

# The Mainstay of Age

The digestion of age is weakened. Nourishing, easily-digested foods are required. That is why Tillson's pan-dried Oats is the best breakfast dish for age. The cooking turns the starch into easily-digested dextrin. It is rich in proteids, carbohydrates and fat. Tillson's Oats is a food, not a fad.



## Tillson's Pan-dried Oats

The Best is What You Want. Insure in the North American Life Assurance Co.

The most popular and progressive life insurance company in Canada.

### THERE IS NO SURER OR BETTER INVESTMENT

An investment policy in this ideal company will yield you handsome cash results, if you live long enough, and give you, also, insurance during the investment period. The North American Life Assurance Company has unequalled earning powers, which means large profits to policy holders. Young men should cultivate the habit of saving, by taking a policy in the North American Life Assurance Company. It is a splendid investment for a portion of their surplus earnings. All the most desirable and up-to-date policies are issued by this Company. Moderate rates, good profits and absolute security. Good reliable agents wanted.

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### FOR THE CHILDREN Cheap and Useful

- Children's 3-Piece Toy Sets, Red or Blue.
  - Children's Wood or Rattan Rockers.
  - Children's High Chairs, with Tray.
- Also anything else could suggest in Furniture line; Suitable presents for young and old.
- Our Christmas delivery promises to be the largest yet.

### JAMES REID, 254 Princess Street.

Mail orders promptly attended to.

### CANNEL COAL

FOR YOUR GRATE. It lasts all night. Try it. P. WALSH, 55-57 Barrack Street.

### CHINESE LAUNDRY

IF YOU WANT YOUR LAUNDRY done up stylishly, with a good finish, take it to the "SING DOO LAUNDRY," or by leaving word, will call for laundry and deliver it again. With our trial you will always go to "SING DOO LAUNDRY" Corner Barrie and William streets.

### Wood and Coal

The central Wood and Coal Yard is located at 236 Carl Street.

All kinds of good hard wood, cut and split to suit, dry kilning, always under cover. Prompt delivery. Prices right. None but the pure Scranton Coal—no mixtures.

### B. BARNEY

LET ME HAVE YOUR SALE. And I will guarantee you satisfactory results. We don't brag, but perform the work. Nothing sacrificed, but your best interest studied.

W. J. MURRAY, The Auctioneer.

## WARD SYSTEM OF ELECTING CITY COUNCIL DISCUSSED.

Mr. Givens Claims That It Will Tend To A Further Introduction of Party Politics. Kingston, Dec. 18.—(To the Editor): The matter of electing aldermen by a general vote of the citizens instead of by wards will soon come before the electors for decision, and it is well that the arguments for and against the proposed change should be stated for their consideration. It does not do to jump hastily to the conclusion that any and every change is necessarily a change for the better. Universal suffrage which was hailed by many as the panacea for all public ills has not proved by any means the unqualified blessing some of its strongest advocates are now willing

F. King, a clever young lawyer, and H. Angrove and W. E. Bassam, two of our enterprising merchants. It is needless to go over the list of aldermen in the other wards as they are equally representative. A comparison of these men with those of any former council will show that there has been no deterioration in its personnel. But will the new system give us better men? That remains to be seen. In Hamilton where the general vote system has been introduced, the result in that way has not been satisfactory. No better men have entered the field than under the old system and results have followed the change which were not expected by its advocates. A far more bitter party spirit has been engendered. This will necessarily be the result here. In all probability, if the system is introduced, prior to the first election under it, there will be a caucus of each of the political parties at which twenty-one men will be nominated and the con-

## THEY ARE CRUEL SHACKLES ARE SUBSTITUTED FOR DUNGEONS.

Dark Cell Abolished After Many Years at Cincinnati Workhouse—Offenders Put in Pillory. Cincinnati, Ohio, Dec. 18.—Punishment by solitary confinement in dark dungeons, a practice that has been in effect at the workhouse ever since the institution was established, has been abolished by the board of public service as an unnecessarily cruel measure. When Dr. Otto P. Geier took charge as workhouse physician last spring he joined with Superintendent Kuhrewn in recommending the handcuffing system in place of the dungeons. Flogging is not permitted in Ohio, but the rules permit the use of shackles. A prisoner who has so frequently broken the rules as to require discipline is now placed in a cell with his wrists through the bars of the door slightly above the waist line. Handcuffs are then applied to the wrists outside the door and the prisoner left to think over his crimes. "At first this is no punishment whatever," said the superintendent to-day, "and the prisoners think they have a 'snap' in being relieved of work only to remain standing. Soon, however, the posture becomes tiresome and they begin to wiggle and twist. This gives temporary relief, and they still think it is away ahead of the dungeon."

