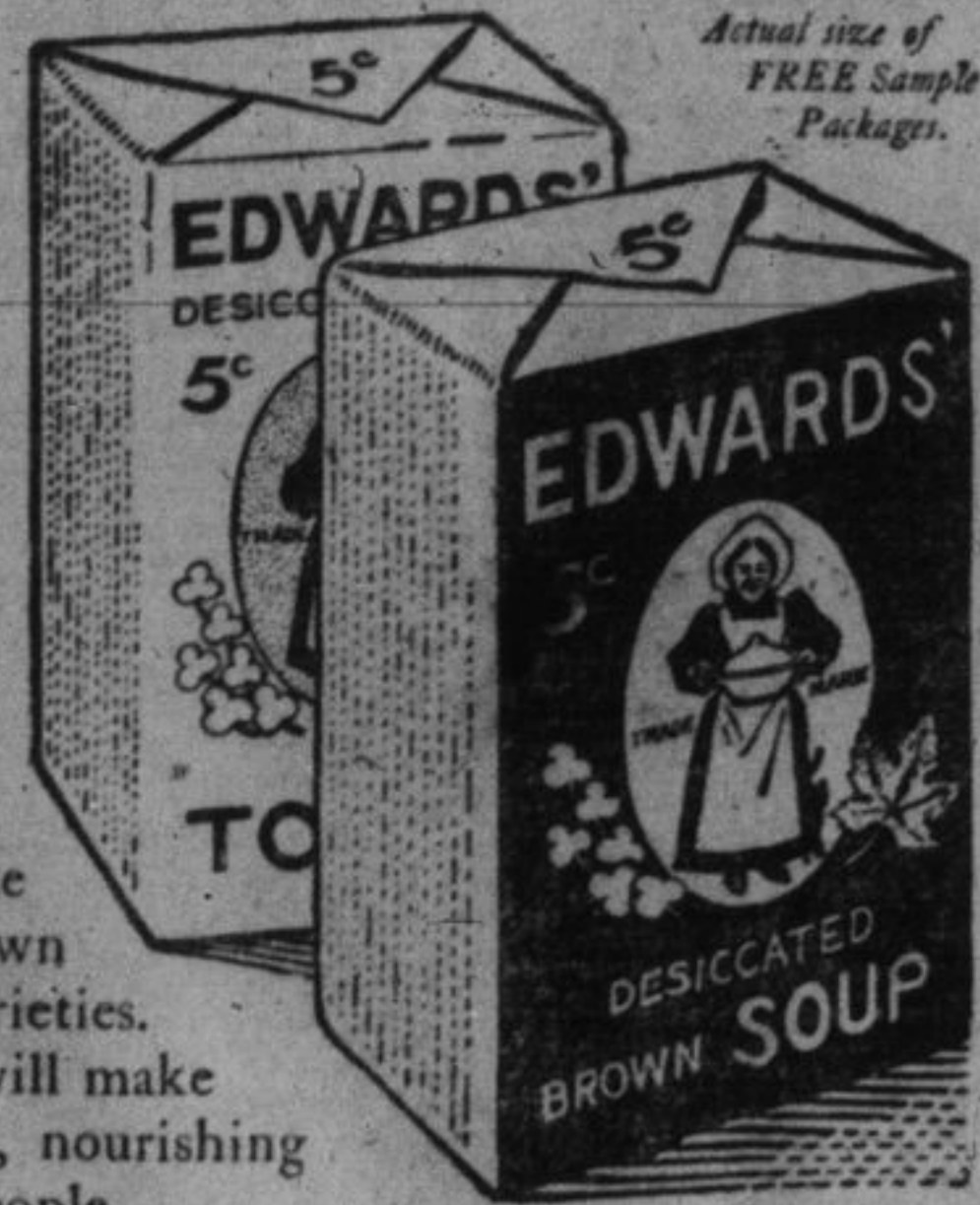


# TEST THESE SOUPS FREE

(Offer closes on Dec. 11th.)

For a few days more Mrs. Edwards (who is really a famous trade mark) is keeping open her FREE introductory offer of two full-sized 5c. packages of Edwards' desiccated Soup—one each of the Brown and Tomato varieties.



