


2 IN 1 FAMILY



Here is one of the many cases in which several members of one family have benefited from the household box of Zam-Buk. Col. Sgt. Louis Elliott, 3rd Co., 48th Battalion, Peterboro, Ont., says: "The lower part of my face, chin and chin broke out in small red pimples, which later festered and broke, forming nasty sores and dry scabs. The itching set up by these eruptions and sores was terrible, and seemed far worse during the night. All kinds of soaps, washes and ointments were tried in vain attempts to get relief, even to bathing with carbolic acid and water. Finally I thought of Zam-Buk and straightway procured a box at the drug store. One night's application brought great relief from the intense itching, and as I kept on applying this balm daily, the inflammation was soon drawn out, and in less than a week's time the sores were thoroughly healed and every scab banished."

Mrs. Elliott, 139 Sherbrooke St., Peterboro, telling of Zam-Buk's effect on her younger son Walter, says: "He slipped and caused a wound on his right hip, which developed into a running sore. From this smaller sore spread until his lower limbs were covered with ulcers. These proved very alarming and I feared blood poisoning! I began the Zam-Buk treatment, and it really seemed to aid like magic! In a remarkably short space of time the raw running sores were all healed. I am very grateful indeed for his cure, and I strongly recommend all mothers to keep Zam-Buk always handy."

WHAT ZAM-BUK WILL CURE.
Zam-Buk will be found a cure for cold sores, chapped hands, frost bite, ulcers, blood-poison, varicose sores, piles, scalp sores, ringworm, inflamed patches, babies' eruptions and chapped cheeks, cuts, burns, bruises, and skin injuries generally. All druggists and stores sell at 50c. box or post free from Zam-Buk Co., Toronto, upon receipt of price. You are warned against harmful imitations and substitutes. See the registered name "Zam-Buk" on every package before buying.

HEALED BY ZAM-BUK

WORK WITHOUT FATIGUE
You won't feel exhausted when you take **EPPS'S COCOA** FOR BREAKFAST!
It will sustain you as nothing else will—there is strength in every particle of it. As a supper beverage it is perfect.

EVEN TO GERMANY

Quality in **REGAL LAGER** is so high that it is even to be had in Germany. And why a "Quality" lager? Because it is brewed in the old, slow Munich way from purest yeasts to make **REGAL LAGER**, a table beverage, a home drink.

For Sale by all Liquor Dealers and Leading Hotels

HAMILTON BREWING ASSOCIATION, LTD.
HAMILTON, CANADA

WHOLESALE ORDERS
Phone 439, Hamilton
Main 1621, Toronto; 436, Ottawa

Knox Chocolate Plum Pudding

1/2 box Knox Sparkling Gelatine.
1/2 cup cold water.
1 cup sugar.
1/2 cup currants.
1/2 cup raisins.
1/2 cup milk.
1/2 cup flour.

1/2 cup almond citron or nuts, as preferred.
1/2 cup currants.
1/2 square chocolate.
1/2 cup milk.
1/2 cup flour.

Boil the gelatine in the cold water. Put milk in double boiler. Melt chocolate, add to milk and add sugar and salt. Scald and remove from fire. Add gelatine, and when it begins to set, add the fruit and vanilla. Serve with the following sauce or whipped cream: Beat white of one egg stiff; add one tablespoonful confectioner's sugar and one-half cup milk slowly. Flavor with vanilla.

Knox Pure Plain Gelatine

will encourage the appetite. It is one of the secrets of "good cooking." Knox Gelatine means best—highest money's worth—for each package makes two full quarts. It is economical to use. No waiting for Knox Gelatine to dissolve. It is granulated and dissolves quickly.

Pint Sample Free—A pint sample and our new recipe book, "Dainty Desserts for Dainty People," will be sent for your grocer's name. Address **CHARLES B. KNOX CO.**, Johnstown, N. Y., U.S.A.

IN QUIET WATERS

FATHER VAUGHAN TALKS INTERESTINGLY ON HIS TRIP.

Says Catholics to Compete With Them in West Must Address Auditors in English.

