



For a
Hurried Luncheon
Nothing is
so handy as **Boveril**

The evils of hurrying over or putting off ones meals are manifold: headaches, feverishness, depression, and worst of all impaired digestive powers, are nearly always the results of this irregularity. The remedy is, however, within the reach of all. Whenever circumstances compel you to postpone a meal, take a Cup of Boveril, which can be prepared in a minute by adding a little boiling water, or may be obtained at any lunch room or restaurant.

Boveril contains all the nourishing properties of the best lean beef in the most concentrated and palatable form. It strengthens the system and gives renewed life and vigor after fatigue.

BOVERIL

Canadian Woman's News Letter.
From the Canadian Syndicate.

Ottawa, Dec. 13.—Their excellencies the governor-general and Lady Minto and suite have returned from Montreal, after winning golden opinions there for their uniform kindness and charming manners. Enthusiastic Montreal is now suggesting that in future the governor-general have residences in Montreal and Toronto, and spend a part of each year there. Lady Minto, said one writer, is a perfect example of la grande dame and the young people were charmed with her beautiful and winning young daughter, the Lady Eileen Elliott. Ottawa society is pleased to have them home again, and as Lord and Lady Minto are real home lovers, they must be pleased to gather about them again their younger children, the Ladies Ruby and Violet, and the Hon. Esmond Elliott, who remained at Rideau Hall with their governesses. Lord Minto will spend Christmas at home after his year at Eton, having come over in care of his aunt, the Countess of Antrim, and his cousins, on the Oceanic.

Ottawa young people are quite excited over the approaching bachelor's ball, to be given in the Raquet Court on New Year's Eve. It has been definitely decided that it will not be held in the usual hall, but in a number of young ladies, who have been much enamored of the idea. Several attempts have been made to have a ball given in Ottawa, during the past few seasons, but so far each has failed. However, since the bachelor's is not to take that form, rumor is whispering that some of the hostesses are contemplating giving one of these charming entertainments.

The Countess of Aberdeen has accepted the nomination of herself, by the Canadian and other National Councils of Women, as president of the International Council to succeed Mrs. May Wright Sewall. She does so, however, on the distinct understanding that the next meeting of the International Council, which will come in the year 1909, shall be held in Canada, in accordance with the invitation of the Canadian Council, and she also wishes it to be understood that when the time comes it may not be possible for her to take office. Lady Aberdeen was the first president of the International Council of Women, and it was her wealth, energy and social prestige, more than anything else, which brought the organization into existence and established it in life.

The Canadian South African Memorial Association, of which Her Excellency the Countess of Minto is president, has nearly completed preparations for the patriotic work indicated by its name, and it is hoped that the graves of Canadian soldiers in South Africa, the condition of which has been very painful to Canadians in that country—will soon be suitably marked. Detailed information regarding the location of the graves which number over two hundred, has been secured, and with very few exceptions, the relatives of the deceased have been communicated with. The sum of \$2,000, which the committee considers sufficient, has been raised and estimates and drawings for the monuments are expected shortly from various firms of stone masons in South Africa. As soon as a contract with one of these firms has been concluded it is proposed to erect at once two large memorials, one at Paardeberg and the other at Hart's River, the two fights in which the Canadians especially distinguished themselves. Afterwards the work of marking single graves will be proceeded with, and in this the wishes of relatives will, as far as possible, be followed. The Memorial Association is co-operating with the Guild of Loyal Women of South Africa, and is also in constant communication with Colonel Greenwood and Mme. de Lotbiniere, Canadian residents at Johannesburg.

The Soldiers' Wives League is arranging for its annual Christmas festival, and is giving a bazaar to-day to raise the necessary fund. Every year the league entertains about two hundred children in the drill hall and Santa Claus has always graced the occasion by his personal presence. Her Excellency the Countess of Minto has also been present once or twice, and last Christmas received a bouquet of flowers from the patron saint of the season.

A well known clergyman of the Church of England has written to the National Council of Women calling its attention to what he calls the "white slave" traffic. He states that this business is as well organized and as thoroughly equipped as any industrial insurance company and is carried on in much the same way, with secret agencies throughout the civilized world. The methods of enticing the victims are various. Frequently the agents go around the country districts and promise good situations in distant towns, or they advertise for lady companions, maids, etc., and then either induce or compel the applicants to remain. The writer of this letter does not think that the business in question exists to any extent in Canada, but believes that there are several agencies, and the local councils, when the matter was brought to their attention, have been shocked to find how much need there was for the warning. The local councils have been asked by the National Council executive to report all suspicious advertisements and other indications of the traffic that may come to their knowledge, to the corresponding secretary, for transmission to the proper authorities.