Each package will make sufficient thick, nourishing soup for two people. Edwards' desiccated Soup is prepared from specially selected beef and the finest vegetables that Irish soil can produce.

It comes to you in handy packets, all ready for the saucepan. It saves time and trouble; worry and expense. Send the coupon NOW together with 5c. to cover postage and packing, and the two packages will be forwarded by the earliest post.

## EDWARDS' DESICCATED SOUP

Edwards' Soup is also an excellent addition to your own soups. It adds strength when they're weak, flavour when they're watery and colour when they're thin. It improves the skill of those who make and the appetites of those who eat.

Mail this Coupon to-day

To W. G. Patrick & Co., Toronto, Representatives for the Province of Ontario.

5c. per packet.

Edwards' desiccated Soup is made in three varieties—Brown, Tomato, White. The Brown variety is a thick, nourishing soup, prepared from best beef and fresh vegetables. The other two are purely vegetable soups.

Name \_\_\_\_\_ Address \_\_\_\_\_

### HEALTH IN PURE SUGAR

Sugar is one of the best, and most widely used foods. Would you risk your health for the sake of a few cents on a hundred pounds of sugar? Buy only



### EXTRA GRANULATED SUGAR

Its Purity and Quality cannot be questioned. Compare it with any other and note the difference in color.

#### PARIS LUMPS

When buying Leaf Sugar ask for Redpath Paris Lumps sold in RED SEAL dust proof cartons, and by the pound.

The Canada Sugar Refining Co., Limited MONTREAL, CANADA. Established in 1854 by John Redpath



## An Innovation in Oil Heaters

The Perfection Smokeless Oil Heater, with its drums enameled in turquoise, is an ornament to any room, whether in the country or city home.

No home is quite complete without a Perfection Oil Heater. It is a necessity in the fall and spring, when it is too warm to start the regular heating apparatus, and too cool to be without heat. In the midst of winter it is often convenient as an auxiliary heater, as there are always some cold corners in a house.

The enameled heater always presents a nice appearance, as the enamel will not tarnish or burn off. It is not an "enamel paint," but it is the same as the enamel of your cooking utensils.

The Perfection is the most reliable and convenient portable heating device you can find. An automatically-locking flame spreader prevents turning the wick high enough to smoke.



## OUR SAVINGS BANKS

BANKS GROW IN NUMBERS AND IN DEPOSITS.

But When the Details are Looked Into Matters are Not so Satisfactory as Expected.

Postoffice savings banks have increased in Canada from 81 in 1888 to 1,133 in 1910. During the same period, the deposits have grown from a comparatively small amount to the immense total of forty-three million dollars, of which one-half is in the old Government savings banks, and one-half in the postoffice savings banks proper. This seems satisfactory until the details are examined.

The first feature to be noted is that the annual deposits are steadily declining. In the year 1908, the people deposited twelve million dollars in the postoffice savings banks proper. In 1909, they deposited only nine and a half millions, and in 1910 a little less than nine millions. In other words the annual savings of the people, as shown by the deposits made, declined. This is due to a period of extravagance, or to a decline in the popularity of the postal banks?

In the second place, this unfavorable situation is rendered worse by the fact that the withdrawals exceed the deposits. In 1908, the people drew out \$1,300,000 more than they deposited. In 1909, they drew out \$3,700,000 more than they put in. In 1910, the withdrawals exceeded the deposits by approximately three million dollars. This is a situation which calls for examination of a serious nature. Either our people are getting careless, or there is something in connection with the postoffice savings banks which requires a remedy.—Canadian Courier.

### A Brief For the Hindus.

In The Victoria Daily Times Walter W. Baer recently had a long article on the Hindus in Canada, which has been widely quoted.

The Literary Digest quotes Mr. Baer as follows:

"The Hindu is a monogamist by tradition and practice; as faithfully so as the Anglo-Saxon. Yet he is not permitted to bring his wife to this country, and no female child of his may come near enough to smile into his eyes. He must move among the aghs and hear the happy domestic songs of those for whom he labors, but he must be allowed only to think of those who are equally dear to him and as much a part of his own life as are our loved ones of ours. He must not be guilty of an overt look, much less an overt act. Not many Europeans could stand the strain of similar conditions."

