

SOCIAL SATURDAY NIGHT.

The week has been really a very gay one for our quiet little city, due partly to the presence of several charming and popular visitors, and partly, doubtless, to the desire of all good Church of England people to comply as far as possible with the earnest request of the Lord Bishop of Ontario that all social engagements be cancelled as far as possible during the week beginning to-morrow—Advent Sunday.

The Rideau Euchre Club met at Mrs. Harry Tandy's on Tuesday night was characterized by a very full turnout of members, there being nine tables in all. Mrs. Smythe and Mrs. Bamfield played off for the lady's prize, Mrs. Smythe winning. Mrs. William Lessie carried off the visitor's prize, and Mr. Fort was the fortunate winner among the men. The supper table, which looked specially pretty, was done in green and white, white chrysanthemums being in a tall crystal vase in the centre, with four smaller vases placed about it. The club will be entertained at its next meeting by Mrs. Pence.

Mrs. Walken entertained at a most enjoyable tea at Queenscote on Thursday, when the guest of honor was Mrs. Norton, who is at present with her sister, Mrs. Lennox Mills. Mrs. Walken received her guests in the hall, and Dr. Walken was also present with a genial welcome for everyone. The table was very effective with a striking arrangement of yellow and Indian red chrysanthemums, and was presided over by Mrs. Herbert Robinson, Miss Carrie Waldron, and Miss Gladys Drury. Amongst those present were Mrs. Lennox Mills, Mrs. Buxton Smith, Mrs. Grout, Mrs. Forsythe, Sydenham, Mrs. Pense, Mrs. J. R. Walton, Mrs. Stafford Kirkpatrick, Mrs. Alex. Kirkpatrick, Miss Macaulay, Mrs. Kent, Mrs. Brownfield, Mrs. Walter Manne, Mr. and Mrs. McIntyre, Mrs. Norman Stuart Leslie, Mrs. Harry Tandy, Mrs. Julius Miles, Mrs. Mayne, Mrs. James Gildersleeve, Mrs. Conway Cartwright and Miss Goble.

A flattering little note of Miss Violet Bernice Smith, who has lately taken up her residence in Toronto, appears in the current issue of the Canadian Music and Trades Journal. It speaks of Miss Smith's contralto voice as being of great power and beauty, and says she has already made a most favorable impression on Toronto audiences. This bright girl's many Kingston friends will be delighted to hear of her success.

His Honor Judge and Mrs. Wilkison were in town this week from Napanee. Mrs. McCullough, who has been visiting in Brockville, comes up to town to-day, and will be with Mrs. D. Stewart Robinson, for a few days on her way to Regina, N.W.T.

Mrs. Hughes was hostess of the West End Euchre Club, meet on Thursday. Miss Macaulay will entertain the club at its next meeting.

Mrs. Robert Crawford, Barrie street, entertained at dinner on Wednesday. Covers were laid for twelve.

Mrs. Briggs, whom everyone will be glad to hear is very well indeed, has been staying lately at Craighlands, Ilkley, about half an hour's drive from Leeds. She is at present in London.

The Reverend J. H. H. Coleman, and his small daughter, spent a few days this week at St. James' rectory.

Mrs. McFarland's very enjoyable euchre party, with Mrs. Julius Miles as guest of honor, was the gay event of Thursday evening.

The Reverend C. P. and Mrs. Emery Kempsville, have been staying with the Reverend William Lewin this week.

Mrs. W. T. Miller, Hamilton is in town, and will spend some time with Mrs. Macdonald, William street.

The Badminton club elections, for the two vacancies resulted in favor of Miss Jessie Kirkpatrick and Mr. C. G. Shannon.

Mrs. Fages will not receive at her new home on Earl street, till Monday, December 18th.

Miss Van Pelt, San Francisco, is the guest of her sister, Mrs. Thomas Mills, University avenue.

Mrs. Higgins welcomed a very small number at the tea hour yesterday, when the guest of honor was Mrs. Julius Miles.

