

HOW TO DRINK MILK.

Why it Disagrees With Some People.

When one needs a reviving stimulant after exhaustion nothing can rival the effects of hot milk sipped slowly.

Some people say they cannot digest milk and these are the people who drink it down quickly so that the digestive acids, in playing around it, form large curds which give trouble before they can be absorbed.

The right way is to sip the milk in small amounts, so that each mouthful as it reaches into the stomach, is surrounded by the gastric fluid, and when the whole glassful is down the effect is that of a spongy mass of curds, in and out of which the keen gastric juices course, speedily doing their work of turning the curd into peptones that the tissues can take up.

To make sure of complete digestion take one or two of Stuart's Dyspepsia Tablets afterwards, as the pepsin and diastase they contain increase the quantity and efficiency of the gastric juices and supply the natural digestive ferments which all weak stomachs lack.

Miss Anna Folger, a professional nurse, speaking of the value of Stuart's Tablets in convalescence, says: "In adult patients recovering from severe illness and especially in children where milk disagrees, one or two tablets overcome any difficulty and seem to strengthen the stomach in a remarkably short time."

Not only children and invalids but professional people and others, whose meals are necessarily hurried or irregular will find Stuart's Dyspepsia Tablets of the greatest value in keeping up the tone and digestive vigor of the stomach.

They contain the active digestive ferments, the lack of which is really the only cause of indigestion and stomach troubles, and the regular daily use of them after meals will probably cure any case of stomach trouble except such as arises from cancer or ulceration.

Many druggists have said that they sell more Stuart's Dyspepsia Tablets than all other stomach remedies combined.

Wool Art Squares. For bedrooms, sitting rooms, dining rooms, in fact for any room in the house.

R. McFAUL, Kingston Carpet Warehouse.

NOMINATIONS.

THE CANDIDATES FOR THE MAYORALTY.

Mayor Shaw Reviews the Work of the Year—Names Proposed for Office—The Candidates in the Various Wards.

Old Father Time gave the municipal wheel one more turn and this morning again brought the electors together in the city hall to take part in the important duty, as citizens, of listening to what the different mayoralty candidates had to say regarding what they proposed to do if elected.

On the platform were seated, when the city clerk opened proceedings, Mayor Shaw, Alders, Graham, Bell, White, John Nicolle, W. Spencer, Dr. Ryan, J. Demmon, J. Maloney, A. B. Cunningham and a few others.

The all important proceedings were opened by ex-Mayor Ryan nominating Alderman Bell, referring to his candidature six years as an alderman, as a member of all important committees and chairman of three of them.

John Nicolle next nominated Alderman White, referring to the fact that he had always admired the free and independent course of his nominee, whom he asked the electors to return at the head of the poll.

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ARE NOW FREE.

FROM ANY OF THE O. H. A. DOMINATION.

Frontenac's Course Reviewed—Princeton and Yale, Strongly Amateur, Play in Pittsburgh, Pa.—General Sport Review.

The executive of the Frontenac Hockey Club have brought matters to a terminus, so far as connection with the O.H.A. is concerned. For years past, Kingston clubs have been in the habit of visiting Pittsburgh and playing exhibition matches.

The Frontenacs had no other alternative but to resign from the Ontario association. The latter has now no authority over them, and as the Frontenacs will make sure to play against no officially declared professional, while in Pittsburgh, consequently no organization in Canada dare professionalize any of them.

It is worth mentioning that the Princeton university hockey team played in Pittsburgh on Saturday. At that and other United States universities, amateurism in sport reigns supreme.

Permission Granted. J. T. Sutherland, manager of Frontenac hockey club, this morning received a letter from Harry E. Smith, captain, president of the Quinte District hockey league.

General Sport Review. The Montreal Mascotte baseball club wants to join the Northern New York league.

The Ontario curling association schedule, Kingston is in group 5, and plays Ottawa at Port Hope in the first round.

In last week's hockey match at Pittsburgh, Pa., the P.A.C.-Kingston team defeated the Keystone's by 4 to 1. Victories lead the league, having one more win than the P.A.C.'s.

John Billis, hay dealer, is seriously ill of typhoid fever.

PERSONAL MENTION.

Movements Of The People—What They Are Saying And Doing.

R. D. Baker, Ottawa, spent Sunday in the city with his family. Miss Jenkins, Colborne street, is spending a holiday in Napanee with Mrs. Boyle.

Miss Galey, Belleville, seriously ill, is recovering. She is a graduated nurse of the Kingston General Hospital. Miss Frances Troy who spent Christmas with her father and sisters, on Wolfe Island, has returned to the city.

Capt. Bloomfield is in Pictou, visiting friends. Capt. Bloomfield may locate in Hamilton next season, and may command either the steamer Maracaibo or Majestic.

S. McNabb, tailor, in the employment of A. C. Waggoner, left to-day for Perth, having been summoned there because of the serious illness of his father.