London, Dec. 2.—"I feel like one who has just shot the rapids and finds himself in a quiet back-water," said Father Bernard Vaughan as he welcomed a representative of the Yorkshire Post at the house of his host, Col. Coghlan, at Headingley, recently. This was in allusion to the fact that during thirty days recently spent in Canada and the United States he delivered no fewer than sixty speeches and travelled great distances. The object of his visit was to attend the Eucharistic Congress at Montreal.

Two things particularly struck him in Canada—that "splendid pioneer of civilization," the Canadian Pacific Railway and the position of the Roman Catholic church, "set upon a hill, in the light of the searchlight that averages the land."

"But what is the position with regard to other forms of religion?" "The highest credit," he replied, "is due to Anglicans, Presbyterians, Methodists, and others who are putting forth their best and most zealous efforts to capture the western provinces of Canada. If we Catholics are to compete with them we must make no mistake about the language in which we present our message. If we are to hold our own we must address our auditors in the only language acceptable to them—English. I would be sorry to be little the splendid work that has been done in the French-speaking provinces of Canada by French-Catholics, but outside those provinces in the west and north-west, we must go forward charged like batteries with the gospel message, which must be discharged upon them in terse and vigorous English. The Catholic church knows no racial distinction. Her mission is to the children of humanity. It is in an English-speaking land we must address ourselves to its community in that tongue which is the recognized symbol of justice, truth and liberty."

As to openings in Canada for the youth of this country, Father Vaughan declared that there are innumerable opportunities for all sections of our community provided the youth of them is ready to fit himself into the openings. The mistake Englishmen make is that they go across the Atlantic with pre-conceived ideas that they are going to boss, instead of to help, to teach instead of to learn. That will not do out there. You must take your coat off, tuck up your sleeves, get your back into the work, and push and shove for all you are worth. Unless you are the prizes of life are snatched up from you by Poles, Scandinavians, Italians, and others of almost every race but your own.

In some places Father Vaughan saw notices, "Englishmen need not apply." "That surely was unpleasantly significant," was his comment. "In Canada, and especially in British Columbia, there is more than enough work—round, and now is the time to get hold of the ropes and to work ahead with the resolve to take jobs as they come ill at length you are your own show and come out on top."

The conversation drifted into Canadian politics. Father Vaughan paused and smiled. Then he spoke, but guardedly. "Having surveyed the situation, I candidly admit that I have very strong personal views about the future of Canada. But not being a statesman, and not even a politician, it is better, like Dr. Pangloss, to keep 'in alia mente repositum,' in a word, to keep them to myself. Of course," he added, "there are three possibilities for Canada. She might set up for herself as an independent nation; she might unite under one flag with the United States, or she might hold her own as the proud and stately daughter of the motherland, rallying to her and identifying herself with her in all that promotes the highest interests of her strong-set supremacy." As to which of these three possible positions will become an actuality, this, Father Vaughan declared, would depend upon the policy of the British government at home. "One thing is certain," he averred, "that this stately daughter of Destiny is standing with her arms outstretched and her eyes set towards the motherland; for her love and sympathy she yearns and pleads."

FROM THE COUNTRYSIDE.

Sharbot Lake Notes.

Sharbot Lake, Dec. 5.—Gordon Meighan has returned from the west. Mr. and Mrs. John Allen have returned from Peterboro, where they attended the graduating exercises for nurses of the Nichols hospital. Their daughter, Miss Annie E. Allen, was one of the graduates.

Plain Hollow Personal.

Plain Hollow, Dec. 4.—Mr. and Mrs. D. Kilborn attended the funeral of the late Mrs. McVeigh, Addison, on Sunday. Snow has come and sleighs are being used. Mrs. Newton Kilborn has returned home from Gananoque, where she spent the summer. Miss Smith and Miss Mitchell, Frankville, spent Sunday, guests of Miss Susie Palmer. Mrs. B. Barker is the guest of Frankville friends.

Napanee Personal.

Napanee, Dec. 4.—D. A. MacMillan, manager of the Merchants' Bank, Hespeler, is in town for a few days. The weather has become very cold. The river is frozen over and the small boys with their skates is in evidence. Mrs. J. M. Parrott and Mrs. McCoy left, yesterday, to spend the winter in Carleton Place, with Mr. and Mrs. Frank S. McCoy. Miss Ethel Long, Grimby, is spending a month visiting friends and relatives in Napanee and vicinity.