Miss Rigney is visiting Mrs. W. Ryan, Jarvis street, Toronto.

Mrs. Walken entertained at a small dinner party on Wednesday in honor of Mrs. Miles, who has been a much-visited visitor this week, several cosy little luncheons, dinners and teas having been given for her.

Miss Alice Chown returned to town on Wednesday. Mrs. Rutherford has taken a house on Theodora street, Ottawa, for the winter.

Mrs. Herrald gave a very jolly young people's progressive euchre party on Tuesday evening, which was thoroughly enjoyable.

On Wednesday evening Mrs. Macfie gave a pleasant little party, at which cards and dancing formed the chief amusements.

A major and Mrs. Panet have returned to town.

A very small and very informal young people's party claimed Mrs. Worrell as hostess on Wednesday night.

Mrs. Britton has been in town from Brockton, and was the guest of Mrs. Brock.

The ladies of St. Paul's church are to be congratulated on their highly successful tea and sale which came off on Tuesday last. The proceeds amounted to about sixty dollars.

The Churchwoman's Aid of St. George's cathedral will hold a tea and sale on Tuesday, December 9th. "Mrs. Willis' Will," so cleverly acted some months ago, will be the attraction of the evening.

A number of debutantes will make their first formal bow to society to-night at the R.M.C. dance, and as they are all bright and pretty girls, they are sure to be very popular. Amongst the group will be Miss Mildred Cooke, Miss Dora Herchmer, and Miss Marion Lessie.

Mrs. Stafford Kirkpatrick, jr., gave a very informal tea yesterday.

Mrs. Miles left by the noon train to-day for Toronto.

Mrs. James Gildersleeve will receive in the future on Tuesday, instead of Wednesday.

A well-attended meeting of the City Union of King's Daughters, was held in St. James' school house yesterday. The president, Miss Strange, who was re-elected, urged upon the members the duty of being as deeply interested in the union, as in their own particular circles. The reports of secretary and treasurer were read, and were most satisfactory. Miss McDowall read the report of the annual convention, for which she received a standing vote of thanks. The Aberdeen Association letters were read by Miss Shaw and Miss Ross; Miss Fraser read the Aberdeen constitution, and the appointment of a secretary for special work moved by Miss Shaw, was seconded and carried. A vote of thanks was passed to Canon Macmorine for the use of the hall, and the following resolution of thanks was moved by Mrs. Skinner and unanimously adopted:

Resolved that the cordial thanks of the members of the different circles of King's Daughters and Sons, under the Kingston union, be tendered to Mr. J. H. Birkett for his kindness in illuminating the address read by them in connection with their presentation of the elevator to the authorities of the Kingston General Hospital, in April, 1902. The beauty and skill of Mr. Birkett's artistic work will, when placed on the wall of the institution, be a perpetual reminder of his gracious sympathy with the order.

Christmas sale and high tea, at Chalmers church, on Dec. 11th, 1902.

Mr. and Mrs. Perry Traux Hamu announce the marriage of their daughter, Mabel, to Mr. Thomas Tofield Flower, of Canadian railway mail service, and recently of Kingston, on Wednesday last at Kansas City, Missouri. They will be at home to their friends at 397 Dovercourt Road, Toronto. Heartiest congratulations are extended to the groom and well wishers.

These are the main restrictions and privileges of the act. It abolishes the law room, the public trading system, and kindred societies. It guards all those centres where young men and others are accustomed to gather and which now too frequently are the beginnings of temptation, by permitting no liquor there. It places the sale of strong drink in responsible hands, and under the control of responsible men who are under bonds to observe the law. It defines the purposes and condition of sale and enacts heavy pen-

alties for any violation. It grants the privilege to the private house of keeping liquor as a beverage and carefully states the conditions on which this privilege rests and the penalty for violation.

THE LIQUOR ACT EXPLAINED AND DEFENDED BY DR. PHILP

The Nature of the Act Itself—The Restrictions—The Means of Enforcement—What the Opponents of Act Say.