Mrs. Asa Gordon, evangelistic woman, Christian Temperance Union, has just sent out the annual call to prayer, asking the unions to set apart January 3rd as a day of praise and intercession. The communication refers to the recent vote as a "victory" and assumes that the settlement of Ontario is undoubtedly in favor of prohibition. The union has apparently no notion of giving up the fight for its favorite measure, and is as little dis-

posed as ever to propose or support a less radical method of dealing with the liquor traffic. It was hoped by some that if the last attempt to secure prohibition failed, as it was bound to do, the prohibitionists might be induced to join hands with more moderate reformers in some more practical scheme, but the Women's Christian Temperance Union at least has apparently no intention of doing so.

FASHION'S FANCIES.
The Debutante Holds Sway—The Latest Fad.
New York, Dec. 13.—Society just now is worshipping at the shrine of the debutante.
And shall we say that the debutante is paying homage to Dame Fashion? This might savor of spitefulness, but it is nearer the truth than to say she is worshipping at society's shrine.
From earliest childhood the young women of wealth and fashion is drilled in the conventions of the world in which she moves; but all the training of a lifetime can not instill into her that indescribably something which we inadequately call chic. It must either be inborn or she must hire some one to select her gowns to whom this talent has been given.
Pretty gowns are always a fascinating topic, but the modes this season are irresistibly alluring. There is so much individuality about them. And individuality is the keynote of fashion. The simplest bodice is smart only as it is distinctive and the energies of the modistes are concentrated toward originality in everything.
One may run the entire gamut of dress materials and in the end find nothing more popular than the ever-adaptable chiffon. It is used exquisitely in a debutante frock with a rose pattern arranged in lengthwise stripes upon the skirt. The flowers are all of pink-shaded silk, joined by spangled vines.
All over the rest of the surface of the chiffon, at not infrequent intervals are strewn clusters of rose and silver petals. It is certainly a dew drop. The sleeves are finished with a ruffle at the bow and the bodice is decorated elaborately with roses and spangles to match. Underneath is worn a slip of palest pink satin, which, by the way, is growing more and more popular.
Debutante gowns, while simple in effect, are rich in material, and the costliest of trimmings ornament them. Wild roses, summer daisies in white and yellow and all sorts of unpretentious blooms decorate plain foundations of net or crepe de chine, but these are embroidered or hand-painted, with additional trimmings of silver or gold and lace that make the price of such a gown well nigh fabulous.
Yet many ambitious young women accomplish such of this work themselves. It is certainly an easy matter to select a simple white net and embroider it in any design that happens to strike the fancy. For the benefit of those who like variety it may be stated that flowers have by no means a monopoly upon fashionable schemes of decoration. Silver and gold tissue combined with satin and velvet are "bunched" into the similitude of grapes, cherries, currants and all sorts of fruits, while the unembroidered surface is spangled with sequins to correspond.
Plainer gowns are ornamented with lace, but usually two kinds are used to accomplish the fashionable effect. Irish and fillet is a chic combination and especially pretty.
And, too, the effect is curious and it requires something like genius to do all of this. There are those who claim that dress-making is an art rather than a trade. Surely there is none to dispute it, if we must judge by this season's fashions. Speaking further concerning the use of Irish and fillet faces, motifs in these effects are cleverly joined with raised embroidery to give a peculiarly beautiful warmth of tone.
An ivory white coming out frock shows this combination of laces joined with large rings of passementerie and fringes that sway with each movement of the figure. The skirt is of embossed cloth in the same ivory shade, the white being relieved with subtle tints at the side of the opening and a touch of mastiffium velvet at the throat and wrists.
Fashion's horn of plenty seems limitless. Almost every day brings some new vagary of trimming to view. The very latest devices for imparting "fluffiness" to evening and reception gowns is a lovely new chiffon ruching which is edged with marabout. It is offered only in black and white, or the two colors combined, but they mingle well with light pink, blue and green and the neutral tints.
A fad which is rather an accessory than detail of trimming comprises a set of handkerchiefs dyed to match each gown. The vogue has just arrived from Paris and is creating something of a furore in Gotham. Scarcely anything in the form of a hem or border is allowed on these handkerchiefs, and if two shades of color go to make up a gown, it is the darker shade that present taste will select for the handkerchief.
While nothing can be said in disparagement of the long coat, it must be admitted that the enveloping cape has returned with something of sudden favor. This cape is developed in pale tinted and white cloths and ornamented with moire embroidery and heavy silk braids. The lining is usually of ermine or sable.
The prettiest of the paletots and Monte Carlo effects now show several capelets over the shoulders and sleeves that are more voluminous than ever. Unfortunately these two styles must be avoided by the woman of diminutive figure because of the fact that they make for width.
Indeed what the short, stout sisterhood must wear this year is not of so much importance to her as what she should not wear, for finding what is becoming a comfort in itself, since it can be worn without danger at any time. The many-caped wide-sleeved coats already referred to are against her, then there are the hanging draperies, from the hat which tend at once to shorten the neck, and dwarf the figure. Aggravating this effect is the tulle bow, front or back, which seems little less than indispensable.
Hats for afternoon and evening, made of fur and Irish lace are very smart. The lace is applied or rather embedded in the fur in a very artistic manner so that no other trimming is required. One is glad of this fact, too,

ANALYSES BY
Prof. W. Hodgson Ellis
Official Analyst to the Dominion Government.

