

WHELAN & YEOMANS OFFER THE FOLLOWING PROPERTIES FOR SALE GET UNDER YOUR OWN ROOF

SEVEN Room Frame House, Foster Ave., barn, two extra lots, good garden, some fruit, good well at a bargain.

\$1500—Bleeker Ave south, two-story brick house, first-class repair, good cellar, electric light and water.

\$1000—Two-story frame house, Pope Street, almost new.

\$4000—Two-story brick house; one of the finest located homes in the city.

\$2600—Two-story brick house, Dunbar St., all conveniences, barn and large lot in first-class repair.

\$4200 Lot 1, Con. 3, Tyndinaga, 40 acres with good buildings, 75 acres woodland, balance pasture; worked land fenced and watered; special terms for quick sale.

\$650—Frame house with large lot, West side Yeomans St.

\$1500—Frame house, Great St. James Street.

\$600—Frame seven room house, Catherine Street.

\$200—Each—Burnham Street, 5 lots, 42 x 132.

\$12 per foot—Cor. Bridge and McDonald Avenue.

\$350—Albert Street, 50 x 100, West side.

\$125—Dufferin Avenue, between Pine Street and Victoria Ave, 5 lots about 50 feet frontage.

\$500—Corner Dundas and Charles Streets, 50 x 88.

\$250—Lot 95 x 135, Lingham Street, just north Victoria Avenue.

\$125—EACH for two good building lots 40 x 174, on Ridley Ave. next to Bridge Street.

\$150—EACH for two lots east side Ridley Ave. size 40 x 170 ft.

\$75—EACH, North Coleman Street, 5 lots, 45 x 160.

1 A BARGAIN Block of 23 lots on Sidney Street.

\$10—per foot—Rosedale Avenue, north of Bridgeway.

4 ACRES on bay shore, the best factory site in the city, good dockage and along C.N.R. Double frame house on ground.

\$800—Five acre block near Albert College, just outside city. Land suitable for gardening, seven minutes walk from Front St.

\$6000—150 acres, one mile from Cannifton, 7-room frame house, bank barn, drive house etc., well watered and fenced.

145 Acres—One of the best located farms on the bay shore in Ameliasburg Twp.; all first-class buildings, well fenced and watered, about 500 apple trees close to church and school and cheese factory; terms arranged to suit purchaser.

\$6500—100 acres, 3rd Con. of Sidney, good stock of cultivation, buildings, good repair, well fenced and watered.

\$6000—9 1/2 acres, 3rd Con. of Sidney, good basement barn and frame dwelling, well fenced and watered.

100 Acres farm, 6th Con of Thurlow first-class buildings, well fenced and watered, price right, easy terms.

\$14000—300 Acres, 1 mile of Pontypool village, north of Peterboro, 200 acres work land, 100 acres pasture and wood land, etc. in the buildings, good stock and watered, first-class for stock or mixed farming.

\$6500—200 acres clay and sandy loam, all well fenced and watered on Bay shore, five miles from Picton, two-story 3 room frame house, large new verandah, cellar and large cistern, large barn, stabling for 25 head sheep, and cattle shed, new wagon house with large lots and stable, orchard and about 25 acres fire wood, R.M.D. and close to church, school and blacksmith shop, buildings painted. Good terms.

10 Acres on Kingston Road. Fine brick house and barn. One of the best situated market gardens near Belleville and Point Anne roads. Would make a good dairy lot. Between 40 and 70 apple trees in first-class condition.

\$1800—Just west of city limit, good cellar, 7 room frame house; electric light, over one acre of ground with barn and fruit.

\$3700—Two-story brick house, all conveniences, up-to-date hot water heating, large lot, extra lot if wanted; Victoria Ave.

DOUBLE brick house, Mill Street, lately remodelled, up-to-date with full plumbing and hot water heating, electric light and gas, large stables suitable for livery or boarding stable. Deep lot 30 feet frontage.

\$2500—Double House, Motra St. good cellar, electric light, gas for cooking, city water in house and barn.

\$3000—Two-story brick three-room house; large lot and barn, hot water heating, just north of city limit.

