

OPERATION WAS NOT NECESSARY

"Fruit-a-lives" Restored Her To Perfect Health

153 PARNER AVE., MONTREAL.
"For three years, I suffered great pain in the lower part of my body, with swelling or bloating. I saw a specialist who said I must undergo an operation. I refused.
I heard about "Fruit-a-lives" so decided to try it.

The first box gave great relief, and I continued the treatment. Now my health is excellent—I am free of pain—and I give "Fruit-a-lives" my warmest thanks."

MRS. F. GAREAU.
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Good Roads are Valuable Asset

Every piece of permanent roadway laid is an asset to the municipality and the nation. Cheap, temporary road making is foolish and creates an endless liability in repairs to highway, to vehicles and to humanity when good health surrenders to continual jolting over the rough roads.

Every piece of permanent roadway constructed is convincing evidence of the wisdom of investment in Better and Best roads.

Distances are shortened and travelling made more pleasant.

THE LIFE-EVERLASTING.

The life of vehicles, animals and humans having to use the roads is prolonged through the emancipation from jolting and breakdowns.

Many people are still sleeping and fail to realize the benefit of good roads and their value as an investment, paying heavy dividends.

Ontario's provincial highway is proceeding as fast as labor and material can be supplied, and as far as constructed is a splendid roadway, needing only the finishing touches of a permanent surface, which the government promises to supply later and which is absolutely necessary to preserve this magnificent roadway which will span Ontario from Windsor to Quebec and add a valuable link to transportation chain which is serving the ever-growing needs of this province.

Motor Tourists Spend Millions.

Money expended on good roads pays huge dividends, which are presented in a hundred different ways. Few people realize the benefit of tourist travel and the large amount of money travellers spend daily with business men of every class, and this is only one of the least of the blessings which follow a good roads policy. Millions are being spent in Canada every year by motor-car tourists and these millions will be multiplied and added to by other millions of dollars in various benefits, if a good road policy for all Canada is entered upon and vigorously carried out.

25,000 Chicken Dinners.

Twenty-five thousand chicken dinners are served yearly to motorists by the owner of a small hotel in a little Pennsylvania town on the Lincoln Highway. Every hotel on this great thoroughfare is packed nightly. Every garage does a rushing business to tourists. Clothing stores, drug stores and shoe stores get a lot of tourist business—all because of a good road! And that is not saying anything about how this great highway helps the farmer.

"What has been done in Pennsylvania can be done in Canada for Canadian restaurant owners, hotel proprietors, garage owners, merchants and farmers," says G. G. Bayerline, president of a Detroit automobile company, "and good roads will do it; divert a stream of American gold into Canada that now goes elsewhere."

Canada Loses Ninety and Nine.
"There are two routes from Detroit to the great automobile centre, to Buffalo. One is through Canada, the other through Toledo and Cleveland, a distance nearly one hundred miles longer than the Canadian route. But of all the tourists that travel east from Detroit, 99 per cent. follow the good road on the southern shore of Lake Erie and only one per cent. go through Canada.

Take the driveway from Detroit factories alone for instance. Fifty thousand automobiles are driven from Detroit factories through Toledo to points east and south. Every one of these bound for eastern points could and would save a hundred miles of

travel, if a hard road were in existence from Detroit to Hamilton and Buffalo.

Time to Get Busy.

"All of Canada south of the Ottawa River would be invaded by thousands of American tourists if only the roads were in good shape for travel. Even well-travelled roads would do.

"The coming Michigan Pike International Good Roads Tour through Canada will go a great way towards a solution of the lower Canada roads improvement problem. With this tour, which starts July 14, will be several road experts with many years' experience.

"Purely as a business proposition," concludes this automobile man, "should Canadians look on good roads. Every road should afford a high degree of transportation efficiency. When it attains this state it always is a money-maker for all the people living on or near it."

CAUGHT WITH BOOZE.

Sam Sparacino, a fruit dealer, and Melvin H. Pipe, a barber of Watertown, N.Y., were arrested at Clayton, N.Y., charged with smuggling whiskey into the United States from Canada, and \$1,872 worth of Haig & Haig Scotch whiskey found in their possession was confiscated as was a Reo motor truck valued at over \$1,000. A third member of the gang made his escape in the boat used to transport the whiskey across the St. Lawrence river carrying with him seven suitcases of whiskey, worth \$1,000.