### First Statue of the King.

A colossal bronze statue of King George V., the work of Mr. Arthur Rogers, a well-known Manchester sculptor, has just been exposed to the view of the visitors at the Festival of Empire, Crystal Palace, and the unveiling will take place very shortly. The statue is the only one of His Majesty yet completed. It occupies a commanding position on the steps of Empress Avenue, which is the main roadway through the exhibition. The King is represented standing in his coronation robes, the figure measuring 16 feet, while from the foot of the granite stand the statue stands 41 feet high.

### Ancient Marble Canopy Unearthed.

During excavations at Winchester Cathedral a piece of carved marble weighting thirteen hundredweight has been unearthed six feet below the surface. On examination it was found that the piece of marble, which is carved in the early English style, was the missing canopy over the tomb of Bishop Ethelmar de Valence, half brother of Henry VII., who died in exile in France and whose heart was by his desire buried in the cathedral in 1560. The canopy had been missing for centuries. It is now proposed to restore the monument with the canopy which has been found.—London Mail.

### Laurier and Bourassa.

In the fall of 1906 Sir Wilfrid Laurier personally introduced Mr. Henri Bourassa as the Liberal candidate for Labelle County, Quebec, and made a number of speeches in the riding in order to give his young friend a good send-off. In August, 1907, Mr. Bourassa, then a member of the House of Commons, attempted to denounce Sir Wilfrid in the latter's own Quebec constituency. On that memorable occasion, accompanied by Mr. Armand Lavergne, he started to speak from a platform on the Jacques Cartier Market square, St. Roche. A great crowd assembled, refused Bourassa a hearing, pelted him with stones, and raised a great disturbance in the neighborhood until far into the night. In the most recent act of the drama of Federal politics Mr. Bourassa appeared once more as the villain, so to speak. He has seen the star of the piece, his old chief and sponsor, dispossessed.

### Higher Education in B. C.

A man, who will become so absorbed in his work that he will not have time nor inclination to think of making money, is the ideal president for British Columbia's new university for the opinion of Hon. Dr. Young, Minister of Education. The Minister is in search of a paragon of industry to superintend higher education on the coast. When the right president is found, no salary will be too big for him, says the British Columbia Government.

British Columbia is planning her university on an extremely extensive scale. \$1,800,000 will be set aside in next year's revenues for the first Buildings. The university will be located on 250 acres of ground at Point Grey, and when completed, will fill a long-felt want in the educational needs of the Canadian Pacific coast.

### Exterminating the Ling.

Capt. A.H. Hunter, fish and game inspector for Eastern Ontario, states that the Government has given its assurance that the work of exterminating the ling and other parasite fish from the E. shore waters, and Lake Ontario, has continued this year. Good work has already been done along that line, but there is more to do.

## WHO IS RIGHT?

Contradictory Statements Concerning Routs to Long Life.

In these days of positive assertion and flat contradiction on the part of those who patiently search the remotest corners of our being for latest signs that they may tell us what we must do to be saved for a long and comparatively painless life, so many conflicting theories have been advanced that men are at a loss as to the safest course to pursue. For instance, we have been told that tobacco, alcohol, meat and our "wear and tear" system of rapid living were all "life-shorteners as well as pain-producers." Now comes a learned man who, in effect, says: "Bosh! Of course, anyone could say that; but Dr. Marc Armand Ruffer, the Egyptian representative of the International Bureau of Hygiene, Paris, and president of the Sanitary Council of Egypt, backs up his statement with some pretty good proof.

Dr. Ruffer has been holding autopsies on very ancient mummies, dissecting the well preserved remains of Egyptian rulers, princes and day laborers who lived, toiled and died thousands of years ago and examining their arteries to see if he could find any traces of the wasting diseases which he holds to be the cause of quite modern origin due to the wear and tear of the strenuous conditions under which we of to-day live.