Plevna Personal.

Plevna, Dec. 5.—Mrs. D. Albert is on the sick list. The infant son of Mr. and Mrs. J. Lemkie is better. Miss Louise Lemkie spent last week at Slate Falls, the guest of Miss L. Thompson. Mrs. (Dr.) Kingston is spending a few weeks in Kingston. G. Oster spent last week in Kingston. J. Godkin, of Fernleigh, and J. McKinnon, of Red Deer, Alta., at Mr. Godkin's mother's; Rev. C. Huyck has gone to the north end of his mission for this week.

Rural Mail Delivery Held Up.

Charleton, Dec. 5.—There is to be a farewell party at John Hudson's on Tuesday evening. Mr. and Mrs. Hudson intend moving to Brockville. Harry Butcher continues very ill. Miss Shaver, trained nurse, is attending him. The rural mail delivery to have started on Thursday, December 1st, failed to go. The service was being put on contrary to the laws of the department, and a message from Ottawa brought everything to a sudden stop. The rural boxes were all in their places.

Death at Phillipsville.

Phillipsville, Dec. 5.—Another old resident has passed away in the person of William Gettridge, in the eighty-first year of his age. He had lived all his long life on the farm where he was born, and had always been an industrious, hardworking man. He was blessed with fairly good health until a few days before his death. Deceased was a consistent member of the Methodist church. He leaves one son, Charles, on the homestead, and one daughter, Mrs. Harmon Earl. His wife predeceased him a number of years ago.

Holleford Happenings.

Holleford, Dec. 5.—The revival services in the Free Methodist church will continue this week. Mrs. Coulter has returned to her home in Galt, after a three weeks' visit with her parents, Mr. and Mrs. James Walker. Miss Alma Walker has been engaged to teach the Union school the coming year. Mr. and Mrs. D. Walker have adopted a girl from the Orphans' Home, Peterboro. J. O'Reilly is recovering from a severe attack of rheumatism. Mrs. C. Martin is also ill. Mr. and Mrs. J. Whain, who have been visiting friends here, will go to Cobalt to-morrow. W. Collins and family have moved to the home of his father, A. Collins. Mrs. J. Redmond, sr., Kepler, is spending a few days with friends here.

Mallorytown Tidings.

Mallorytown, Dec. 5.—The G.T.R. company is blasting some rock out of Jones' Creek, under the iron bridge, near Longe Mills. The inspector of road offices will be an official visit here on Tuesday. Egbert Mallory went to Montreal on Tuesday, with a car of stock. The Ontario Dairy Association met in the Oddfellows' hall on Wednesday. Henry Lake and family have moved into the house owned by William Vandusen. The remains of the late Mrs. John Vannattan, of Ecott, were placed in the vault here on Friday afternoon. The Union cheese factory has closed for the season. Harry Stockberry has charge of A. W. Mallory's cheese factory and intends making cheese until the first of the new year. Leman Guild, of the Whig staff, Kingston, was home on a brief visit with his parents. Rev. W. Wells was at Leandora assisting Rev. Kelly in the special services last week. Mrs. William Cain is under the care of Dr. Lake. R. H. McCallpin is taking great interest in the children of the village in providing a skating rink at his expense. Gilbert Root went to Montreal on Saturday with a car of stock and turkeys.

Called for Glory Divine.

Among the customers in a drug store one day last week was a little girl who is known to her playmates in that vicinity as "Peggy." As she stood waiting for her turn it could be noticed that she was repeating something under her breath in her effort to remember what her mother had sent her to buy.

"Mother wants five cents' worth of glory divine," said the young clerk. "Of what?" said the girl, who was standing there as if dumfounded by a hard blow of a baseball bat.

"Glory divine, glory divine," came the reply in a louder voice than when she had made the original request.

"You had better go home and have your mother write it down on paper, little girl," said the clerk, feeling that the girl was too sure to argue with him.

Soon she returned, and, handing the note to the clerk, he read, "Five cents' worth of chorlate of lime."—Philadelphia Times.

Fatally Burned.