On November 14th, at Karachi, Bombay, Miss Leeks, daughter of the late Col. Sir Edward Leeks, Bath, Eng., was married to Capt. G. M. Duff, son of the late Lieut. Col. Duff, of this city.

Harry Wilson and wife have been spending their Christmas holidays with Mrs. Wilson's father and mother, Mr. and Mrs. Roushoun, 300 Bagot St., and will return to their home in Hamilton to-morrow. Their old friends were pleased to see them again.

AN EMINENT TEACHER. Of Eloquence—Prof. Stephen, Lecturer at Queen's.

A department in which Queen's requires a permanent lecturer is that of elocution. Each session a short course has been given on this important subject by specially appointed teachers, but at no time has the course been so appreciated as this session.

County Council Nominations. The candidates in Leeds are: No. 1—Finnan Cross, James Reid, acclamation.

CLEVER ACTORS.

PRESENT THE FINE ENGLISH COMEDY "CASTL."

G. H. Brennan's New Company Score a Decided Hit in Their Revival of This Popular Play—Words of Praise For Their Good Work.

On Saturday Kingston theatre-goers had the privilege and pleasure of witnessing, both in the afternoon and evening, a new reproduction of that always popular English comedy, "Castle." There has perhaps not been a season in many years when this play has not been revived in old London, where its charming blend of simple pathos and humor has endeared it to the people seemingly for all time.

Mr. Brennan has succeeded in getting together an exceptionally strong and clever company, and their work on Saturday left nothing to be desired. They were well received here, and on all sides the new production received warm compliments. And it justly deserved them.

The story of the play is a simple but natural one. Eccles, a lazy, good-for-nothing drunkard, who is continually preaching the rights of the poor laboring man, is the father of two handsome daughters, Esther and Polly. Hon. George Fitzroy, a rich young nobleman, and the son of the Marquis de St. Maur, falls in love with Esther. She is equally infatuated with him, but pleads with him to give her up because of the inequality of their stations in life.

Robert V. Ferguson is the comedian, taking the character of Eccles. He is well known to Kingstonians, who admired his clever work as Spanish in "The Country Girl," which appeared here last season. He is well fitted for the role, and was the recipient of hearty praise.

Remembered Them. Richard Ludlow, the popular janitor of Victoria public school, and his amiable wife were kindly remembered by the teachers of the school in the glad Christmas tide.

Christmas In The Penitentiary. The penitentiary officials say there is no truth in the report sent out from Kingston that more vigorous treatment of the convicts has recently been introduced, including the suppression of Christmas presents.

Was Known Here. Guy Delencys, whose name appears among the killed by the G.T.R. accident, was a brother of Rev. A. U. DePencor, assistant at St. James' cathedral, Toronto, and brother of Nurse DePencor, who graduated at the Kingston General Hospital.

To Cure A Cold In One Day. Take laxative, Promio Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Groves' sign nature is on each box. 25c.

ROUGH, DRY HANDS

Are unpleasant. Chapped Lips are unsightly.

A Burning Face from the cold winds is uncomfortable. Try Taylor's Lettuce Cream. A cool, creamy application, delightfully pleasant to use.

Our American and English Chocolates are the best. H. B. TAYLOR, Pharmaceutical Chemist, 124 Princess St., Phone 89. Successor to E. C. Mitchell.

Christmas Perfumes.

IN FANCY BOXES, AT ALL PRICES. Fine Toilet Articles, Webb's Fine Chocolates, IN FANCY PACKAGES.

For Sale by E. L. EBBELS, CHEMIST and DRUGGIST, Market Square Drug Store, Cor. King and Market Sts., Kingston.

Our Coal is as Clean as Though It Were Washed and Brushed.

Each lump stands by itself. Good solid coal—so much solid fire. After coal reaches the surface of the earth from the mines, impurities are picked out by hand. Thereafter it is screened several times before it reaches you, and dirt, slate, etc., really have no chance, if the dealers are careful. We are very careful.

Crawford COAL THAT SUITS. Foot of Queen St.—Phone 8.

Fresh Mined Scranton Coal. Just Arrived. JAMES SWIFT & CO. Phone 135.

A Cosy Bright Fire. Is an attraction for every one. The cherry glow and immense heat of our coal will make itself felt with pleasure during the cold weather. It's just the kind to cook with, too. Let us fill your bin with.

IRON-OX TABLETS. ARE ABSOLUTELY UNIQUE. From the first they have sold as readily as the oldest established remedies. My customers are delighted with them. H. A. DUPEE, Druggist, 333 Bridgeport, Conn.

Results from common soaps:

eczema, coarse hands, ragged clothes, shrunken flannels.

SUNLIGHT SOAP REDUCES EXPENSE. Ask for the Octagon Bar.

ROUGH, DRY HANDS. Are unpleasant. Chapped Lips are unsightly. A Burning Face from the cold winds is uncomfortable. Try Taylor's Lettuce Cream.

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