\$2800—New two-story 8-room brick house; all modern conveniences, full basement with gas for cooking in kitchen and basement.

\$2600—New up-to-date frame Dwelling, Foster Avenue, electric light, gas for cooking, full plumbing, good basement.

\$4000—South Charles St. New two-story brick, hardwood floors throughout, sleeping porch, large basement, all conveniences; one of the best finished homes in city.

\$2650—Two-story brick house; 7 rooms, hardwood floors on first flat, gas for cooking, electric light and furnace.

\$710—Frame Cottage, five rooms and outside shed, city water cor. Strachan and Grier Streets.

\$2200—Two-story eight room brick house; electric light and city water; Mill Street.

\$4000—New two-story nine room brick house; all modern conveniences, large basement and verandahs. Great St. James St.

\$2500—New two-story frame house; all conveniences, full basement, good lot with pear and apple trees. Chatham Street.

\$900—Seven room frame house, large lot, first-class garden soil. Strachan Street.

\$3000—Two-story brick house; twelve rooms, in first class repair. Alexander Street.

\$1400—Two-story frame house South Pinnacole Street, water and gas and hot water heating, large lot with barn.

\$1350—Solid brick house Bleeker St. or Ave., three minutes walk to G.T.R. station. Large lot. Will make first-class boarding house.

\$3500—Up-to-date eight room Electric light and gas, full-sized basement. Five minutes from Front St.

FINE up-to-date frame House on Great S. James Street, large verandah, hardwood floors throughout, electric light and bath, large lot.

\$2000—Two-story, 8 room brick house near Albert College. Easy terms and handy to G.T.R.

\$1100—Fine two-story 8 room frame house, electric light and water, large lot, St. Charles Street.

A NEW 8 room brick house all modern conveniences, electric light and gas, full size cement basement, five minutes from Front Street on North John Street.

\$4000—Eight roomed solid brick house, just off Commercial Street on Warham Street, three large lots, finest view of the bay and harbor in the city.

\$1800—On Sinclair Street, fine 7 room brick house, with verandah, large lot and barn. About 70 ft. frontage. Terms arranged.

\$2200—Six miles north of Trenton, 5th Con. Thurlow, 3 room house, barns 24 x 48, 36 x 64, and house, etc. 2 good wells and spring, about 40 apple trees and small fruit. All well fenced. R.M.D. and main telephone.

100 Acres Farm, part lot 20, Con 30 acres work land, balance pasture and wood land. Well fenced and watered. 5, Tyndinaga, good buildings and silo, for sale at a bargain if disposed of at once.

1 1/2 Acres, 5th Con. Thurlow, above and watered, at 6 acres of apple orchard, 2 barns, drive house, 1 1/2 room frame house.

75 Acres, Big Island, on bay shore brick house, well fenced, and good barn, would accept one-quarter down, balance easy terms.

110 Acres farm, 2nd Con. Sidney, 35 good work land, well watered and fenced, 10 room frame house, 2 barns, sheds, stables, drive house, etc., 3 acres orchard.

\$3500—95 acres, Thurlow near Latta P.O. Good house, barn and drive house. Possession after harvest.

\$3500—Fine two-story brick house, all conveniences, large verandahs, small barn, all in first-class repair.

100 Acres farm, close to city, first-class land suitable for a garden or mixed farming.

\$3500—95 acres, Thurlow near Latta P.O. Good house, barn and drive house. Possession after harvest.

\$3500—Fine two-story brick house, all conveniences, large verandahs, small barn, all in first-class repair.

100 Acres farm, close to city, first-class land suitable for a garden or mixed farming.

\$4000 for 100 acre farm, lot 36 3rd Con. Thurlow, 5 room frame house with wood shed 30 x 30, 25 x 50, and 22 x 62, drive house 22 x 27, 4 wells, all good water, 10 acres swamp with timber, 70 acres apple and other fruit, 70 acres good work land, balance pasture land, one mile from school house, two miles from post office and church. R.M.D. applied for. 40 acres in hay, 6 acres in fall wheat. Easy terms.