Prof. W. Hodgson Ellis reports:

SUNLIGHT
"Sunlight Soap to contain that high percentage of oil or fat necessary to
A Good Laundry Soap."

Prof. W. Hodgson Ellis reports:

SUNLIGHT
"Sunlight Soap to contain
No Unsaponified Fat."

Prof. W. Hodgson Ellis reports:

SUNLIGHT
"Sunlight Soap to contain
No Free Alkali."

Prof. W. Hodgson Ellis reports:

SUNLIGHT
"Sunlight Soap to contain
**No Loading Mixture,
No Adulteration Whatever.**"

Prof. W. Hodgson Ellis reports:

SUNLIGHT
"Sunlight Soap has a
Thorough Cleansing Power
without danger to the
clothes or skin."

Prof. W. Hodgson Ellis reports:

SUNLIGHT
"Sunlight Soap
Is Free From
Alumina, Borates, Gelatin,
Silicates, Sulphates, Starch."

Prof. W. Hodgson Ellis reports:

SUNLIGHT
"Sunlight Soap is a pure and
Well-Made Soap."

Ask for the Octagon Bar.

An excess of resin and other cheap ingredients takes the place of oils or fats in common laundry soaps—thus flannels are hardened and shrunk, and linen ruined.
Sunlight Soap is a Good Laundry Soap.

Fat not turned into soap would have no cleansing power, but would be waste.
There is Absolutely no Waste in Sunlight Soap.

The pure alkali used in the manufacture of Sunlight Soap is so exactly balanced with the oils and fat that no surplus or free alkali is left to injure the hands or clothes.
Sunlight Soap is Neutral.

Loading mixtures or adulterations cost about one-fourth the price of oils and fats, and they are put into common soaps to increase their weight, but they are valueless to the user.
Sunlight Soap is all Pure Soap.

When a good soap is dissolved in water, the dirt should attach itself to the flakes of soap and come away in the rinsing, reducing hard rubbing, labor, and wear on the clothes. The clothing and skin cannot be injured by a well-made soap.
Sunlight Soap is Good for Clothing and Skin.

These are adulterants or twin sisters to adulterants. As these adulterants lack washing property, uncombined alkali is left in common soaps to help out their lack of cleansing properties, and thus the hands and clothes are damaged.
Sunlight Soap is the Standard of Quality.

Pure flour and pure yeast do not necessarily mean good bread—it may be spoiled in the making. A staff of chemists test not merely the ingredients of Sunlight Soap, but the Soap itself in every stage of its manufacture. Thus
Sunlight Soap is Well Made.

Corticelli
Home Needlework.
"Onward" is the watchword of the Corticelli Home Needlework Magazine. Great changes and improvements are under way, and the next number will surpass all previous issues. The magazine will be increased in size to that of the regular standard publications, the dimensions of the pages being 6 1/2 x 9 1/2 inches. It will be handsomely printed from new type and on fine book paper, and will contain a vast amount of valuable information to lovers of art needlework, decore crocheted, drawn embroidery, etc. The usual number of beautiful colored plates will appear, as well as many handsome designs and patterns for holiday gifts. Owing to the extensive improvements made in the magazine, the price after January 1st will be 50 cents per year for the four issues, or single copies 15 cents, but orders from now till the first of the year will be received at the old rate of 35c. or 10c. for sample copy. Address Corticelli Silk Company, Ltd., St. John, P. Q. Write for the great premium offers now being made.
No lady who desires to perfect herself in the skillful use of the needle, can afford to be without the "Corticelli Home Needlework Magazine."
Mention this paper.