ILL-FED HORSES ARE ILL-TREATED.

The attention of the Kingston Humane Society is directed to the abuse of many horses that drive loads on the streets. The Whig is informed of two cases of horses driving loads of gravel that they could hardly haul. When they got stuck, they were beaten by the drivers, spectators declared.

A veterinary stated that many horses are not being properly fed owing to the high price of oats. To a horse that is hard worked, oats are as necessary as meat to a man who has to labor with a pick and shovel. Oats are \$1.50 a bushel, and work horses are not getting as much of them as they require. Emaciated horses are driving loads on Kingston streets that should not be permitted.

FREIGHTER IS ASHORE.

A Quebec dispatch says that the big steel freighter John Morrow, of the Geo. Hall Coal and Transportation Company, well known on the river, has gone on the rocks in a dense fog in lower St. Lawrence, while loaded with pulpwood for Ogdensburg. The vessel is leaking badly, having gone ashore yesterday morning. The boat is valued at \$2,000,000 and its cargo in the neighborhood of \$50,000.

DISTRICT BOARD OF TRADE.

The annual general meeting of the Deseronto board of trade was held July 9th. The financial statement showed a very successful year. J. P. Ashworth was elected president, H. M. Rathbun vice-president, and E. Arthur Rixen secretary-treasurer. The following were elected councillors: Messrs. I. Allum, R. J. S. Dewar, J. C. Burns, E. C. Metcalfe, James A. Dunn, W. J. Gaulin, George Houle, R. Miller, T. J. Naylor, and M. J. Meagher.

SUCCESSFUL STUDENTS.

Wilton Brown, Trenton, has been successful in passing his first year in medicine at the University of Toronto. His brother, Hermon Brown, also passed his first year in commercial at Queen's University.

RUNAWAY BOY WORKING ON FARM.

For a time on Thursday morning hopes ran high that Johnny Dean had not been drowned off Swift's wharf, Kingston, but that he was safe on a farm about nine miles from the city, but on investigation it was found that the youngster was Percy Cole, aged ten years, a son of Samuel Cole, a well known Kingstonian. The Cole boy ran away from his home some days ago and has been the source of much trouble to his father.

Early on Thursday morning the police were notified that a boy answering the description of the missing Dean boy, was working for a farmer named Ross Campbell, on the Gananoque road, about nine miles from Kingston. A visit was paid to the farm by friends interested in the finding of the Dean boy, and the youngster there was brought to the city and taken to the police station. It was ascertained that his name was Percy Cole, and that he was a son of Samuel Cole. He is now being held by the police to be handed over to

his father.

CROSSING CONTINENT.

Miss Billie O. Lempre, the girl who left St. Albans, Vt., several weeks ago for a trip on horseback across the continent to her home at Seattle, Wash., reached Old Forge Thursday night and stopped there, continuing the journey Friday. Her appearance created widespread interest throughout the community.

Formerly a farmette on Gov. Smith's farm, Miss Lempre has become hardened to the outdoor life, and she chose the novel transcontinental tour out of preference to that mode of travel. Her only baggage consists of a tent, a few dishes and personal belongings. She also totes a 32-calibre automatic. Her Morgan saddle-horse, Salem, averages between 25 and 40 miles a day, and Miss Lempre expects to make the trip in five months. If she is successful, she will probably be the first woman to cross the continent on horseback.

CROSSING THE CONTINENT.

A motor bearing the inscription on its spare tire cover "Los Angeles to New York and return, just for ride," was an object of interest on Kingston streets last week. The car, a Buick roadster, carries a young man and young lady. Apparently they are not travelling against time as they spent several days in that city.

PASSENGER COACHES SIDE-SWIP.