Kingston, Nov. 29.—(To the Editor): Permit me once in your columns to give at some length and yet as concisely as possible the nature and aim of the Liquor Act of 1902. To judge from the tract issued by the liquor party they either greatly misunderstand the act or grievously distort it. There are also many who intend to vote "Yes," who would be pleased to have fuller knowledge concerning it.

The liquor act is a law. It is not a mere policy which has yet to be fully defined, but a measure developed and matured, with all the conditions necessary for enforcement, and only awaits the vote of the people on Thursday next, December 4th, to become the law of the province of Ontario at the appointed date, May 1st, 1904.

A majority of the votes cast on the 4th of December be marked "Yes," that majority vote to exceed 212,723, and the liquor act of 1902 becomes law.

As to the nature of the act itself: It is not prohibitory in the extreme sense of abolishing the manufacture of intoxicating liquors, but it is prohibitory in limiting and controlling their sale and use. The act being provincial it cannot touch Dominion rights. The manufacture of strong drink is under the control of the Dominion government, not the provincial. The moment any provincial act fringes upon the rights of a Dominion act—that moment the provincial act becomes null and void. Hence the present liquor act, being provincial, cannot and does not touch the manufacture or exportation of the same.

What does this liquor act restrict? The sale of intoxicating drink in the Province of Ontario as hereafter described. That act being solely under provincial control it comes within the purview of this act, which is generally accepted as the most complete and thorough provincial prohibitory measure that has ever claimed the sanction of the people, restricting the sale of intoxicants as far as provincial authority can reach. Let this be understood as against all statements to the contrary. To speak of this liquor act as the same as the "old Scott act" is very misleading.

What are the restrictions of the liquor act? It forbids the sale of all intoxicating liquors in all places except wholesale and retail drug stores, and by all persons, except a duly qualified druggist, specially licensed by the government to sell. Any other person attempting to sell will meet with a severe penalty. The license of the druggist who sells the liquor must be reported upon by a government inspector and publicly advertised. The druggist must give bonds of himself and two others that he will obey the law. He must keep a complete record of every sale and must file every prescription, certificate and request that he receives. He must send to the chief inspector every six months a sworn statement in detail of all sales that he has made. His documents shall always be open for inspection by any person for at least one year.

Who may purchase liquor from the licensed druggist? The following persons and no others: A duly qualified physician, not to exceed two quarts at a time. A duly registered dentist, not to exceed one pint. A duly qualified veterinary surgeon, solely for medicinal purposes, not to exceed one gallon. A person engaged in mechanical or scientific pursuits in which alcohol is needed, not to exceed ten gallons. A doctor's patient on the written certificate of the physician that it is for medicinal purposes only. A clergyman or his deputy on a certificate that the liquor is only for sacramental use. These persons thus purchasing must make their written or printed affidavit that the liquor thus procured is not for beverage purposes, but solely for the use designated. Any known violation of this affidavit by any party is subject to severe penalty.

Where may liquor be kept? In the office of the physician, dentist, veterinary surgeon and mechanic, or in a public hospital, in an incorporated public hospital. In the room of a sick patient on the physician's prescription.

Where shall liquor not be kept? In any hotel or place of public entertainment, in any society or club incorporated or unincorporated, in any assembly room or hall, in any boarding house or lodging house where there are more than three lodgers. In no other place whatsoever shall liquor be kept save with one exception.

What is that exception? The private dwelling house. A person may keep liquor for beverage purposes in his own private house if he desires thus to use it. The expression "private dwelling house" means a dwelling actually and exclusively occupied as a private residence. The moment such a private residence is suspected of being a rendezvous for drinking it ceases to be a private dwelling-house under this act and is subject to the penalty provided.

How shall the individual wishing to keep liquor as a beverage in his private house, secure said liquor? He shall not procure it from a druggist or physician, or brewer or distiller, or warehouse, or any other person or place whatsoever within the Province of Ontario. He must procure it from outside the province, and said liquor must be sent direct to his private residence in unopened or unbroken packages or vessels from the place of purchase.