"It is a short time, however, the position becomes unbearable, and the prisoner actually suffers for lack of freedom to move about. Then he decides to be good and is released from the pillory and put back in his own cell. So that we get better results and diminish the severity of the punishment."

The Best Remedy For Croup. From the Acheson, Kan., Daily Globe. This is the season when the woman who knows the best remedies for croup is in demand in every neighborhood. One of the most terrible things in the world is to be awakened in the middle of the night by a whoop from one of the children. The croup remedies are almost as sure to be lost in case of croup as a revolver is in case of burglars. There used to be an old-fashioned remedy for croup, known as live syrup, but some modern mothers say that Chamberlain's Cough Remedy is better, and does not cost so much. It causes the patient to "throw up" the phlegm quicker, and gives relief in shorter time. Give this remedy as soon as the croupy cough appears and it will prevent the attack. It never fails and is pleasant and safe to take. For sale by all druggists.

Returned From The West. Stratheona, Dec. 16.—Nearly every one is complaining of the scarcity of water, wells and springs having gone dry from the long drought. Mr. and Mrs. Cummings, Croyne, have come to spend the winter with their son here. Mr. Davy, ill so long, is no better. Mr. and Mrs. A. Carter, San Francisco, Cal., visiting friends—in this part of Ontario, spent a day with their aunt, Mrs. Lett, lately. Homer Granger arrived from Minnesota Sunday, to reside on the old homestead; his father has been here for some time. They went west several years ago, where they were very successful. Sad to say, the mother died in that country. A. Granger kept the farm here. He and his son, who came so recently, will remain here, the remainder of the children preferring the west. Their two daughters are both married. Hugh Davy is very low. Mrs. McCoy is spending the winter in Prince Edward county with her son. The entertainment in aid of the public library will be held Friday evening, 18th. George Dunlop has returned from Dundas, as the war was he employed in have closed. Mrs. Fred Haycock spent Tuesday with Mrs. James Kelly.

Shop in the morning if possible.

## FAGGED OUT, DEPRESSED Energy, Snap and Ambition Gone—You Need a Bracing Tonic to Reinvigorate the Blood. Try FERROZONE

Ferrozone will make you strong and capable of doing a heavy day's work without fatigue. It is a marvelous remedy, and does marvellous things, as the following testimonial proves. "After my baby was born, I was left in a weak, sickly condition, totally unfit for a mother's household duties. I somehow did not gain strength, although I took malt extract, and tonics all the time. A lady friend recommended Ferrozone, which I used with splendid results. The first box helped quite a little, and when I had taken six boxes my former health, ruddy cheeks, and good spirits, were fully restored."—Mrs. Newlands, Swansea. You can't spend 50c. to a better advantage than on a box of Ferrozone, and the sooner you get Ferrozone, the sooner you will get well. Don't accept a substitute, but insist on your druggist supplying the genuine Ferrozone, which sells for 50c. a box, or six boxes for \$2.50. By mail from The Ferrozone Co., Kingston, Ont.

## Have You Seen It?

We mean the HUMPHRY ARG LIGHT outside our store. It's a brilliant light, cheap and economical—in fact, the BEST LIGHT made. See us about prices.

## Breck & Halliday, Princess Street.

### FOR 2 DAYS ONLY GREAT BARGAIN SALE OF SHEET MUSIC

We have hanging in our store 500 Songs and Piano Nos., at 50c. each and lower. Your choice of these at 10c. each, including the new 75c. Sacred Song, by R. King, 6 pieces, including "Paradise," for \$1.50. Beautiful Home of same, \$1. 3 pieces, including same, 50c. SINGLETON'S UP-TO-DATE MUSIC STORE, 286 Princess Street, Kingston, Ont. Headquarters Pianos.