Side-swiped by a switching engine in the G.T.R. yard at Brockville near Perth street crossing two G.T.R. passenger coaches were badly damaged Thursday night and will be out of service until repairs are made. The cars, which are ordinarily attached to the Toronto-Brockville train, were being shunted by the yard crew when the accident occurred. Placed on a sidetrack, they ran back over a switch and were side-swiped by the locomotive on its return. The vestibules of both cars were ripped off and the steps also torn off. One car, No. 25-10, is a parlor car, and the other, No. 2159, a first class coach. No person was injured as the cars were unoccupied at the time, except for the cleaners who were in another part of the coaches, and the colored porter who received a rude awakening from his slumbers.

BUTCHER STORE ROBBED.

Burglars forced an entrance to the butcher shop of J. H. Stewart & Son, 54 Perth street, Brockville, Thursday night and rifled the till of its contents, amounting to about \$25 in cash, some of it in silver. The burglar, who wore a No. 8 or No. 9 shoe, entered the store through a side window, which was open though covered with a wire screen. This screen was torn off and the way was then clear. So far as could be learned Friday the stock of the store was not tampered with. Peculiarly enough, Thursday night was the first occasion in some time that any cash has been left in the till.

REACHED VENERABLE AGE.

J. A. Box, White Lake, who has been stopping with his son, John Box, Calabogie, since early spring, is probably one of the oldest men in Renfrew county, having passed the grand old age of ninety-eight years. Mr. Box was born in England and came to Canada when he was seven years old, the voyage taking six weeks. He worked in Ottawa when it was called Bytown, and from there moved to Pakenham and thence to White Lake, where he embarked in business, staying there until he retired some years ago. He retains all his faculties and considering his age is very active, going up and down stairs alone and walking quite well. Mr. Box says that in the whole of his life he has never required the services of a doctor for sickness.

List of Fall Fairs

Tweed	Sept. 30, Oct. 1
Bancroft	Oct. 7-8
Beaverton	Sept. 27-29
Barrie	Sept. 20-22
HELLEVILLE	Sept. 6-9
Blackstock	Sept. 28-29
Bobcaygeon	Sept. 30 Oct. 1
Bowmanville	Sept. 21-22
Campbellford	Sept. 21-22
Fenelon Falls	Sept. 11-12
Gooderham	Oct. 7-8
Haliburton	Sept. 23
Keene	Oct. 5-6
Lakefield	Sept. 23-29
Lindsay	Sept. 22-25
London	Sept. 11-13
Markham	Oct. 7-8
Millbrook	Sept. 30 Oct. 1
Orillia	Sept. 14-15
Orono	Sept. 23-24
Orawa	Sept. 10-20
Peterboro	Sept. 20-23
Port Hope	Sept. 21-22
Port Perry	Sept. 9-10
Toronto	Aug. 28-Sept. 11
Woodville	Sept. 14-17

STIRLING

Miss Clara Snarr has been visiting her friend, Miss Helen Denyes, of Halloway.

Mr. John Haggerty, of Chatham, is visiting his brother, Mr. Wm. Haggerty.

Mrs. Tyler, of Toronto, is the guest of her sister, Mrs. S. Hatton. Miss Marion Daniels, of Foxboro, spent a few days this week with her grandparents, Mr. and Mrs. D. Utman.

Mr. Wm. Carr, of Detroit, Mich., is visiting at the home of Mr. and Mrs. Jos. Phillips.

Mr. and Mrs. Jas. Hough and baby are visiting their parents, Mr. and Mrs. C. F. Linn and Mr. and Mrs. A. Hough.

Mr. Charles Day, of Halifax, is the guest of Mr. and Mrs. T. E. B. Yeats at their cottage on the Trent River.

Miss Tillie Kirby left on Thursday for the West to call on her sister, Mrs. Merar, of Saskatchewan.

Misses Susie and Mollie Tanner and Mr. Edward John Tanner, of Ivanoeh, are visiting relatives in the West.

Mr. F. Schrader and Miss Emma Winter, of Rochester, N.Y., were visitors at Mr. H. Hadley's recently.

Mr. and Mrs. Philip Conley, of Toronto, are visiting Miss Annie Green and other relatives.

Miss Kathleen McCauley is in Belleville for a couple of weeks, the guest of Miss Helen Hurley.

Mrs. Jack Haight, of Peterboro, spent Wednesday with her mother, Mrs. Kirby.

Mrs. R. A. Elliott is in Cobourg visiting her father, Mr. McCutcheon, who is seriously ill.

