Mrs. Con Delaney has returned from visiting friends in Prescott and Brockville.

GIVEN PURSE OF MONEY AND AN ADDRESS

Rev. Mr. and Mrs. Fry Remembered by Congregation of United Church, Stella.

On Wednesday evening, Nov. 18th, a very happy event took place in the town hall, Amherst Island, when the members of the United Church, Stella, assembled to enjoy a "Social Evening" on the first anniversary of their minister's induction, and at the same time to surprise him with an address and presentation. The meeting opened when Mr. John Glenn, chairman of the managing board, took the chair, the congregation rising to their feet and singing, "O Canada." Mr. and Mrs. Fry were then called to the platform, and presented with an address and a sum of money. Mr. Fry, although taken completely by surprise, made a suitable reply, giving a resume of the year's work, expressing the surprise and gratitude of Mrs. Fry and himself, and emphasizing the fact that the achievements of the year would have been impossible without the hearty co-operation and support of a very loyal congregation. The two little Miss McMasters delighted the audience with a song, and the remainder of the evening was spent in social enjoyment and community singing. The ladies, in their usual good style, served tea and coffee, and an abundant supply of sandwiches and cake. The meeting was closed by singing "Auld Lang Syne" and the National Anthem. Following is a copy of the address:

"To Rev. R. G. and Mrs. Fry—it seems but a short time, yet a year has elapsed since you came into our midst, and on this, the anniversary of your induction, we, your co-workers, are pleased to have this opportunity of expressing our appreciation of the honorable and christian manner in which you have presided over us.

"This space of time has not been without its difficulties. These have been endured, and as a reward, though its membership is small, a

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To All Mothers Having Young Children in the Home.

No other medicine is of such aid to mothers of young children as is Baby's Own Tablets. The Tablets are the very best medicine a mother can give her little ones during the dreaded teething time because they regulate the stomach and bowels and thus drive out constipation and indigestion; prevent colic and diarrhoea and break up colds and simple fevers.

Concerning Baby's Own Tablets, Mrs. John A. Patterson, Scotch Village, N.S., says—"I have six children, and all the medicine they ever get is Baby's Own Tablets. I would use nothing else for them and can strongly recommend the Tablets to all other mothers."

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Thick, Gleamy Hair
—Full of Life



The constant curling and waving demanded by modern style in hair dress, slowly burns the color, lustre and very life from the hair, leaving it dry, faded, brittle, streaked with gray, then the hair roots shrink and the hair falls out fast.

A 25-cent bottle of refreshing, fragrant "Danderine" will do wonders for any girl's hair. This vitalizing beauty-tonic acts on the hair like fresh showers of rain and sunshine act on vegetation. It goes right to the roots, invigorates, nourishes and strengthens them, helping the hair to grow thick, healthy and luxuriant.

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