Lethbridge, Alta., Dec. 6.—Irene Tilley, seven years of age, was fatally burned while pouring coal-oil on a fire, her clothes taking fire. The flames were extinguished by a boarder at the girl's home. She is alive at the hospital, and there is no hope of recovery.

Boarding House Burned.

Bala, Ont., Dec. 6.—J. P. May's summer boarding house, at Cape May, Muskoka Lake, was destroyed by fire on Friday. The contents were all destroyed. There is some insurance but not sufficient to cover the loss.

When the doctor tells a man to diet, the patient proceeds to refuse all the things he dislikes.

When a man retires from political office it is usually with the assistance of his constituents.

SUNLIGHT SOAP



A BASKET FULL
of clean, sweet-smelling linen is obtained with half the toil and in half the time if you follow the Sunlight directions. Give up for once the old, hard way of washing clothes. Sunlight will shorten the day's work, but lengthen the life of your clothes.

CEETEE UNDERWEAR

Look for the "sheep" For comfort-loving people "Ceetee" is the underwear that pleases. Fits perfectly—soft and velvety to the skin and guaranteed unshrinkable.

Insist on "Ceetee" In all cases for men, women and children.

The C. Turnbull Co. of Galt, Ontario
Manufacturers—Est. 1870 Galt, Ontario

"Eat and Be Merry!"

Stop starving yourself—stop suffering the pangs of indigestion—stop worrying about what you eat and dare not eat. Eat hearty meals of wholesome food, take

NA-DRU-CO DYSPEPSIA TABLETS

and you'll feel like a new person. Sour stomach—heartburn—occasional indigestion—chronic dyspepsia—all yield quickly to NA-DRU-CO Dyspepsia Tablets. The properly digested food restores your strength, your stomach regains its tone, and soon requires no further aid.

50c. a box. If your druggist has not stocked them yet send 50c. and we will mail them.

NATIONAL DRUG AND CHEMICAL CO. OF CANADA LIMITED, MONTREAL.

Fresh Air in Winter

In winter, it is hard to get fresh air in certain rooms. Some rooms in a house are usually colder than others, and if you open the windows it is hard again to heat the room properly. If you keep the windows closed you don't get fresh air; if you keep them open you cannot quickly reheat the room. The

PERFECTION SMOKELESS OIL HEATER

Absolutely smokeless and odorless solves the difficulty. You can leave the windows in a room open all day in winter, and when you close them apply a match to a Perfection Oil Heater and heat the room to any temperature you desire in a few minutes.

The Perfection Oil Heater is finished in Japan or nickel. It burns for six hours. It has a cool handle and a damper top. It has an automatic flame spreader, which prevents the wick from being turned high enough to smoke, and is easy to remove and drop back so that the wick can be quickly cleaned. An indicator always shows amount of oil in the font.

The filler-cap does not need to be screwed down. It is put in like a cork in a bottle, and is attached to the font by a chain.

The burner body or gallery cannot become wedged, because of a new device in construction, and consequently, it can always be easily unscrewed in an instant for reworking. The Perfection Oil Heater is strong, durable, well made, built for service, yet light and ornamental.

Dealers Everywhere. If not at yours, write for descriptive circular to the nearest agency of the

The Queen City Oil Company, Limited.

HOTEL DIRECTORY.

DESERVING.
Go to the STEWART HOUSE, Leading Commercial Hotel. Rates, \$1.50 per day.
JAS. STEWART, Prop.

TRAVELLING.

GRAND TRUNK RAILWAY SYSTEM

ONTARIO PROVINCIAL FAIR, QUELPIE, ONT., December 6th to 9th. Round Trip Fare from Kingston \$6.25.

Good going Saturday, Dec. 3rd, to Friday, December 9th, good to return until Dec. 12th.

LOCAL BRANCH TIME-TABLE.

Trains will leave and arrive at City Depot as follows:

Going West.
Leave City, Arrive City.
No. 9 Mail — 12:35 a.m. 12:57 a.m.
No. 1 Express — 2:45 a.m. 3:25 a.m.
No. 2 Mail — 4:15 a.m. 4:57 a.m.
No. 3 Mail — 6:15 a.m. 6:57 p.m.
No. 4 Mail — 8:15 a.m. 8:57 p.m.
No. 5 Mail — 10:15 a.m. 10:57 p.m.
No. 6 Mail — 12:15 p.m. 12:57 p.m.
No. 7 Mail — 2:15 p.m. 2:57 p.m.
No. 8 Mail — 4:15 p.m. 4:57 p.m.

