in a home of your own. Drop the rent habit. He known as a

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instend of a property renter. When we exlighten you about prices, terms of payment, Alties; values, etc., you'll be sorry that so much money has been wanted in more rent paying, etc.

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Florists, 'Phone, 239. For 'Xmas large stock of Plants, Cutflowers. Holly, Mistletoe, Wreathing, etc Order early and get first choice.









GEN. GONZALES Generals who distinguished themselves in the recent battle between the Nicaragus troops and the revolution-ists and map showing advance of Estrada's armies.

How many women there are to whom these words apply exactly! They are not quite "sick in bed", but they almost wish, as they struggle through each day, that they were. Frequent headaches, loss of energy, loss of appetite, depression and attacks of biliousness and indigestion make life a dragging

misery. In nearly every case the cause of it all is chronic constipation, that trouble so often made light of, but which brings about so much suffering. As a result of it the whole system is filled with impurities and almost everything, including the special functions of womanhood, goes wrong.

Hundreds of thousands of women have had reason to thank Dr. Morse's Indian Root Pills for relief from all this chain of miseries, and for restoration to health and happiness. For over fifty years, and in every part of the world, these Pills have been tested and proved a great female medicine.

Being purely v setable, they are not harsh like salts and so many ther purgatives, nor do they weaken, sicken or gripe

Dr. Morse's Indian Root Pills are a perfect blood purifier, and a sure cure for biliousness. indigestion, headache, sallow complexion, liver and kidney troubles, piles, pimples, boils and other ailments that arise from the sluggish action of bowels, liver or kidneys. By purifying the blood and invigorating every organ in the whole body they relieve and cure female ailments and restore normal. healthy conditions.

Dr. Morse's Indian Root Pills are, in truth, a blessing to women, as Mrs. Harrison, of Richmond, Va., found. She writes:

"About six weeks ago I first used Dr. Morse's Indian Root Pills, and I must state that I found them a most superior medicine. My complaint was peculiar to women—langour, debility, and bilious attacks, which combined to make my days thoroughly wretched. Indeed, there were spells when I used to wonder in the morning how I could manage to get through my household duties, and was forced to struggle through the day when I should have been in bed. Dr. Morse's Indian Root Pills have made me vigarous and well. I noticed the change from the very first dose."

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STRONG FLOUR can only A be made from strong wheat. Manitoba hard wheat is acknow-Purity Flour.

ledged the strongest in the worldand that is the kind used for But that's not all. Every grain of this wheat contains both highgrade and low-grade properties. In separating the high-grade parts

m the low-grade the Western

through a process so exacting

ot a single low-grade pa

ada Floor Mills put the hard

Of course this special process is more expensive to operate but it means a lot to Purity flour usersthat's why we use it.

It means that Purity Flour is made entirely of the highest-grade flour parts of the strongest wheat in the world.

It means a high-class, strong flour and therefore yields "more bread

Purity may cost a little more han some flours, but results prove it the cheapest and most economical after all.



The R.C.H.A. Team Not Ready of the association, who are taking with or maybe you call it Indigen--Frontenac Juniors Play in Tren-

ton Next Monday. open on Thursday evening, at the Light teams have entered. Royal rink, when the Royals and R.C. Zbysco, the champion Polish wasse five armutes there is left any trace of but one cause fermentation of unit H.A. would play, but owing to the ler has gone stale. Another illustrance were five misery. soldiers not being able to get their tion of over-doing a game. ly postponed. This news was not very mile race at Toronto. Shrubb quit in Bigestive organs become weak, there is nothing really wrong, welcome to the number of supporters the sixth mile, and Meadows finished is linek of gastere juice; your food is Stop this fermentation and begin entof both teams who were anxious to see in 53.31 3-5.

some evening in the near future, The Royals had a fine practice from on Saturday, as one of the representation eight to nine o'clock, all the team be tives of the U.R.F.U. ing out. The Royals have a very Ottawa Citizen! Renfrew buckey strong team this season, and bid fair stock took a drop when local option following players were picked for hockey players and temperance admorpharmally goal: Cherry, point; Lemmon, cover; H. Guggenheim, the millionaice, who hinslee, rover; B. Muckler, centre; G. promoted the Seattle Marathon, has

Curling Schedule Drawn.

held in Napance, on Thursday after noon. Br. Cartwright represented biggest defence playing 0.H.A. Thur Napance and Peter Foran was Believille's delegate. The schedule was drawn up for the first round of the What a pair of little pink junior series, and if necessary another ings ! round will be played. The dates were Frank Farrell, and has offered so arranged that the junior and senior anxion teams would both be away together. Stalling It was also decided that every memb of the winning team would rece sterling silver shield. The schedule was drawn w

On January 124 On January 27th, two Belleville

rinks will play in Kingston. Mr. Asselstine was royally enter tained by the Napanee curlers, and succeded in shipping a team to victory in the afternoon

Portsmouth City League team \$150,000, has been organized on the had a fine practice at Palace rink, on Pacific coast. Thursday evening, from eight to nine! A small boy likes to have his hair o'clock, about fifteen players being mowed with clippers so that he will the large ice, and had a good workout, Portsmouth has turned out some ine players in years gone by, and this our the City League team from Hat-Bay will be a strong factor in This is the Case with Many Kingster the series. They have some good men to pick from including Gravelle, "Bill" McCammon, Hogan, Smith Kennedy, McGeein, Hartrick, A. Me-Cammon, and many others. The team will also practice on the Royal and covered rinks, to get used to them all,

Y.M.C.A. Team Out. nine to . ten o'clock, and during the must cure the kidneys

hour the players certainly cut figures. | Booth's Kidney Pills cure sick kins The association; has among its mem- news and cure them permanently. Cambers, many players to pick from, and you doubt Kingston evidence? Thom-they are all staying with the bunch, as James, of 105 Colborns stress. The Y.M.C.A. should have a very Kingston, Ont., says: strong septette in the City League, For ever five years I had sufficient and if the "All-Star" teum goes with my back. Each spring it would derstood the game perfectly.

ave a practice at the covered sink

Young Irishmen's Team. The Young brishmen will also have all The boys had a good practice on Thursday evening, at the Royal winds. All last year's players and a few ones have turned out.