Most interesting, especially to those who believe in the use of tobacco and wine in moderation, Dr. Ruffer has found in the nerves and general physical condition of modern man living under modern conditions are not a bit worse than were those of the ancient Egyptian, who didn't know anything about tobacco and consequently didn't indulge. According to the report of Dr. Ruffer, prepared for the Journal of Pathology and Bacteriology, he has learned enough from his examination of Egyptian mummies to dispose of many conflicting theories regarding arteriosclerosis and allied arterial degenerations. These wasting diseases, which have been regarded as of modern origin, has been held up as pathological "horrible examples" by anti-tobaccoists, total abstinence, diet faddists of various kinds, contemners of athletics and of the wear and tear of modern life.

Dr. Ruffer is satisfied beyond any doubt that "the old Egyptians suffered as much as we do now from arterial lesions identical with those found at present. Moreover, when we consider that few of the arteries were quite healthy, it would appear that such lesions were as frequent 3,000 years ago as they are to-day."

As to causation, Dr. Ruffer considers that tobacco can certainly be eliminated, as this drug was not used in ancient Egypt. While alcoholic beverages played a part of Egyptian social life, Dr. Ruffer holds that it is clear that the Egyptians as a race, are not, and never have been, habitual drunkards. Moreover, Dr. Ruffer has found the disease just as common in over 800 post-mortems of Mussulmans who had certainly never touched alcohol in their lives. This fact has led him to call in question the importance of alcohol as a cause of arterial disease.

Meat is something of a luxury in Egypt, and Dr. Ruffer's experience in Egypt and the east has not strengthened the opinion that meat eating is a cause of arterial disease. Finally, he holds that strenuous muscular exercise can be excluded as a cause, for there is no evidence that ancient Egyptians were greatly addicted to athletic sports, though they liked watching professional acrobats and dancers.

### Icebergs.

The great breeding place of icebergs is western Greenland. The mountainous belt of Greenland is everywhere penetrated by deep arms of the sea, which reach to the inland ice and are terminated by perpendicular walls of huge glaciers. All of these glaciers are making their way to the ocean, and as the ends are forced on over the water they are broken off and set adrift as bergs. The sizes of the pieces thus broken off vary, but a berg 200 to 250 feet in height and whose length may be from 300 to 500 yards is considered to be of ordinary size in the Arctic. The volume of ice, lessened as the berg gets farther south.

### Careful Child.

"Is your little boy sick with anything?" asked the lad of the lady who had just moved in next door and who had asked him to come over and play with her little boy. "No, indeed," she smiled. "Why?" "Cause I've had my tonsils taken out an' my adenoids removed an' my appendix cut out, an' I've been vaccinated, an' serumized for typhoid an' spinal meningitis, an' I've had anti-toxin injected, an' I do hope I won't have to have anything done to me this year, so I can have a little bit of fun for awhile."

### Cause For Suspicion.

"George, I believe your love for me is growing cold." "What has put such a foolish idea as that into your pretty head?" "I notice that when I have one of my peaty spells and refuse to kiss you good-bye in the morning you don't seem to act any more as if the light had gone out of your life or even as if you didn't expect to find me here on your return."

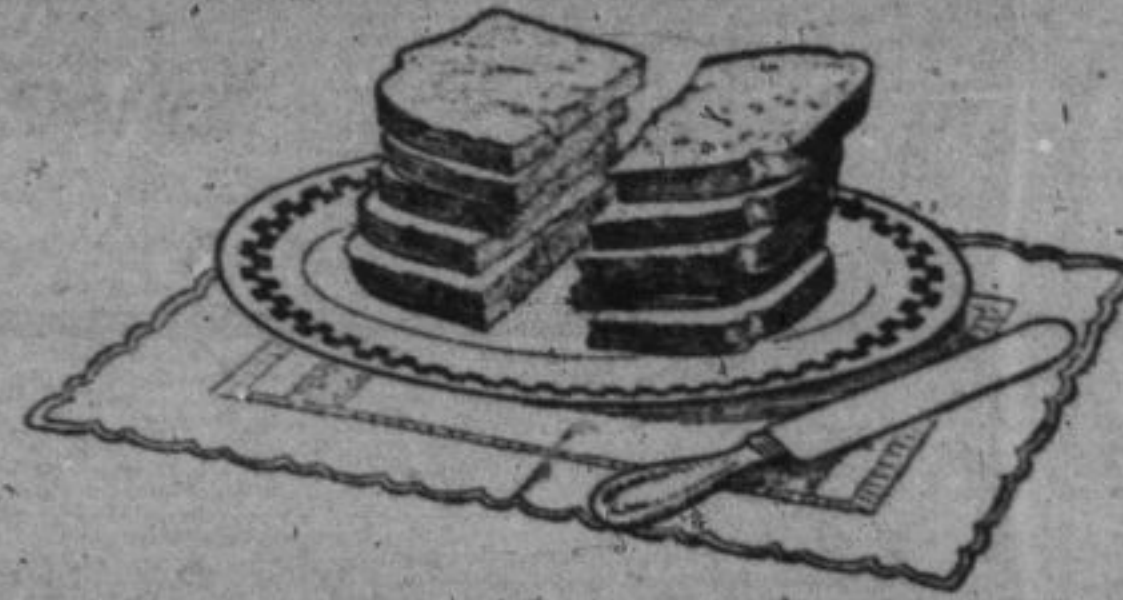
### He Got the Pin.