Mrs. Frank Conley and daughter Lena motored down from Toronto and are guests of her sister, Mrs. H. Johnston.

Miss Helen Lahey, of Trenton, is the guest of Miss Beatrice Coulter.

Miss Ruth Evers and Phyllis Starling, of Toronto, are spending their vacation with Mrs. Walter Wright and Mrs. Chas. Vance.

Mr. and Mrs. Earl Eggleston and baby came up from Deseronto on Sunday and visited Mr. Eggleston's parents and other relatives.

Mrs. Francis Hutchinson, Annapolis, are pleased to learn, is recovering from her recent illness and was out on Sunday for the first time.

Miss Bessie Conley is spending a few weeks with friends in Belleville. Mr. Burton McMullen is spending a few days with Mr. and Mrs. B. Sine.

Mrs. T. C. McConnell and son Tom returned home on Tuesday from Tichborne where they have been visiting for the past week.

James Parker, barrister, Toronto, and W. A. Parker, manager of the Royal Bank, Belleville, were in town on Tuesday for the funeral of their uncle, the late Edward P. Parker, Brig.-Gen. A. E. Ross, of Kingston, also attended.

Mr. and Mrs. D. V. Sinclair and daughter Ruth, of Belleville, and Rev. J. S. and Mrs. McKay, of Neenuch, India, were guests of Mr. and Mrs. M. W. Sine on Thursday last. Mrs. McKay is a sister of Mrs. Sine.

Mr. E. T. Williams and Miss Lucy left on Monday last for a trip to the Western Provinces. They will visit friends there, and go through to the coast, and will return about the end of August.—Stirling Leader and News-Argus.

Dr. F. W. Hill has returned from New York and opened his office at 24 Queen street.

Mr. and Mrs. A. W. Rice of the Dominion Bank, New York, are in the city to celebrate the Belleville Old Boys' Reunion.

Dr. and Mrs. Morrow, of Hamilton, have returned home after visiting relatives in Deseronto and their aunt, Mrs. Sanford, 7 Forth St. this city.

The many friends of Mrs. J. F. Mackay, who recently returned from India, will be pleased to know that the operation on her foot, which was performed by Dr. Clarence Starr in the Toronto General Hospital, was very successful. Mrs. Mackay sustained an injury to her foot two years ago in India and this has been causing her trouble.

Worms in children work havoc. These pests attack the tender lining of the intestines, and if left to pursue their ravages undisturbed, will ultimately perforate the wall, because these worms are of the hook variety that cling to and feed upon interior surfaces. Miller's Worm Powders will not only exterminate these worms of whatever variety, but will serve to repair the injury they have done.

MILLS RETURNED BY ACCLAMATION

Fort William, July 20.—Mills was elected by acclamation as Minister of Mines. He was returned with out opposition.

How to Hold the Racket

THE ENGLISH VS. THE AMERICAN IS EXPLAINED.

Styles Are Entirely Different and P. A. Valle, Tennis Authority, Explains Difference.

P. A. Valle, author of "Modern Tennis," "The strokes and Science of Tennis," "Great Lawn Tennis Players," wrote recently in the Chicago Herald Examiner concerning William T. Tilden's recent victory in England:

"This win of Tilden's and the very fine performance of Williams and Garland in winning the championship doubles marks a new era in tennis. It means that American tennis has come into its own years after this country was entitled to it. I have repeatedly said that America seemed to me to have a mortgage on the tennis honors of the world for the next ten years. I weakened on that view a little when I saw Patterson play in this city. It seemed to me that if he would alter his bad footwork in his backhand strokes there was nothing to stop him. I showed him what was wrong and he changed it on the spot. It would almost seem from the press cables as though Patterson had not shed his very bad habit of playing his backhand strokes with his chest parallel to the net instead of turning his right side towards it. If that be so he deserves all that Tilden gave him and more, which he will undoubtedly get unless he cuts this fatal defect out of his backhand work.

Tennis is the most widespread game in the world to-day. It is a game peculiarly and particularly suited to the American temperament and, on the whole, it is played here much more soundly than in England, where the influence of the famous R. F. and H. L. Doherty is still retarding the growth of the game.

