

Her Nerves Were 'All Broken Up' She Could Not Sleep

Mrs. David Gallagher, 37 Lyndhurst Ave., Hamilton, Ont., writes: "My nerves were all broken up and I could not sleep at night, and I would have to get up out of bed and walk the floor for hours at a time.

After Using a Box of



I Began To Feel Much Better, and after using a few more boxes I could enjoy my rest as well as ever I could.

M. & N. Pills have been on the market for the past 22 years; your nearest druggist sells them; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Dr. Vincent A. Martin DENTIST

Evenings by appointment. 273 Princess Street. Phone 104

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Moves Freight, Steel, Building Equipment, Machinery, Safes, Pianos, etc.

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SALE!

Hard and Soft Cord Wood

TO MAKE ROOM FOR BUILDING EXTENSIONS

Highway Service & Supply Co.

Cor. Princess and Smith Streets PHONE 2706.

Making Satisfied Customers

We appreciate that it appears poor policy to request consumers to use Buckwheat Coal in furnaces in which they have been burning Egg, Stove or Nut also, but in order to have our customers experience satisfaction of a low or fuel, we aim to sell any kind of Coal that will meet the requirements and reduce their expenditures.

In our opinion 50% Buckwheat and 50% larger size, will give excellent results. The results are satisfactory otherwise we would not receive repeat orders.

W. A. MITCHELL & CO.

Telephone 67.

Memorials

Before placing your order for Memorials call and inspect our stock.

Cemetery Lettering a specialty.

J. E. MULLEN

Corner of Princess and Alfred Streets.

TELEPHONE 1417.

FOR SALE

\$1,950—5 room dwelling, lights and improvements.

\$2,000—4 room bungalow, lights and improvements.

\$3,500—5 room brick bungalow, hardwood floors, 3 p. B., lights and gas, garage and garden.

\$4,500—7 room dwelling, 4 bedrooms, hardwood floors, excellent location, South.

E. L. MARTIN

237 BAGOT STREET

PHONES: Office 229. Res. 1423M. or 1121P.

Dr. Martal's Female Pills

Have satisfied return thousands of women suffering from irregular menstruation, constipation, nervousness, headache, dizziness, etc.

ADVENTURES OF THE TWINS by Olive Roberts Barto

Mister Knowitall and His Big Book. When the kiwi bird had eaten the cock-chaffer, spots and all, he promptly went to sleep again. So there was not the slightest use of the Twins staying there.

"Come along, Whiffet, we'll be going," said Nick taking the little rag-bag boy by the arm. "It can't be far now to Mister Snoopy's cave in Hidy Go Land."

"That's just it! Where?" said Mister Knowitall, looking over his spectacles. "Oh! I have it! I'll look it up in my book also. It should be among the Z's. Here we are! Zither, zealous, zone, zip, Zanzibar, Zigzag Path! My! My! This book certainly tells everything. It says, 'The Zigzag Path is the path that leads through the woods to that part of Fairyland called Hidy Go Land. It is extremely hard to find as it is here one day and gone the next, there the next day and gone the day after, it is not a safe path around while you are on it and spill you off into nowhere.'"

"That doesn't help much, does it?" said Nancy. "I'm afraid not," said Mister Knowitall. But this much I will say. I had a second cousin whose aunt's step-brother's son was walking along the Zigzag Path one day and suddenly—just like that—off went his shoes! He never did find his shoes and it was certainly too bad. They had only been half-soleoed once and as he had stopped growing, they'd have lasted quite a while. Well, I must be on my way. If I come upon any more directions in my big book, I'll mail you a letter."