A fat man stooped to pick up a pin and lost his balance. An indignant policeman, unwilling to enter the prostrate form, brought his car to a sudden stop at a place where the power rail was cut, and a bystander figured that for five minutes there was a blockade of 100 trolley cars, fifty automobiles and taxicabs and several thousand people. The man got the pin.

### Brief Pleasure.

"It is a treat to see the way a pretty girl tucks a violin under her chin." "Yes, but too often the treat ends when she begins to play."

How fearless and plain spoken a man is when talking to his wife's folks! It is unfortunately true that the fruit of discord is frequently preserved in family jars.



## Eat More Bread

Few people eat enough of what is rightly called "the staff of life"

FOOD authorities declare that wheat is the KING of all foods. It is the best food for growing children, the best for old age, the best for every age of life. It is best chiefly because it contains most of the life-building nitrogen combined with the proper degree of starch.

Of all the forms in which wheat may be eaten, bread stands at the top. There is no food yet created that can take the place of good bread—"the staff of life."

The better the flour you use, the better, more wholesome, bread you'll make. And better bread means the use of PURITY FLOUR.

The bread will be better, higher-class, because PURITY FLOUR consists exclusively of the high-grade portions of the best Western hard wheat. There are no low-grade portions of the hard wheat berries, nor no soft wheat flour, in it. It is all high-grade—a strong, vigorous flour. The loaves will be more nutritious, because they contain the high-quality nitrogen, gluten, starch and phosphates—the blood-enriching,

body-building and life-sustaining elements of the world's strongest wheat. Think of the added enjoyment of eating bread you know is so chock-full of wholesomeness. Think of the good it will do your children, your husband and yourself. Think of the wisdom of eating lots and lots of it, for it is a fact known to the medical profession, that few people eat enough of "the staff of life."

Of course PURITY FLOUR will cost you slightly more than ordinary flour. It's worth the difference. And it will make "more bread and better bread" for you than you can obtain from the same weight of ordinary flour.

And the pastry PURITY FLOUR makes! It's more delicious too, if you take the precaution to add more shortening than is required with ordinary flour. The extra strength of PURITY FLOUR requires the addition of more shortening for best pastry-results.

Think of the PURITY trade-mark which you buy flour. Add PURITY FLOUR to your grocery list right now.

# PURITY FLOUR

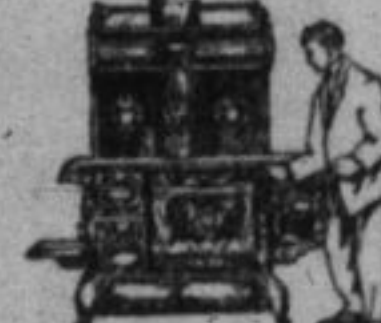
"More bread and better bread"



