

WHERE IS YOUR "PEP"?

LET "FRUIT-A-LIVES" BUILD UP YOUR STRENGTH AND VIGOR



MISS EVA EMOND

"I must tell you that 'Fruit-a-lives' increased my appetite, gave me more energy and better colour, and I have gained a lot." Miss Eva Emond, Major, P. Q.

"THE GIRL IN THE SECOND CABIN"

By E. J. RATH

Copyright, 1926, by G. Howard Watt.

Spencer Trumbull, in order to be near his girl in the Adirondacks instead of taking a health trip, hires his old college and war-days chum, Billy Trask, to make the sea trip in his place and promises him \$1,000 and expenses if he takes his place under the eye and care of Keeler, a male nurse, who is a stranger to both, and thus fulfill the orders of Trumbull's father's physician.

table! They were the special charges of another brass-buttoned hero. And then almost before he knew it, she was in her seat. He steadied himself, waited for the momentary safety of an even keel, then flung himself forward and gripped the back of her chair, clinging desperately, his legs spread wide apart in the aisle.

steel plates and frames, a groaning of cabinet work, a racking throb of engines. The hull began to level itself again, as the ship righted. "I am waiting for my breakfast," said Sidney sharply.

The sky, as he peered upward, was a mixture of slaty green, dirty white and motley drab; it was a sick-looking sky, symptomatic of something ominous in the heavens. No rain came out of it, just a stupendous blast of wind, alternately slackening and accelerating, until it managed, with vicious cunning, to buffet the Gulf Stream with full fury as the roll of the seas canted her toward it.

He realized that they were shockingly inadequate for the task. Given a fair chance, they might clear a six-foot bar, but in this turmoil they were as weak and uncertain as those of a year-old child.

Of all the human folk in the cabin, she seemed the surest and steadiest. He was close to the swinging doors now, only a clear space intervening. He waited for another lurch of the ship and took it on the run.

DR. RUPERT P. MILLAN DENTIST 84 Princess Street, Phone 1289

George Clark Wright Civil Engineer and Contractor. Office 81 Brock St., cor. Wellington and Brock Street. Phone 326.

DR. J. C. W. BROOM Dental Surgeon 150 Wellington Street. Phone 679. Evenings by appointment.

WOMEN! If you have tried everything else and have failed to give you relief, get the "WOMEN'S FRIEND" pills...

DOMESTIC COKE! Our Coke is made from the very best grade of Coal by the most modern process.

W. A. MITCHELL & CO. IS ONTARIO STREET Telephone 97

General Insurance Fire, Life, Accident, Automobile, Burglary, Liability, Plate Glass, Baggage, Robbery.

R. H. Waddell 81 BROCK STREET PHONES 328-806.

FOR SALE \$8,000-100 acre farm, choice land, tile drained, good buildings on highway.

E. L. MARTIN 237 BAGOT STREET PHONES: Office 329, Res. 142834 or 11217.

Farmers and Builders, ATTENTION! Brick, Lumber, Roofing FOR SALE at Attractive Prices. I. Cohen & Co. MONTREAL STREET Phone 3000.

Twice during the return journey he faltered. Once he was on the point of delivering the grapefruit to a stout gentleman—upside down on the top of his bald head. He retrieved it by marvelous legerdemain. Again he almost gave it to a lady—in her lap. But he clutched it grimly, juggled it for a instant and restored it to its plate. At last he was within a yard of her.

STORM SASH To be absolutely cold-proof, the HOME should be supplied with snug-fitting winter Sash. We make them complete, glazed and primed to order. The cold wave is coming. S. ANGLIN CO. LIMITED COAL, LUMBER AND WOODWORK. BAY AND WELLINGTON STREETS, KINGSTON, ONTARIO. Private Branch Exchange Phone 1571.

NOW IS THE TIME To have your Fall Shoes made, JOHNSTON'S SHOE STORE 70 BROCK STREET. REPAIRS PHONE 221-J.



Once More ~ Thanksgiving

ONCE more the fruitful season of Fall returns—once more the golden harvest has been garnered. From East to West the yellow fields have potred forth their treasure, and Canada unites in its annual pean of thanksgiving.

In full measure nature has bestowed her gifts upon the people of Canada. The abundant crops attest her lavishness—our part now to convert her generous yields into foods that build sturdy Canadians.

Vast and varied are the groups which the Quaker Oats Company serves.—Laughing children upon whose cheeks the ruddy glow of health must be maintained—Growing girls and boys who burn up energy which must be replaced—Mothers who need energy and strength to assist them in the work of the home—Business men who find they require a source of strength upon which they can rely—Men in those avenues of usefulness where physical energy is so essential—in fact, all walks of life find in Quaker Oats a food that sustains and builds.

Selected grains and the most modern methods in milling have made the rugged Quaker a trade mark upon which, not only Canada, but the entire world relies.

The daily capacity of the Company's Canadian Mills is 5,000 barrels flour, 3,000 barrels Oats products, 350 barrels cornmeal, 1,000 cases puffed goods, 1,000 cases cornflakes, 200 kegs barley, 500 tons poultry and cattle feed. The elevator capacity is 2,500,000-bushels.

So in these hours of thanksgiving The Quaker Oats Company fitly joins with Canadians in their joyous festival.

The Quaker Oats Company

- There can be no cereals of higher quality, of more positive purity or more absolute cleanliness, than the products of The Quaker Mills. Here are some of them: Quaker Oats, Quick Quaker Oats, Quaker Aluminum Oats, Quaker Puffed Rice, Quaker Puffed Wheat, Quaker Corn Flakes, Quaker Flour, Quaker Best Corn Meal, Quaker Macaroni, Tilton's Natural Bran, Ivory Flour, Saxon Pastry Flour, Victor Blend Flour, White Corn Flour, Victor Barley, Schumacher Feed, Full-O-Pop Poultry Feeds, Aunt Jemima Pancake Flour.