MISS HELEN CANNON, Daughter of the speaker of the house of representatives, who ranks next to Mrs. Roosevelt in a official society of the United States.

to admit. Universal suffrage has had not a little to do with the tide of political corruption that has swept over Ontario in the last fifteen years, and that has aroused the just indignation of right thinking men of both parties. It may be said that we are now proposing to make will produce results just as disastrous and as unexpected. It is claimed by those who are advocates of the change: (1) That better men will be induced to enter the city council, and (2) that there will not be the same sectional "pull" for funds to improve certain parts of the city at the expense of the rest; in other words that the aldermen elected by general vote will work for the general good rather than for that of any particular ward. Let us examine these statements and see if there is any foundation for them. As to the first, is it not a general failing of mankind to look upon the old things as better than the new? Are we not all accustomed to hear the remark that "it was different from this twenty years ago, we had splendid men in the council then." But is this true? Looking back over the council as I can remember it for the past quarter of a century, I have no hesitation in saying that the council of 1903 is compare favorably with that of nearly any previous year. I am speaking now of the average council. I am not speaking of that brief period when there were assembled around the council board, C. F. Giddens, Captain Gaskin, William Hart, E. J. B. Pense, John McIntyre, J. C. Whiting, C. Berenshaw, W. Thompson, L. Clements and some others that I might mention. That was an exceptional council. We never had before and we have never had since that time a city council composed of such able, representative and public-spirited citizens, and the chances are that we shall have to wait many years for one equally strong. Leaving out the council of that period then, I say that the present council is a very fair representation of the different interests of the city. Let us get down to particulars and see if this is not so. In Sydenham ward we have W. G. Craig, Dr. Abbott and George Sears, two of our leading merchants and one of our leading physicians. In Ontario ward we have R. E. Kent, J. B. Walker and J. J. Bohan, a banker, a lawyer and the grand secretary of one of our leading fraternal societies. In Rideau ward we have F. J. Hoag, R. Meek and James F. Knapp, all clean, intelligent men holding good positions in the community. In St. Lawrence ward we have Dr. McCammon, J. McE. Mowat, and Charles L. Bass, two of our bright young professional men, and a Princess street merchant. In Victoria ward we have

test will be fought out on the strictest party lines. Money may be spent and corruption introduced into municipal elections, something that has hitherto been largely avoided. But in addition to that we may expect to see more big-horned partisans nominated at these caucuses. The man of independent views who holds aloof from politics will not care to offer himself, or, if he does, is not likely to receive the nomination. The ward-heeler will be to the front and will press his claims for recognition. Then, too, no man cares to be defeated and good men may shrink from an unclear general contest, when in a sectional constituency, like the ward, where they are well known, they are willing to run the risk.

In the ward elections, too, political lines have not been sharply drawn. Speaking for myself I may say that I have voted for reformers at every municipal election since I first had a vote. And I know many good liberals and conservatives who have not hesitated to vote for men of the opposite side. Such, I am afraid, will not be the case under the new system as the fight will be a straight party one. Hitherto, it has largely been the man, not the party. As it is we have too much bitter party spirit already in our municipal affairs and it would be deplorable to intensify it by a scheme without deriving any compensating advantage. As to the other alleged advantage of the new system, namely, that it would prevent one ward from getting more than its due share of the civic funds, that also is problematical. The formation of cliques under the new system would result in the very evil that is supposed to prevent.

All this talk of want of public spirit would our aldermen is beside the mark. The fault lies not in our representatives, but in ourselves. The citizens generally, woefully lack of public spirit, and it will not do to shoulder the blame upon their representatives. It will be well, I think, for every elector to give careful consideration to the question before marking his ballot either for or against a by-law. Perhaps on the whole it will not be that "it is better to bear the ills we have than to fly to others we know not of."—Yours truly, D. A. GIVENS.

### Has Worked Well.

Montreal Gazette. If any one man in Montreal has done anything to popularize Handel's Messiah it is Horace W. Royce. He was the first to introduce Handel's masterpiece in this city as Christmas music, and once again last evening he presented to a well filled church excerpts from the work, both for solo and chorus.

### Fiji Hairdressing.

No one has visited Fiji in the past without being astonished at the fearful and wonderful styles of hairdressing. They are geometrical, monumental, pyramidal and trapezoidal. An additional factor in this production of the grotesque is that the hair varies in color as lime varies in bleaching power or as the juice of the mangrove in coloring matter. Between black and white are colors run through the blue black and all the shades of red and yellow. Often half the hair is red and the other half white, giving a kind of piebald effect.

Some live men remind us of dead ones they forgot to get buried. Diphtheria sorcery worth \$1 for 6c. New York News Telegram.