These are the main restrictions and privileges of the act. It abolishes the law room, the public trading system, and kindred societies. It guards all those centres where young men and others are accustomed to gather and which now too frequently are the beginnings of temptation, by permitting no liquor there. It places the sale of strong drink in responsible hands, and under the control of responsible men who are under bonds to observe the law. It defines the purposes and condition of sale and enacts heavy pen-

alties for any violation. It grants the privilege to the private house of keeping liquor as a beverage and carefully states the conditions on which this privilege rests and the penalty for violation.

Anyone attempting illegally to sell liquor will be fined for the first offence not less than \$200 nor more than \$1,000; for the second offence imprisonment for not less than six months and not more than one year.

Whenever any person meets death by accident while in a state of intoxication, the person or persons who furnished or gave him the liquor when intoxicated, or on whose premises it was obtained by such intoxicated person is made liable to severe penalty, as provided in the statutes of Ontario.

Certainly it must be acknowledged that no stronger measure or one more conducive to the overthrow of the drink habit and the promotion of sobriety could be granted than the Ontario liquor act of 1902.

By what means shall the law be enforced? By the provincial government and the department of the attorney-general through a chief inspector for the province appointed by the lieutenant-governor-in-council, and by local inspectors for each electoral district, also by police officers, constables and all persons who have authority to lay information and prosecute offenders. Any place may be searched where it is suspected that there is a violation of the law, and the officer shall proceed in his own name without connecting the name of the party giving information. The burden of proving innocence shall be on the person accused.

What say the opposers of this act? Let the pamphlet they have issued testify. In it they plainly imply that all who sell strong drink under this

act, druggists, physicians, veterinary surgeons and others will become deceivers and perjurers whose aim it will be to thwart the law. No grosser injustice could be offered to men of high integrity. It is an unwarranted and baseless insult. They tell us in their pamphlet that warehouses for the storage of liquor will be open to all who wish to secure intoxicants, as a beverage, a statement absolutely incorrect in the light of the act itself, which enacts that every warehouse that keeps liquor shall keep it solely for export purposes or for sale to a wholesale druggist, and no other business shall be permitted on penalty of severe punishment for violation. See liquor act, section 155; sub-section 2.

They tell us further that the financial system of the province will be in peril if the act passes. With \$16,000,000 now wasted in strong drink, then saved; with the brain and muscle, time and talent of thousands turned to productive labor; with the produce of the field no longer destroyed; with the cost of pauperism, disease and crime reduced to a minimum, nothing is more absurd than the cry of financial ruin. None are so blind as those who will not see.

In conclusion I quote the words of the pamphlet issued by the liquor party: "It is the bounden duty of every voter in Ontario to express his opinion on this subject. There should be no shirking responsibility." I sincerely hope that advice will be heeded. Those who, through indifference or any other cause, refrain from voting are virtually upholding the liquor traffic. Let every citizen rouse to duty, and for home and brotherhood and conscience take his stand by voting "yes" on Thursday, December 4th. This liquor act, if carried, comes into force, May 1st, 1904.

—J. PHILP.

Baby's Own Soap advertisement featuring an illustration of a baby and text: 'Baby's Own Soap', 'Beware', 'Of using imitations of our celebrated BABY'S OWN SOAP', 'It stands at the top for purity. Most imitations are harmful for delicate skins.', 'Baby's Own Soap is made only by the ALBERT TOILET SOAP CO., MRS. MONTREAL.', 'See our name on every box.'

Sent Floral Tributes. Among the rich floral tributes covering the casket, containing the remains of the late Mrs. Whiting, were a wreath from the Ladies' Aid and Women's Missionary society, and a pillow from the trustees and official board of Queen street Methodist church. Deceased was greatly beloved by the church people.

"Bibby's" Oak Hall. "Bibby's." Our clothing always pays the buyer a good dividend on his investment. The H. D. Bibby Co.