This inaugurated the era of holding the racket at the side of the handle instead of behind it. This meant the introduction of a pronounced angle between the forearm and the racket handle at the moment of impact. It is a fundamental rule in all games wherein one smites any kind of a ball with any kind of a bat that at the moment of the impact the forearm and the hand of the striking implement must be as nearly as possible in one and the same plane or, as it is often somewhat loosely expressed, in the same line. This is not merely a matter of tennis. It is a matter of simple mechanics.

BIRTH

FULTON—On July 19, 1920, to Mr. and Mrs. C. N. Fulton, 158 1/2 Church street, a son.

BORN

MILLS—At Shannonville, July 18th, to Mr. and Mrs. Reginald Mills, a daughter.

Enormous Increases to Railway Workers

CHICAGO, July 20.—The United States Railway Labor Board today awarded nearly two million organized railway workers a wage increase totalling six hundred million dollars. The increase amounts to practically twenty-one per cent of the present rate of pay.

Increases follow: Passenger service engineers, firemen, motormen, and helpers, 80 cents per day. Freight service engineers, firemen, helpers, conductors, flagmen and brakemen, \$1.04 per day.

Yard service engineers, firemen, helpers, 18 cents hour. Passenger service conductors, ticket collectors, baggage men, flagmen and brakemen, thirty dollars per month; suburban passenger employees, thirty dollars per month.

Make Geological Survey in Marmora District

Marmora, July 20.—Field parties belonging to the Geological Survey Branch of the Department of Mines, Ottawa, are carrying on surveys in this district this season. The work includes the preparation of a geological map of a strip of territory extending for fifteen miles in width from Belmont township on the west to Hungerford and Elzevir on the east, and also the examination of all mines and prospects in this area. The surveys most necessary for the preparation of the map is being carried on under the direction of Messrs. E. E. Freeland and R. A. McDonald.

There is no poisonous ingredient in Holloway's Corn Cure, and it can be used without danger of injury.

Proof of The Pudding

is in the eating"—proof of the value in clothes is in the wear on that basis

Q. & R. Clothes

are convincing examples of clothes—value. Their inner workmanship is in thorough keeping with their outer looks. They enjoy high favor with the young men who are fastidious as to their dress yet realize the need for paying a fair price to get a fair return.

Good clothes deserve more than customary consideration for in these days quality means economy.



Quick & Robertson

Story of Man Who Prefers Arctic Circle to Bright Sunshine

Jim Fijl of Samoan Islands Loves Land of Snow and Ice.

LIVES BY TRAPPING

New York, July 16.—The story of "Jim Fijl," the man who prefers the Arctic Circle in Canada to the bright sunshine and soft alluring climate of the Samoan Islands, is told by Vilhjalmur Stefansson, the famous Arctic explorer, in an article published in the July number of the Maple Leaf, the official organ of the New York Canadian Club, which is out to-day.

Great Food Country.

Stefansson in this article predicts that in the Canadian territory north of the Arctic circle, most of the meat of Canada's export trade will be produced half a century hence as well as much of the mineral supply for Canada's growing industry. This great expanse of country in the far north of the Dominion, is going to be settled, Stefansson declares, just as Manitoba has been, without much reference to the climate, but solely on the basis of what it has to offer in the way of minerals, food production, water power and the like.

Stefansson lauds the climate of northern Canada, which he says is disagreeable only to those who do not know it. It is in this connection that he tells the story of "Jim Fijl."

Part of Exhibit.

"When the world's fair was held in Chicago in 1893," he writes, "one of the exhibits was a young man who had grown to maturity in the Samoan Islands and who had been brought to Chicago as a part of the exhibit of 'native races.' When the fair was over he drifted to San Francisco with an idea of getting back to the Samoan Islands. He could not speak English very well so he went down to the water front to see if he could by an examination of the ships find one that would take him home. He saw a small sailing ship that had several 'Kanakas' on board, natives of the Hawaiian Islands. He could not speak to the Hawaiians, but he knew what people and what country they belonged to, so he went to the officers of the ship and asked for a job, for he thought they were sailing for the Hawaiian Islands. Two or three months later he found himself in the Arctic; and instead of getting to the tropic Hawaii he had to spend the winter with a whaler at Herschel Island, 200 miles north of the Arctic Circle, on the north coast of Canada. He found the winter hard for he did not know how to take care of himself in the cold weather. He froze his face and fingers, and he shivered and was miserable, and he has told me that he would have given anything to be out of it and home. But it was a three year voyage and during the second and third year he learned how to