## Diamond Hall

"Diamond Hall"—Ryrie Bros.—Toronto, is one of the largest retail jewelry stores in the world.

From its magnificent stock of Diamonds, Jewels, Silverware, Leather Goods, etc., you may select with guaranteed satisfaction of your home.

A request will bring to your door—free of cost—our handsomely illustrated new catalogue. Ready for delivery Nov. 15th.

The great magnitude of our business permits of our selling at money-saving prices.

We return your money in full without question if an receipt of article ordered you are not perfectly satisfied.

RYRIE BROS. JEWELERS 118, 120, 122 and 124 Yonge St., Toronto

## Night Sweats

Afternoon Chills and Fever, Loss of Flesh and Strength, Weak Voice, Difficult Breathing, Fickle Appetite are symptoms of Consumption.

## DR. SLOCUM'S PSYCHINE (PRONOUNCED SI-KEEN)

Drives out the Tuberculosis Germs from your system, and produces Flesh and Strength, two essentials for a permanent cure.

For sale at all drug stores. Dr. T. A. Slocum, Limited, 179 King St. West, Toronto. Sample free upon request.

## If You Drink Scotch GET THE PUREST!

### Ainslie's Whiskies Are The Best.

This brand has a world renowned reputation. Their Whiskies are well matured in wood. They possess a fine mellow flavor. Absolutely pure. Mixes with Seltzer Water. At All Dealers. L. Caput Fils & Co. Sole Agents, Montreal.

### FOR SALE.

TEAM ENGINES AND BOILERS, IN perfect condition, nearly new, complete with fittings: 12-Horse-Power stationary Boiler, cost \$200, for \$110; 10-Horse-Power stationary Boiler, cost \$185, for \$100; 8-Horse-Power Horizontal Engine, cost \$170, for \$90; 12-Horse-Power, Reversible, Upright, Portable Engine and Boiler, suitable for light work or steam yacht, cost \$175, for \$90. Steel Shaftings, Hangers and Pulleys, cheap. J. A. Gould & Co., King Street, east of Queen Street.

### CITY PARCEL DELIVERY

PARCELS, TRUNKS, ETC. DELIVERED promptly to all parts of the City and vicinity. Arrangements will be made with merchants having no delivery. Satisfaction guaranteed. Charges moderate. Give us a trial. Telephone 94. F. D. BRADLEY, 128 Barrie St.

## A New Wrinkle, (No. 6.)

Macaroni Soup. 1 quart brown soup stock, 1/2 cup macaroni, broken in pieces and salt and pepper. Cook in boiling water until soft; drain well and add to stock heated to boiling point, season with salt and pepper and serve. Spaghetti or other Italian pastes may be substituted for macaroni. Above is taken from edition de Luxe "Culinary Wrinkles" (just out) which will be sent postpaid to any address on receipt of a metal cap from Jar of Armour's Extract of Beef. ARMOUR & COMPANY, CHICAGO.

# Armour's Extract of Beef

The Best Extract of the Best Beef. Sold by all jobbing and also retail drug and grocery trade.

## Fit-Reform READY-MADE TAILORED CLOTHES

"Quality" Clothes. The perfection of every detail in buying, making and retailing, has made "Fit-Reform" Clothes what they are to-day—the representative ready-to-wear clothes of Canada. The men who design the patterns, are employed for their nice discrimination. The men who oversee the making are rigorous censors. The tailors who actually build the clothes, are on their mettle to do better and better work every day.

"Fit-Reform" has won a reputation as the finest ready-to-wear clothes in Canada among men who appreciate its niceties of tailoring—its perfection of fit.

Men who demand styles and fabrics that are exclusive, have more reasons than ever to look to "Fit-Reform" Clothes for them. Suits and Overcoats, \$22. to \$30. Trousers, \$3. \$4. \$5 and \$6.

## Fit-Reform Wardrobe E. P. JENKINS

Sole Agent for KINGSTON.



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No matter what other gifts take your fancy, you can do nothing wiser than to come and look at what we have to show you in Shoes and Slippers

## H. Jennings, King St.

## Christmas Shoe and Slippers

For the best selection of Fancy Footwear call at Abernethy's.

The largest stock of the latest styles of Slippers and Fancy Shoes ever shown in the city.

Skating Boots; every style and price. Overshoes and Rubbers, Overgaiters and Moccasins.

## Call at Abernethy's For Trunks and Valises.