Red herrings, 10c a box, Gilbert's.

White Flour Starvation Experiment \$20,000 advertisement. Text: 'White Flour Starvation Experiment \$20,000'. 'Post says that one pound of Grape-Nuts furnishes more nourishment than will absorb ten pounds of meat, wheat, oats or bread.' 'He has a reason for the statement, The white flour makers issued millions of circulars denouncing him for the statement.' 'Post further says the excessive use of white bread causes disease of the bowels frequently ending in peritonitis and appendicitis.' 'Close under the shell of the wheat lie the phosphates, potash and other elements absolutely demanded by the body for its proper feeding, particularly for the nerve centres and the brain. Also close under the shell lie the elements of the diastase required by the body to change the starchy part of the wheat into Grape Sugar during the process of digestion.'

But the white flour miller throws out these important elements that will help digest that starch are left out; therefore when much starch, even in the shape of white bread, is put into the stomach it passes into the intestinal tract where, instead of being digested it ferments and causes trouble. It was to remedy this trouble that Grape-Nuts were invented, for practically the same methods that Nature uses to digest the starch are used in the manufacture of Grape-Nuts so that the famous food goes into the body in the form of Grape Sugar. That is, the starch has been changed and the first act of digestion has taken place. The result is that the human body is furnished with valuable food elements in the most perfect form. Now comes along to question Post's the Maine Experiment Station pound of Grape-Nuts. They have produced a statement showing more calories of food value in ten pounds of bread than in one pound of Grape-Nuts. That is, the question at issue. Like many other pseudo-scientific dabblers they bedevil themselves and become lost in the maze of scientific effort.

Common earth and air contain the raw elements necessary for man's food but even if a scientific state official should tell you that, would you therefore eat 10 pounds of earth and expect to extract its nourishment? It requires the curious and wonderful manipulation of the laws of the vegetable kingdom to select and combine and prepare these food elements of the soil in such a way that men and animals can absorb and make use of them. Hence we have vegetable and grain. So it still further requires the intelligence and skill of man to cook and prepare the vegetables and cereals to make them digestible and fit. The greater the intelligence and the more nearly the laws of digestion are followed the more perfect the result. We have the true scientific facts for the basis and the practical every day results with feeding millions of people for our proof and the statement stands on the solid rock of fact one pound of Grape-Nuts will supply more nourishment than the system will absorb than 10 pounds of meat, wheat, oats or bread. We are at home every day, come and see us. If you are a scientist(?) from Maine bring your wallet. The "London Lancet," one of the greatest medical authorities in the world has said: "The basis of nomenclature of this preparation is evidently an American pleasure since 'Grape-Nuts' is derived solely from cereals. The preparatory process undoubtedly converts the food constituents into a much more digestible condition than in the raw cereal. This is evident from the remarkable solubility of the preparation, no less than one-half of it being soluble in cold water. The soluble portion contains chiefly dextrin and no starch. In appearance 'Grape-Nuts' resembles fried bread crumbs. The grains are brown and crisp, with a pleasant taste not unlike slightly burned malt. According to our analysis the following is the composition of 'Grape-Nuts': moisture, 6.02 per cent; mineral matter, 2.01 per cent; fat, 1.60 per cent; proteins, 15.00 per cent; soluble carbohydrates, etc., 49.40 per cent; and unaltered carbohydrates (insoluble), 25.97 per cent. The features worthy of note in this analysis are the excellent proportion of protein, mineral matters and soluble carbohydrates per cent. The mineral matter was rich in phosphoric acid. 'Grape-Nuts' is described as a brain and nerve food, whatever that may mean. Our analysis, at any rate, shows that it is a nutritive of a high order, since it contains the constituents of a complete food in a very satisfactory and rich proportion and in an easily assimilable state.'

POSTUM CEREAL COMPANY, LIMITED, BATTLE CREEK, MICHIGAN.



THE POINT OF VIEW. "Do you consider football a brutal sport?" "Not as long as I don't get done up myself!"