\$7000—Township Huntingdon 200 acres clay loam, 121 acres work land, balance wood and pasture land, 2 good springs, barns 48 x 30, 30 x 50, 24 x 40, stone base sheds and cement floor, drive house, hog pens, hen house, implement shed etc., well fenced and watered and all in good repair. Easy terms.

\$1600—Two-story 7 room frame house; electric light, city water, gas for cooking, good cellar; first-class garden with fruit; Motra St. west.

CHEAP New 1 room Bungalow, cor. of St. Charles and Strachan St.

\$1500—New 1-room house, North Front St. just off Motra St., a modern convenience.

\$2800 Each for two new brick Houses, all modern conveniences, Chatham St.

CALL OR PHONE US TODAY. WE ARE ALWAYS PLEASSED TO GIVE FULL INFORMATION REGARDING PROPERTIES.

GRAND TRUNK SERVICE UNEXCELLED.

A tourist party from Boston, who travelled over the Grand Trunk Railway System from Chicago eastbound to their homes, have written to an official of the Grand Trunk conveying their impressions as to the enjoyment they experienced en route. The following is an abstract from the letter: "Some of our party had never been out of New England and having passed over eleven different lines on this journey, and through twenty-seven States it may please you to know that all agreed your roadbed and equipment was equal to any we had seen, while the service was unexcelled."

Pills That Have Benefited Thousands—Known far and near as a sure remedy in the treatment of indigestion and all derangements of the stomach, liver and kidneys, Parkes' Vegetable Pills have brought relief to thousands when other specifics have failed. Innumerable testimonials can be produced to establish the truth of this assertion. Once tried they will be found superior to all other pills in the treatment of the ailments for which they are prescribed.

A WONDERFUL SPOT.

Algonquin Park is a wonderful spot in which to renew the energies of a tired body or wearied spirit. Its tonic air filters through millions of acres of pine, balsam and spruce. The days are unusually long with warm balmy sunshine and cool evenings. Two thousand feet above the sea, the air is pure and bracing. Good fishing, excellent hotel accommodation. Canoeing, boating, bathing and tennis. Easy access by Grand Trunk, 285 miles west of Montreal, 189 miles west of Ottawa and 205 miles north of Toronto. Write for handsome illustrated free literature to H. C. Thompson, C. P. T. A., or C. E. Hornung, D.F.A., Toronto, Ont.

Dread of Asthma makes countless thousands miserable. Night after night the attacks return, and even when brief respite is given the mind is still in torment from continual anticipation. Dr. J. D. Kellogg's Asthma Remedy changes all this. Relief comes, and at once, while future attacks are warded off, leaving the afflicted one in a state of peace and happiness he once believed he could never enjoy. Inexpensive and sold almost everywhere.

A rueful smile a story of his boyhood, when, like other boys, he occasionally mislaid some of his belongings. His gloves in particular had a strange way of disappearing one at a time. At last his mother, by way of assisting his memory, sent him out one day with a red cotton glove on one hand and a white glove on the other. Even at this painful crisis, however, his wit helped him. "I held one hand in front of me and one behind my back," said Dr. Hale, "and it seemed to me that people coming toward me would think I had on a pair of white gloves, while those behind would think I wore a pair of bright red ones."

How the Butterfly is Protected. The brilliant coloring on the wings of some kinds of butterflies is a bitter tasting pigment, which to a certain extent protects those species from being eaten by their foes. Frogs will try to eat aliphatic butterflies and after tasting them will promptly reject them. The brilliant colors may be produced in order to advertise the poisonous taste as well as to aid the butterfly in attracting a mate of its own kind.