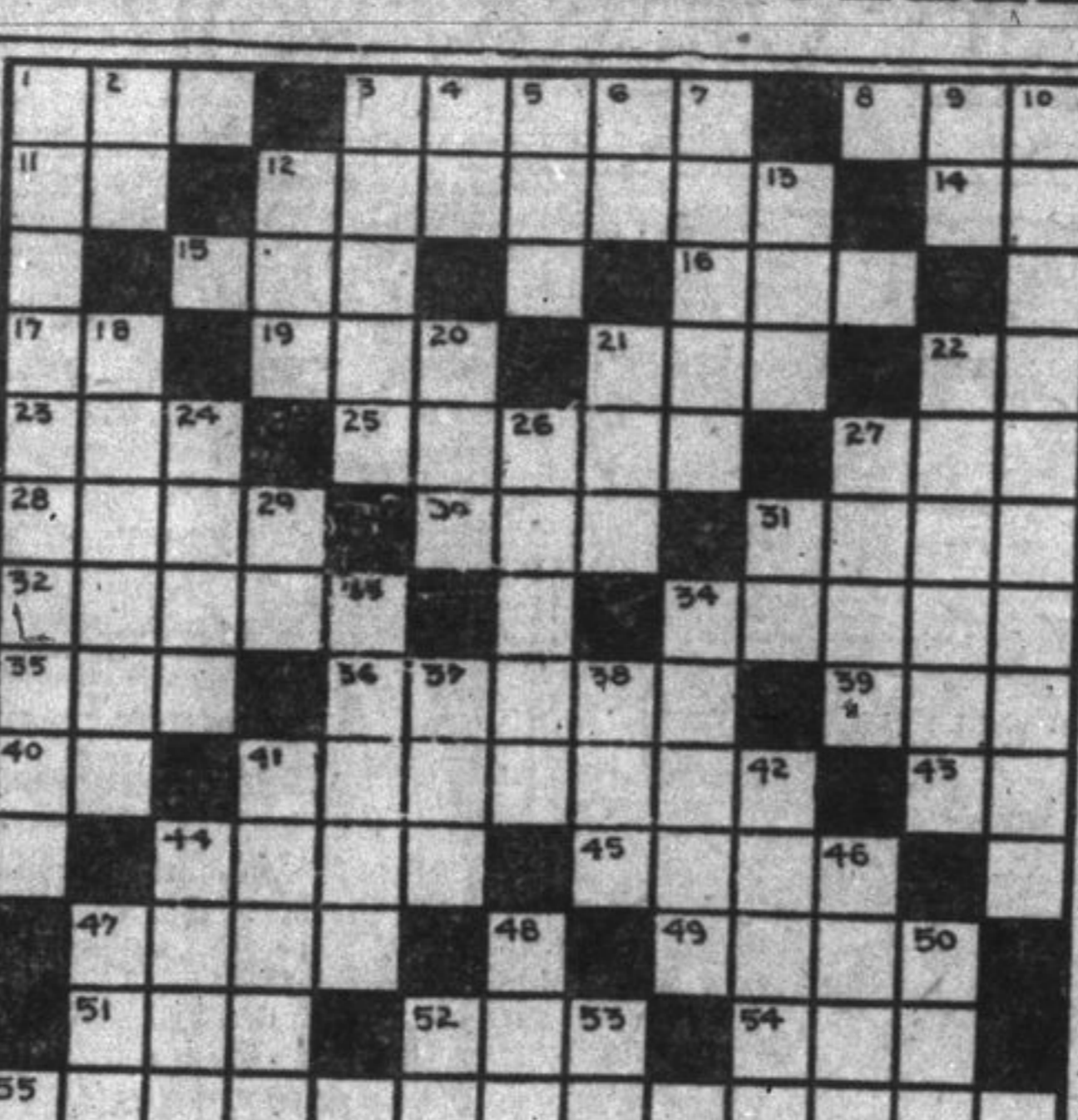
"Will you please look among the S's too," begged the Whiffet. "Shadows and Snoopy and stifle and words like that?"

"Certainly," said Mister Knowitall obligingly, shutting his big book and walking off. Suddenly he nearly lost his balance for the ground he was walking on gave a terrible jerk.

"Here, children, come quickly!" he called. "I'm on the Zigzag Path now. This must be the road to Hidy Go Land."

(To Be Continued.)

CROSS-WORDPUZZLE



- Horizontal. 1. Every. 2. Sudden groundless terror. 3. To finish. 4. Sun god. 5. Sailor. 6. You and I. 7. Restless substance. 8. Any fatfish. 9. Hypothetical structural unit. 10. Moisture found on grass in morning. 11. Sack. 12. Mother. 13. Not many. 14. More painful. 15. Estimated perfect score in golf. 16. Cowheaded god-dress. 17. Egg of a louse. 18. To search. 19. Yielded. 20. An antitoxin. 21. Anger. 22. Perfect pattern. 23. Before. 24. Proposition of place. 25. Defamation. 26. Half an em. 27. To cook slowly. 28. To leave out. 29. Digits of the foot. 30. Protruberance. 31. Small European fresh-water fish. 32. Wing part of a seed. 33. Age. 34. Cruelness. 35. business. 36. Insane. 37. Tatter. 38. Arid spot. 39. Opposite of lose. 40. To wager. 41. Fertiliser. 42. Broad. 43. Ascended. 44. Chaeta. 45. Point of compass. 46. Masculine pronoun. 47. Cuts in cubes. 48. Bangs. 49. Simpleton. 50. Stip. 51. To guide. 52. Material made of flax. 53. Carbonated drink. 54. Net weight of container. 55. To bind. 56. Beer. 57. Aeriform fluid used as fuel. 58. Morinda dye. 59. Like.

