

She Was Troubled With Chronic Constipation

Once your bowels become constipated you are in for a lot of trouble, as constipation of disease that the human race is addicted to, therefore a free motion of the bowels every day should be the aim of everyone who aspires to perfect health.

Mrs. O. W. Lawrence, Cloverdale East, N.B., writes: "I was troubled with chronic constipation, and became so bad I was almost afraid to eat anything."

One day I saw your advertisement of

Milburn's

LAXA-LIVER PILLS

so I got three vials, and after taking them I have never been troubled since with constipation."

Put up only by The T. Milburn Co., Limited, Toronto, Ont.

LET ME QUOTE YOU RATES ON AN

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BEST AND CHEAPEST FORM OF COVERAGE GENERAL INSURANCE

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In the most economical because it is a pure Coal, properly prepared. Being very low in ash, it reduces furnace room labor to a minimum.

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Lumber, all sizes, FOR SALE

Also Roofing Material RAILS-BOILERS

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MONTREAL STREET PHONES 686 and 687.

SALE!

Hard and Soft Cord Wood TO MAKE ROOM FOR BUILDING EXTENSIONS Highway Service & Supply Co. Cor. Princess and Smith Streets PHONE 2706.

Dominion Meat Store

Opp. Y.M.C.A. Phone 1878

Tomorrow's Specials

- Pork Sausages 20c. pound
Pickled Tongues 20c. pound
Pure Lard 20c. pound
Cooked Ham 50c. pound
Prompt delivery

By means of a specially constructed camera the length and height of ocean waves have been measured.

ADVENTURES OF THE TWINS



"What are we to ask you, Said Nick."

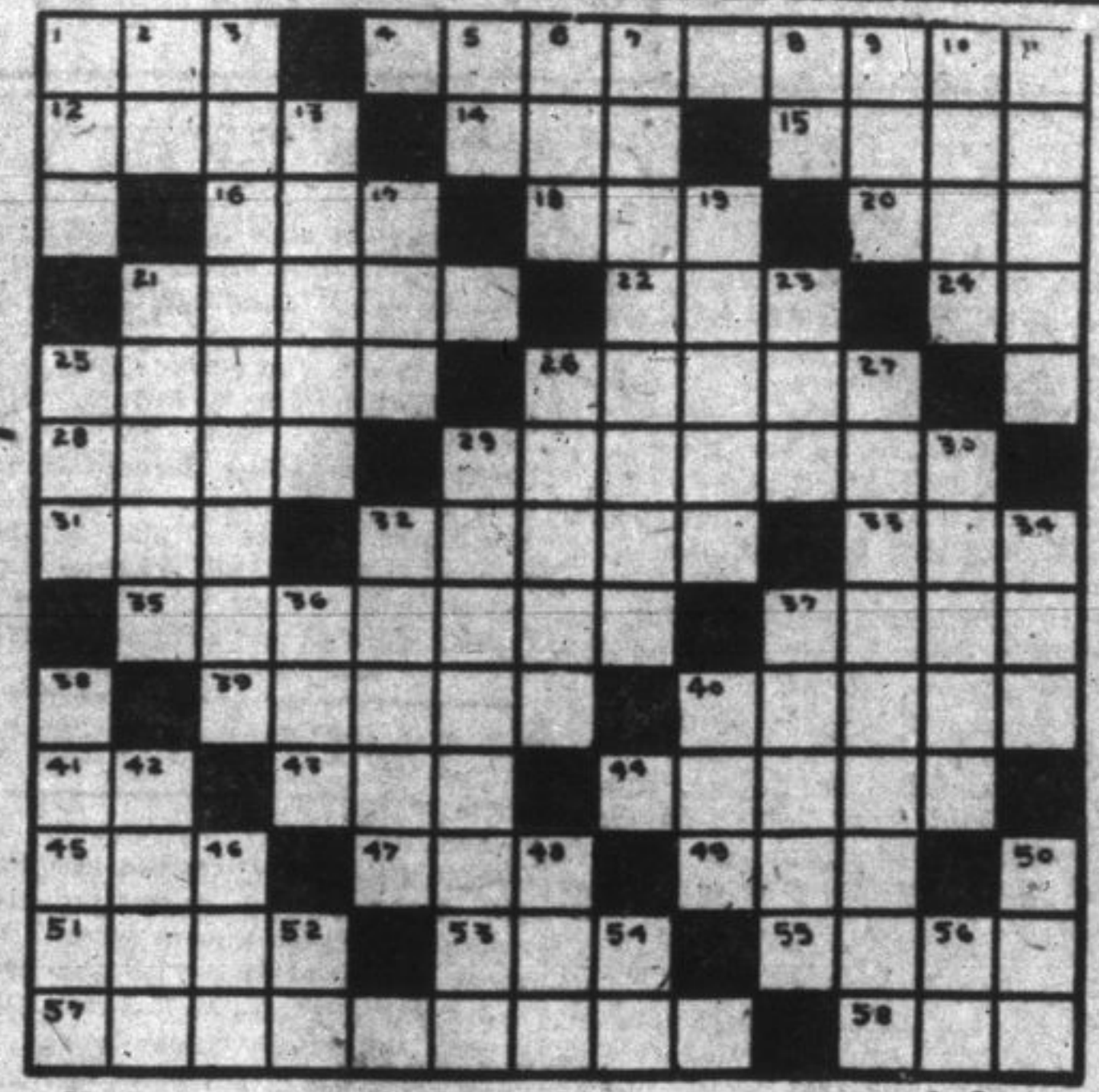
The Twins took the little Rag-bag Whiffet by the hand and led him away. They could still hear the Balloon Man crying his wares, and the green poll-parrot chattering away on his post.