Practice At Palace Rink The Wormwith hockey team / had good practice at the Palace Suit on Thursday evening, all the placets being out. The boys are showing their first game on Tuesday night when they meet St. James'. Fresnerick Davis has developed into/a. fast defence men, and is about to best point in the city lengths.

Team For Trenton. Stanley Trotter was to take the Royal team to Trenton for a gent

to-night but the Trenton team had it changed until Saturday. The krands will leave here at 3:19 o'clock at return at midnight.

Double Header on Tuesday. The postponed game of the R.C.M. on Tuesday evening, a double besiden being arranged. The first game will be between Wormwith's and Sa

the R.C.H.A. and Royals. to the Y.M.C.A. for competition in Paul, of Chicago, spent the holidays and family at G. Valleau's; H. Tompthe junior Y.M.C.A, city bushing weath his parents here. D. McKim and son and sister at league series. The cup will be held wife are spending a few weeks with literatick's; Mrs. Reed at J. in trust by the association and will be be presented to the winners at the ber from here attended Finkle's sale English at I. Anderson's; Mrs. Alexicose of the season. Ir. Nash is a all Newburgh, on Tuesday, V. Stormes ander at Mrs. Henderson's. the association, having at all times tathis cup for competition on this series. The members of the different teams are more than pleased, and ex-tend their thanks to Dr. Nash. The FIRST K.A.H.L. GAME WAS POSTthe trophy. The Y.M.C.A. is making
great headway in the line of spons

Sufferer.

Imateur Hockey League was billed to bockey league has been formed them. Pupe's Image and let you eat one stomach, you can make up your mind

team together, the game was indefinite Meadows beat Shrubb in their tom Food souring; the that your stomach is as good as any;

The postponed game will be played W. A. Hewitt will attend the annual meeting of the C.R.F.U., at Montmeal

to hold the cup won last year. / The carried at the Creamery Town Good

Charles, left ving; M. Ainslee, right been served with papers for the ne-St. Yves and Marsh as prizes. Bonuses on a sliding scale have been T. M. Asselstine, represented the lo- York American Baseball League Chib cal curling club at a meeting of the to Manager Stallings, if he succeeds in Eastern Ontario Curling Association, landing the club in the first division.

> neumant, \$2,000 for second e. \$1,500 for third and \$1,000 for

Marsh is in San Francisco, wheer or Marathon Derby is to be held soon Hayes is there also, and Borandon is th, two teams from heading that way as fast as his train. can carry him. St. Yves is in Want 21st, two Kingston couver, but intends going south at in

miner. Many prefer feathers but it may be only a superstition. We are creatures of habit, after all: The Grand Trunk Pacific Dock com-

Too many Kingston citizens age handicapped with a bad back. The uneasing phin causes constant misses making work a burden and stooping or ifting an impossibility. The buck aches at night, preventing refreshing rest, and in the morning is still and ame. Plasters and liniments may The Y.M.C.As boys followelf Ports give relief, but cannot reach the onuse. nouth, having the Palace rink from To eliminate the pains and aches you

through it will be hard to beat. Four become so weak and painful that it teen players were out an Thursday would be laid up for weeks and not svening and all showed that they unable to turn myself in bed. The pains In Montreal, on Wednesday night, in but could find no relief. My condition a bookey match that was full of brilli-became more painful with each attack and play. Les Canadiens, of Montreal. I was weak and languid for the most so ted the high-priced Cobalt skate part of each summer. Bustle's had iste, by 7 to 6. Bernier, formerly not Pills were advertised at Mahousi



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News From Selby.

Salley, Jan. 5 .- The New Year's enmunimment in the Methodist church

and family are visiting at Prince ward. The Misses Tompson spent the holidays at the parsonage. Miss bitzpatrick is engaged to tach the was a success; proceeds over \$40. Dr. Swamp school. Visitors: R. Gibson

## partment and the members approximate DISTRESS FROM A BAD STOMACH, very much his kindness in presentance GAS AND INDIGESTION WILL END.

Junior Curling Schedule Arranged every possible means to do the warm mean. Despepsia, Gastritis or Catarrh symptoms, best for the boys. of Stomach; it doesn't matter. If your appetite is fickle, and noth-

The correct name of your trouble is Prove to yourself in five minute the first game and see the league go along with a snap, but still the mix. defeated a picked team of the Bookest and fullness after eating, vomiting. Almost instant relief is waiting to

ness, diziness or many other similar

with you to your Pharmacist and you feel bloated after sating, or your According to schedule, the Kingston Hamilton is rejoicing because a ment with him to open a 50-cent case of food lies like a lump of lead on your magnain Triangle and see if within that at the bottom of all this there'le

ambe half digested, and you become ing what you want without fear of

up could not be avoided, and the Club of New York, by S to I; at St. mausen, heartburn, griping in bowels, you. It is merely a matter of how league will go along just the same. Nicholas rink.

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Don't thil to try Life-Buoy Rubbers-they are absolutely the best Sold in Kingston only by

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