4.05 p.m.—Readers' Club. 6-8 p.m.—New York programme. 8 p.m.—Midweek Church service. 9 p.m.—Musical programme. 10.05 p.m.—Marigold Garden Orchestra.

Complete radio programmes sold at Canada Radio Stores.

UNDER AN ARCH OF SNOWBALLS AND GREENS

A Fine Wedding Carried Out at Sydenham Wednesday Last.

Sydenham, June 28.—One of the prettiest June weddings took place at 1.30 p.m., Wednesday at the home of the bride, when Myrtle Florence, eldest daughter of Mr. and Mrs. Henry Knox Sydenham, became the bride of Robert James Taylor, son of James Albert Taylor, Phillipsville. The ceremony was conducted by Rev. C. Hollingsworth United Church minister, Sydenham. It took place under an arch of white snowballs and evergreens. The bride, given away by her father, entered the room to the strains of the "Bridal Chorus," played by Miss Edith Barclay.

SKINNY MEN RUN DOWN MEN NERVOUS MEN

Don't Miss This

You're behind the times if you don't know that Cod Liver Extract is one of the greatest flesh producers in the world. Because it contains more vitalising vitamins than any food you can get. You'll be glad to know that McCoy's Cod Liver Extract Tablets come in sugar coated form now, so if you really want to put 10 or 20 pounds of solid, healthy flesh on your bones and feel well and strong and have a complexion that people will admire—ask Jas. B. McLeod, MacLeod's Drug Store, Branigan's Drug Store, or any druggist for a box of McCoy's Cod Liver Extract Tablets. Only 60 cents for 60 tablets and if you don't gain five pounds in 30 days your druggist will hand you back the money you paid for them. It isn't anything unusual for a person to gain 10 pounds in 30 days, and for old people with feebleness overtaking them they work wonders.

Perhaps time is money, because it manages to slip away so fast.

RADIO

WEDNESDAY, JUNE 30.

KDKA (809.1) Pittsburgh, Pa. 12 m.—Markets and news. 2.30 p.m.—Baseball scores. 3.30 p.m.—"Stockman-Farmer" report. 5.30 p.m.—Dinner concert, Flotilla Club. 6.15 p.m.—Baseball scores. 7 p.m.—Programme of games for children. 8 p.m.—"Stockman-Farmer" report. 9 p.m.—Concert by the Korlatovich choir. 9.55 p.m.—Baseball scores.

WHAP (240) New York City. 6.30 p.m.—Holmes string ensemble. "Piano Masterpieces." 8.00 p.m.—WHAP Madrigal singers. 8.35 p.m.—Violinist, soprano, tenor. 9.10 p.m.—"Independence." 9.30 p.m.—Christian Science reading. 10.00 p.m.—John Warren Erb organ. 10.15 p.m.—Tenor, violinist, soprano, baritone, pianist.

WJZ (455) WJY (405) New York. 1 p.m.—Madison concert, orchestra. 2 to 4.25 p.m.—News and talks. 4.35 p.m.—Waldorf Tea Music. 7 p.m.—Madison concert, orchestra. 8 p.m.—Imperial Imps. 9 p.m.—U. S. Army band. 10.30 p.m.—Astor roof orchestra.

WGY (379.5) Schenectady, N.Y. 5.30 p.m.—Children's bedtime story. 6 p.m.—Book of Knowledge.

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6.20 p.m.—Eastman orchestra, Rochester.

WEE (333.1) Springfield, Mass. 6 p.m.—Musical Mirth Makers. 6.33 p.m.—Mirth Makers. 7.30 p.m.—Radio Nature League. 8 p.m.—Westminster orchestra. 8.30 p.m.—Baritone and pianist. 9 p.m.—Uke and jaws-harp selections. 9.30 p.m.—Ralph Hanna, Jr., Hawaiian guitar.

WTAM (380.4) Cleveland, O. 12 p.m.—State Organ Recital. 6.15 p.m.—Cleveland Orchestra. 8 p.m.—Public Auditorium programme.

WLW (422.8) Cincinnati. 12.05 p.m.—Popular request. 1.30 p.m.—Crosey cooking chats. 4 p.m.—Shut-in programme. 7 p.m.—Gibson orchestra. 7.40 p.m.—Gibson programme. 10 p.m.—Thorobred entertainment.

11 p.m.—Cincinnati "Post" dance orchestra and entertainers.