FRICK AND GOULD.
To Build Great Summer and Winter Resort.
New York, Dec. 12.—The building of a new city for a great international health resort on the coast of New Jersey, near Cape May, at an expense of \$11,000,000, by a syndicate including H. C. Frick, George J. Gould, A. J. Cassatt and other equally prominent capitalists of industry, working in co-operation with the United States government and the Philadelphia and Reading railway companies, is the colossal scheme revealed by the filing of papers at Toronto, N.J.
The plans for the resort are elaborate and daring in the extreme and contemplate an American Riviera, an all-the-year-round metropolis, where the wealth and fashion of the world will gather.
Sumptuous hotels are to be built; and a great artificial haven, 600 acres, in extent, to accommodate the biggest sea-going yachts of the globe-trotting millionaires, will be constructed.
The syndicate is represented by the Beachwood Improvement company, the president of which is State Senator William E. Flinn, the republican leader who kept M. S. Quay out of the senate for two years, and principal owner of the Sharon Steel company, which recently consolidated with the Union Steel company, owned by H. C. Frick and A. W. Mellon.
They have purchased 3,000 acres in Cape May City and 1,000 acres at Two Mile Beach, at a cost of \$800,000 and the Cape May electric plant for \$100,000. Three thousand men will be employed this winter in erecting one hundred cottages around the yacht haven lake, at a cost of \$10,000 each. The first hotel to be erected will cost \$1,000,000, and another is already planned to cost \$600,000.
The government has promised to cooperate in deepening the waterways to the lake, and the Cape May citizens have voted to expend \$100,000 for a boardwalk and bulkhead along the beach. The Pennsylvania and Reading Railway companies will run special express trains to the new resort.

Monogram Paper.
A MOST acceptable Christmas Gift is a box of "Ryrie" stationery, stamped in relief with a monogram.
We engrave a steel die with any three letters, as shown above.
Stamps from 120 sheets of choice note paper.
And furnish envelopes to match, for a total cost of \$4.00.
The "die" will last a lifetime.
Write for our new catalogue.
Ryrie Bros.,
Jewelers,
Yonge and Adelaide Streets,
Toronto.

Sydenham Notes.
Sydenham, Dec. 10.—The newly-appointed school teachers, viz. Misses Henry and Brown, after diligent search, have been unable to find suitable dwellings for residence, consequently they will be compelled to board. Timothy Lawrence, township treasurer, having sold or leased his farm, is desirous of settling in Sydenham, but not a house is to be had. John Ivey, a native of this place, and some time a resident of Chicago, has taken up his dwelling here with his family. Mr. Hogan's little girl, aged three, fell from the baby carriage and broke its arm. The high school is gradually thinning out. The pupils are leaving in view of the Christmas holidays. There is some talk among railroad men here of the R. of O. extending its line from Sydenham to Kingston, via Inverary. Miss Ethel Lawson is about to remove to Inverary. Report says she is to be married prior to her removal. She will be missed. For over twelve years she has been a teacher in the Sabbath school of this place. None more regular and faithful in their attendance than she.

A Lasting Benefit.
Don't suffer with rheumatism. Get cured, as did Johnston Lamson, One Station, Ont. He had rheumatism in one of his hips for years, used all kinds of medicine without getting any relief. Two bottles of Hall's Rheumatism cure cured him completely. He has not had a pain or ache for three years. This great blood purifier is put up in bottles containing ten days' treatment, 50 cents at Wade's.

Music may soothe the savage breast, but verily discord maketh the gentle savage.
To be artistic is praiseworthy, but to sacrifice comfort for it is folly.
There was never a business so good that it would survive neglect.

DEAFNESS CANNOT BE CURED
By local applications as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.
We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free.
J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Hall's Family Pills are the best.

DAY IN AND DAY OUT
THE SOUVENIR
... is a day in and day out, year round and year round demonstration of the "good goods" idea—a Souvenir with the aerated oven is the par excellence of stove building—the result of 55 years experience—the most perfect cooker—the faultless baker—and the easiest of all ranges on the fuel pile and the cook—coal or wood—Nearly 400 different styles and sizes in the Souvenir complete line—Get a Souvenir booklet and post yourself—One will last a lifetime—Sold by good dealers everywhere.
The Gurney-Tilden Company
HAMILTON
BRANCHES AT TORONTO, MONTREAL AND WINNIPEG
S. J. HORSEY, Local Agent, Princess St., Kingston

A GUARANTEED CURE
For All Forms of Kidney Disease.
We, the undersigned Druggists are fully prepared to give the following guarantee with every 50 cent bottle of Dr. Pettinilla's Kidney-Wort Tablets, the only remedy in the world that positively cures all troubles arising from weak or diseased kidneys.
Money cheerfully returned if the sufferer is not relieved and improved after use of one bottle. Three to six bottles effect astonishing and permanent cures. If not relieved and cured, you waste no money.
Henry Wade, Druggist, Kingston, Ont.
G. W. Mahood, Druggist, Kingston, Ont.

A CHRISTMAS GIFT
For Your Wife.
What could be more suitable or welcome than one of our
"Famous Active Ranges?"
Perhaps she has wanted one of these Stoves for a long while. Buy one for a Christmas Present and make her happy and your home bright and comfortable. Call and see them, and let us tell you how moderate our prices are.
Lemmon, Claxton and Lawrenson,
King Street.

MOTHER HENDY'S
ALL HEALING OINTMENT.
Will Cure Burns, Frozen Limbs, Cuts, Salt Rheum, Broken Breasts, Cracked Nipples, Children's Sore Heads, Boils and Blisters. Fingers. PRICE—25c.

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