Going East.
Leave City, Arrive City.
No. 9 Mail — 1:40 a.m. 2:15 a.m.
No. 2 Mail — 3:45 a.m. 4:25 a.m.
No. 3 Mail — 5:15 a.m. 5:57 a.m.
No. 4 Mail — 7:15 a.m. 7:57 p.m.
No. 5 Mail — 9:15 a.m. 9:57 p.m.
No. 6 Mail — 11:15 a.m. 11:57 p.m.
No. 7 Mail — 1:15 p.m. 1:57 p.m.
No. 8 Mail — 3:15 p.m. 3:57 p.m.

For full particulars and Pullman reservations, apply to J. P. HANLEY, Agent, Corner Johnson and Ontario Sts.

KINGSTON & PEMBROKE RAILWAY

In Connection With CANADIAN PACIFIC RAILWAY.

Trains Leave Kingston

12:01 p.m. Express—For Ottawa, Montreal, Quebec, St. John, N.B., Halifax, Boston, Toronto, Chicago, St. Paul, Winnipeg, Vancouver, Seattle, Portland and San Francisco.
1:45 p.m.—Local, for Sharbot Lake, connecting with C. P. R. East and West.
7:45 a.m. Mixed—For Renfrew and intermediate points, Mon., Wed. and Friday.
Passengers leaving Kingston at 12:01 p.m. arrive in Ottawa at 8 p.m.; Peterboro, 4:15 p.m.; Toronto, 12:15 p.m.; Montreal, 7:55 p.m.; Boston, 7:50 a.m.; St. John, 12:00 noon.

Full particulars apply to P. and O. and C.P.R. ticket office, Ontario Street and F. CONWAY, Agent, East and Centre, Kingston, Ont.

RAY OF QUINTE RAILWAY.

Trains leave Union Station, Ontario Street, 4 p.m. daily (Sunday excepted) for Renfrew, Brockton, Ottawa, Deseronto, Bannockburn and all points north. To secure quick despatch to Bannockburn, Mackinac, and points on Central Ontario route your shipments via Ray of Quinte Railway. Further particulars, apply to W. DICKSON, Agent, Phone, No. 1.

Lake Ontario and Bay of Quinte Steamboat Co., Limited.

Str. ALETHA

Leaves Kingston daily except Sundays at 3 p.m. for Picton and intermediate Bay of Quinte ports.

Full information from James Swift & Co., J. P. Hanley, Freight Agents, Ticket Agent.

BAHAMAS IDEAL WINTER RESORT

FIRST CABIN TOURS \$175

New twin screw SS. BRASS and four other large steamships in service, connecting Nassau with Havana, Mexico, and Galveston, the gateway to California and Pacific Coast ports.

WEEKLY SERVICE TO NASSAU, TEMPERATE WINTER AVERAGE.

Best of British Colonial Government. Splendid hotels, excellent golfing, tennis, polo, motor, yachting, fishing, bathing. A paradise of beautiful flowers and vegetation with abundance of fruits. Write for literature and fares to N.Y. & CUBA MAIL S.S. CO. (WARD LINE), General Office, Pier 34, East River, New York.

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Round Trip \$30 and Up

Fast Twin Screw SS. "Bermuda" sails 18 a.m. Dec. 10th, 24th, Jan 4th, 11th, 24th, and 25th and every Wednesday thereafter.

Blitz keels; electric fans; wireless telegraphy.

WEST INDIES

NEW SS. "QUANA" and other steamers fortnightly from New York for St. Thomas, St. Croix, St. Kitts, Antigua, Barbados, Guadeloupe, Martinique, St. Lucia, Barbados, and Demerara.

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There are other hotels, but none approach the Club for homelike surroundings. Located in centre of city and close to principal stores and theatre. Charges are moderate. Special rates by the week.

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The kind you are looking for is the kind we sell.

Scranton Coal

is good coal and we guarantee prompt delivery.

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FOOT WEST STREET.