KYW (596) Chicago. 11.05 a.m.—Noonday concert, Edison. 12 noon—Luncheon concert, Congress Hotel. 5 p.m.—The bedtime story. 5.30 p.m.—Dinner concert, Congress Hotel. 6 p.m.—Music hour, "American" studio. 8 p.m.—Classical concert, Edison. 9.30 p.m.—Congress carnival.

WOC (484) Davenport, Ia. 4-4.45 p.m.—Musical programme. 5.45-5.55 p.m.—Chimes concert. 6-6.30 p.m.—"Marrymakers," W.E.A.F. 7-8 p.m.—"Thoubadours." 9.30-10.30 p.m.—Erwin Swindall, organist.

WCOO (416.4) Minneapolis, Minn. 3.05 p.m.—Woman's Hour. 3.30 p.m.—Afternoon Concert.

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Birch, Maple and Oak Flooring. Only the best brands carried in stock. "The nicest floor I ever laid," is the verdict of a carpenter who recently bought. 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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FORT GARRY CAFE. Our Motto is Quality and Service. MAY WE HAVE THE OPPORTUNITY OF PLEASING YOU? HAVE YOUR AFTERNOON TEA WITH US. EDWARD LEE, Proprietor. 157 PRINCESS STREET. PHONE 201.

News From Inverary. Inverary, June 24.—Mrs. McKnight, Godfrey is visiting with her son, T. K. McKnight. Miss Mary Agnes O'Brien, Ralton, is spending a short time with Miss Fredericks Ferguson. Miss Harriet Leeman has returned to her home at Godfrey. Inverary baseball team go to Wolfe Island to play on Saturday. Miss Edna Gerald, Kingston, is visiting her cousin, Miss Edna Drader. Mr. and Mrs. Claxton, Kingston, are visiting with Mr. and Mrs. Richard Arthur. Miss Olga Arthur is spending a short time with friends at Lyndhurst and Morton.

PUTNAM'S CORN EXTRACTOR IS PAINLESS

INSTALL Chamberlin Metal Weatherstrip NOW Saves Coal. Ends Draughts. J.R.C. DOBBS & CO. 44 Clarence St. Phone 319.

FACE COVERED WITH PIMPLES. Surrounded by Blisters. Suffered Three Months. Cuticura Healed. "My face was covered with sore pimples that were surrounded by white blotches that itched and burned causing me to scratch. Scratching caused eruptions and my face was disfigured. For three months I suffered this torment. "I tried several remedies without results. My mother advised me to try Cuticura Soap and Ointment so I purchased some. After using them a short time the terrible itching was greatly relieved and in three months I was healed." (Signed) Miss Mandy Suen, Railway Center, Ala. Use Cuticura for every-day toilet purposes. Bathe with Soap, soothe with Ointment, dust with Talcum.

Maskinonge and bass are biting well at Crowe Lake, near Marmora. A pretty wedding was solemnized at Carleton Place on Tuesday, when Miss Marie Isabel Cleroux, second daughter of Mr. and Mrs. David Cleroux, was united in holy matrimony to John J. Miller, son of Mr. and Mrs. Bertram Miller, Rentrev.

Spent a Happy Evening. Sharbot Lake, June 28.—On Tuesday evening, June 22nd, an instrumental and vocal recital was given by Miss F. M. Cantrell's pupils at the home of the Mr. and Mrs. Harry Lee. The community hall had been prettily decorated for the occasion, but owing to the condition of the piano, it was decided to accept the kind offer of Mr. and Mrs. Lee's home. The drawing room was tastefully arranged with ferns, plants and flowers taken from the hall. The following took part in the programme: Piano solos by Betty Thomson, Eileen Malvest, Mary Gibson, Myra Hawley, Ronald Lee and Marguerite Donnelly; songs by Miss Taylor and Miss Blanche Armstrong, who also sang a duet; violin solo by Ronald Lee. Miss Cantrell sang "Who Is Sylvia" and "Absent," the accompaniments played by Ronald Lee, very artistically. At the close little Betty Thomson presented a lovely bouquet of roses to Miss Cantrell. Ice cream and cake were then served, which concluded a happy evening. He Made It Plain. A well-known novelist was being entertained at a dinner in Hollywood, and was seated next to a popular actress, who, he observed, was somewhat elaborately painted and powdered. After professing a great admiration for his books, the fair one said coyly: "There is one question I would like to ask you. In that new novel of yours there was a phrase I couldn't quite understand. You said a 'blush crept slowly'." "Well," said the writer, "if a blush tried to run nowadays it would kick up too much dust."