WILD GEESE

By Martha Oatono.

The fire was racing ahead. Only a little white now, and it would have grown to a fine, abundant white, if the over-strong embrace of the earth.

CROSS-WORDPUZZLE



- Horizontal. 1. Yellow matter from a sore. 2. To bang. 3. Kinmen. 4. Pertaining to a type of narrative poetry.

The first wild goose, high overhead. On a night that was cold with moonlight she heard it, a full, clear trumpeting in a sky that was vacant of clouds.

Answer to Saturday's Crossword Puzzle: The saxophone was invented in 1840 by Adolphe Sax.

For The Grate. We can supply some nice Hardwood Chunks or Cannel Coal. S. ANGLIN CO. LIMITED. LUMBER YARDS, WOODWORKING FACTORY, COAL BINS, BAY AND WELLINGTON STREETS, KINGSTON, ONTARIO. Private Branch Exchange Phone 1571.

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KINGSTON ICE CO. Ltd. PURE ICE. The only Ice in the city cut with gasoline power saw. This does away with all surface dirt from horses. The use of pure Ice will cut down your food bills. One roast spoiled would provide ice for a month. Prompt and courteous service. PHONE 1307. NIGHT 1169. P. H. SMALL, SUPERINTENDENT.

MRS. BABCOCK SCALDED ON NECK AND ARMS

The Accident Happened at Perth Road on Friday Morning Last. Perth Road, June 17—The weather still continues cool, making it agreeable for the farmers' out-of-doors work.

STAND BY PLEASE

Cartoon by GLUYAS WILLIAMS. A man sits at a desk with a typewriter. He looks at a clock and says 'TURNS ON BATTERIES AND TUNES IN TO GOOD ORCHESTRAL PIECE RIGHT OFF THE BAT'. He looks at the clock again and says 'REMARKS YOU COULDN'T BEAT THAT FOR MUSIC AND LISTENS CONTENTEDLY'. He looks at the clock a third time and says 'BEGINS TO WONDER WHETHER THEY'RE MISSING ANYTHING FROM THE OTHER STATIONS'.

BOOTS AND HER BUDDIES

Cartoon by Blosser. A woman is looking at a pair of boots. She says 'LOOK THERE! WON'T YOU TAKE MY BOOTS?'. A man replies 'MOVIE! HERE'S ONE FOR ME THROUGH—WHY IT'S FROM—IT'S—'. She says 'WHEEEEEE!'. The man says 'WHOOOEE!'. She says 'O BOY! HOTSY TOSY DIDDY DOBONE!'.

Now What?

Cartoon by Blosser. A man is looking at a woman. He says 'WHOOOEE!'. She says 'O BOY! HOTSY TOSY DIDDY DOBONE!'.

By Blosser