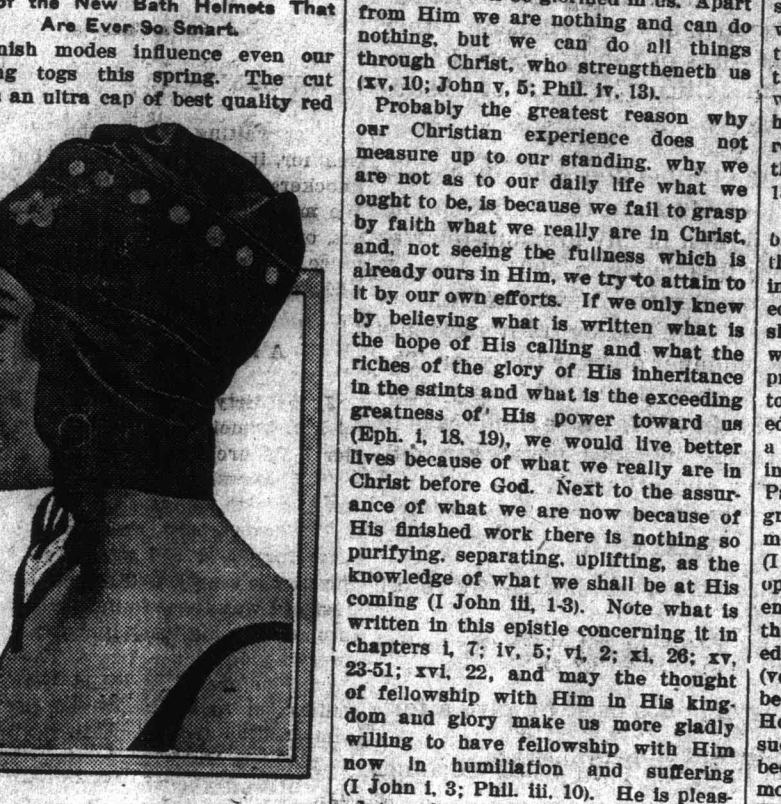
LET UP PROTEINS. SUNDAY SCHOOL. Lesson V.—Third Quarter, For July 30, 1916.

Avoid "Spring Fever" by Cutting Down Fuel.

SUMMER DEMANDS LESS FOOD

Warm Weather Means You Can Replace Hot Soups, Thick Gravies, Heavy Sweets and Rich Pastries With Greens, Salads, Fish and Fruits. It will be only a few days now before some one will be heard to complain of "that tired feeling" so inseparably connected with springtime. But why not try a little modern therapeutics and see if you cannot escape that tired feeling this year? The tired feeling comes from one thing, and that is an overworked system. To use the hackneyed but nevertheless illustrious comparison, the body may be likened to a steam heating plant which has been going at a pretty high pressure all winter, but now when the weather becomes warmer, we must open the furnace door, shut down the drafts and keep the fire as low as possible if we do not want to be overheated. Similarly we must cut down the fuel supply of the body with the approach of the weather. It is foolish to keep on stoking our engines when the higher temperature about us does not require that the body work so hard to keep warm. The only way to keep cool and thus not feel tired is by avoiding those foods which create heat or build tissue too generously. First of these are all the fats and then the starches or sweets. Let us therefore avoid the aluring doughnut, the olive croquette, the pastry tray and the meats with rich gravies, for foods that are fat or heavy should be shunned in the changing season, when the body most particularly cries out for foods that are cooling, refreshing and light. Avoid, with potatoes, the hard pot roast, and in their place, substitute salads, fish, fruits and the uncooked cereals. Give the body a chance to work off the clunkers of winter without choking it up with new fuel. Patronize nature's medicines and you won't need the doctor's. Drink plenty of water, lemon and fruit juice. Cut down your helping by a third and see if you don't feel as sprightly as a robin instead of foggy and weak. Your spring tonic is the vegetable stand, and your spring prepere is to eat less and drink more. The group of foods called proteins of which meat is most important, are those which, science tells us, build up body tissues. Now the spring is not the season to build up tissue unless we have been overworked during winter, which if we would judge ourselves might escape much chattering of the Lord (chapter 21, 30-32). "We must expect trials, but we shall have them," says the Lord. "We shall have them," says the Lord. "We shall have them," says the Lord. "We shall have them," says the Lord.

SETTING HER CAP.