clothe himself properly and to protect himself from the frost and he liked the third year so well that when the vessel got down to San Francisco he immediately shipped on another whaler to go north again. At the end of this three year voyage he liked the north so well that when the ship turned toward home he asked permission of the captain to remain behind.

Industrial and Frugal.

"He has lived in that country ever since, trapping and occasionally working for whalers or traders, and on the Canadian Arctic Expedition he worked three years for us. He has been both industrious and frugal, has caught a great many foxes, has sold his furs at favorable prices, and now he has a good deal of money in the bank.

"In 1917 his hair had turned nearly white and he was getting to be an old man. Although I am a great believer in the north it struck me one day that it might not be a bad speculation for 'Jim Fijl' as everybody calls him, to go back with some of his riches to the Samoan Islands and settle down. I suggested to him one day that a good thing to do would be to go south with us to San Francisco, put most of his money into Liberty bonds, take a few thousands to the Samoan Islands and buy an estate on which he could live. The idea struck him favorably and thereafter we had a number of talks about what he was going to do. He told me how you could get a man down there to work for you all day for five cents and he had great visions of what he was going to do as a landlord.

Things Change for Worse.

"At the end of the expedition I came east to Ottawa and New York, and 'Jim Fijl' went to San Francisco. Some months later I went out to San Francisco, and the day after I got there 'Jim Fijl' called on me. I was surprised to find him still there, but he explained that when he got there he heard that one of his cousins was on the way from Samoa and so he thought he would wait his arrival before starting for home. When this cousin arrived he told me, among other things, that wages had gone up and that you no longer were able to hire a man for five cents a day. Various other things had changed for the worse, but the main thing that worried 'Jim' was that he found that he could not stand very well the heat of San Francisco; and as he imagined that the Samoan would be even hotter, he had decided that he did not care to go back after all, and his intentions now were to buy another trapping outfit and go to the Arctic again.

Gone North Again.

"That is what he has done. In the spring of 1910 he was taken north by Captain C. T. Pedersen of the trading ship, 'Herman,' and Captain Pedersen tells me he landed 'Jim' on Cape Bathurst, the second most northerly point in all Canada. He expects to live there the rest of his life."

Obit

MRS. VICTORIA Lewis, of Toronto in Thurlow this of 81 years.

DROVE INTO B

On Sunday drove into the corner of Bridge a smashing three to the pile of gravel he found his paving company damage.

SUIT CASE MIS

At 12.30 the Lewis, of Toronto authorities that suit case had been in front of 27 11.30 o'clock last return the suit contents were two dresses and

POLICE CALLS

The police had night to arrest a under a tree at the second to the and Dundas Street lower Front. Low was arrested for intoxication. The lying under a tree responses did not as the men had

FRACTURED WR

Mr. Leonard D. misfortune on Saturday two o'clock of the while cranking a East, in front of a shop. The engine fracture resulted.

LOOKED SUSPIC

On Sunday evening sent in to the police ford Road, where men, one a negro, cious, had been lo day. The police he go out into the co

CHICKENS STOLE

On Saturday night visited Mr. R. McNeil and stole four chickens. The coop had been and the five were

OIL STOVE EXPLA

Slight damage yesterday afternoon at street, the home of York, when a coal ed. The blaze was

PRESENTED WR

BOOK.

On Friday afternoon the ladies of St. Guild, Tweed, met Mrs. H. F. Corbett and extend their good home in Belleville, during the address, during the met made the copy of the New Presbyterian of the choir a work of the choir a the beginning of the office of President were served and was spent.

CANCELS LEASE.

Having in view number of young Oshawa Alexandria etc. The Parks Commission to cancel the lease Ontario Agriculture whose auspices the fairs are held. The sires to make use which the fair but track occupy for purposes. The notice fore