One of the New Bath Helms That Are Ever So Smart. Spanish modes influence even our bathing tocs this spring. The cut shows an ultra cap of best quality rubber, daintily embossed and rigged with a back flap that may be tied up on to the band when not actually protecting the ears. The Vogue of Wicker. Many of the wicker materials—reed, rattan, cane and bamboo—are of Asiatic origin, Singapore being the world market for them. Reeds are used both whole and split. Bamboo, while not strictly wicker, is often used with rattan or with grass matting. Its chief merit is its cheapness. Grass, too, is hardly wicker, but is used as an outer textual covering rather than as a material for construction, the base being some light wood like willow.

ANGUS W. McLEOD Tells of His Luck FRIEND CALLED AND TOLD HIM OF DODD'S KIDNEY PILLS

He Found a Cure for Rheumatism That Crippled Him, and Has Never Since Had a Twinge of Pain in Limbs or Body. Angus W. McLeod, Victoria Co., N.S. July 17. (Special).—Cured of rheumatism that had crippled him, Angus W. McLeod, well known and highly respected here, feels it his duty to let everybody know that he found his cure in Dodd's Kidney Pills. "Last Fall," Mr. McLeod states, "I took sick with a severe attack of rheumatism. The rheumatic pains lodged in the small of my back and left hip. "I could feel darts of pain shooting through my loins like shocks from a galvanic battery, and in two days I was a cripple. I was obliged to limp around with a stick, and I looked slowed to the right side because I could not let my weight on my left foot. "I suffered in this way for a week, when luckily a friend came to see me who recommended Dodd's Kidney Pills. Before I had finished the second box the pain was entirely gone. "I have since been exposed to cold and wet every day, but I haven't had a twinge of pain in my body or limbs." Dodd's Kidney Pills cure rheumatism by removing the cause. They put the kidneys in shape to strain all the uric acid out of the blood. With no uric acid there can be no rheumatism.

Low Fares to Port Arthur

In conformance with its over Progressive Policy, The Canadian Northern Railway has inaugurated a low fare from all points east of Sudbury to Port Arthur, Ont., which makes the trip practically as inexpensive as the Boat Service on the G. O. Lakes, and being quicker, is bound to meet with considerable favor among busy men. Those who have already made the trip by water will find it a pleasant change, as this route is one of exceptional scenic charm, passing many beautiful lakes and streams, among the most notable being the Nipigon, famous the world over for the wonderful Trout fishing to be had in its waters. Trains leave Belleville—Monday, Wednesday and Friday. For through tickets, Literature and information apply to nearest Canadian Northern Agent, or write to R. L. Fairbairn, General Passenger Agent, 68 King St. E., Toronto, Ont. 380-11.

CAT TRIED TO CLIMB IRON POLE To Escape From Terrier on Front Street This Morning

Shortly before noon today a cat tried to climb an iron light standard on Front street just below Bridge street. A terrier had seen the feline creature and started after it. "Puss" saw only one way of escape—climb the pole. This she tried. Her nails scraped against the iron so loudly that the noise could be heard over one hundred feet away. Puss reached the first ridge of the pole and a not being able to secure a footing slipped down. The dog started in chase, but was met with such an avalanche of kicks from citizens who were in the vicinity that he desisted and "Kitty" escaped up a lane.

MAGIC "NERVILINE" ENDS STIFF NECK, LUMBAGO.

Any Curable Muscular or Joint Pain is Instantly Relieved by Nerviline. Get Trial Bottle To-Day. You don't have to wait all day to get the kink out of a stiff neck if you rub on Nerviline. And you don't need to go around complaining about lumbago any more. You can rub such things away very quickly with Nerviline. It's the greatest liniment, the quickest to penetrate, the speediest to ease muscular pain of any kind. One twenty-five cent trial bottle of Nerviline will cure any attack of lumbago or lame back. This has been proved a thousand times. Just as it was in the case of Mrs. E. J. Graydon, of Caledonia, who writes:—"I wouldn't think of going to bed without knowing we had Nerviline in the house. I have used it for twenty odd years and appreciate its value as a family remedy more and more every day. If any of the children gets a stiff neck, Nerviline cures quickly. If it is sarache, toothache, cold on the chest, sore throat, Nerviline is always my standby. My husband once cured himself of a frightful attack of lumbago by Nerviline, and for a hundred ailments that turn up in a large family Nerviline is by far the best thing to have about you."