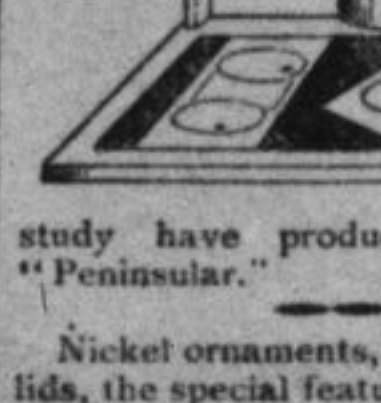
"J. A. McFarlane, Distributor, Kingston"

## The Peerless Peninsular

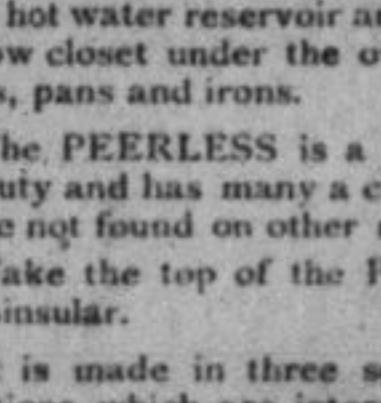
a cast-iron range with modern oven and equipment



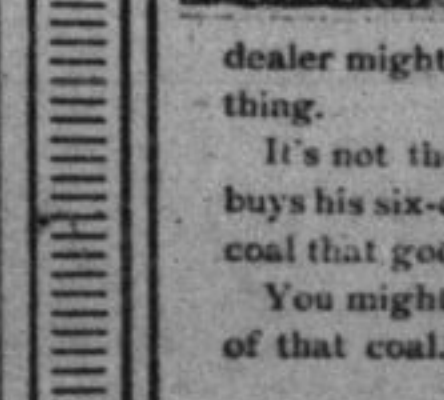
A wealthy mustard manufacturer once said that he made his profit not out of what people ate, but what they left on their plates.



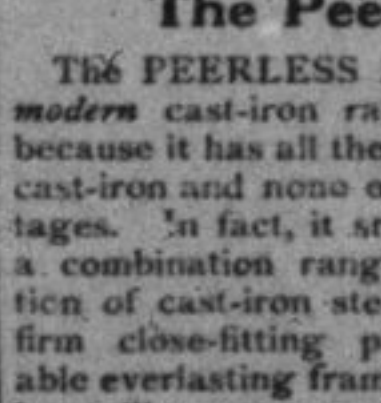
The coal dealer might say about the same thing. It's not the coal you use that buys his six-cylinder car, but the coal that goes up the chimney.



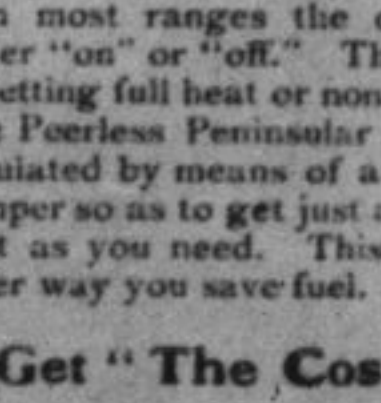
You might as well save some of that coal.



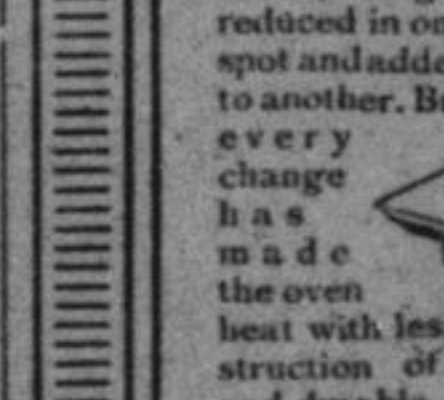
Building ranges to do good cooking and at the same time to save coal has kept us thinking and working over in Preston for upwards of 50 years. Every year improvements in range construction have been made. The flames have been widened here; a wall made thicker there; weight reduced in one spot and added to another. But every change has made the oven heat with less fuel and the construction of the range strong and durable. The perfect range which these years of



study have produced is called "Peninsular."



Nickel ornaments, the number of lids, the special features or the size do not affect the internal construction or honest materials and workmanship that go into the "Peninsular." So that when buying one, a housewife may feel free to consult her own tastes as regards finish and appearance. If the range is "Peninsular," she will know that it will give her good bakings for the least amount of coal.



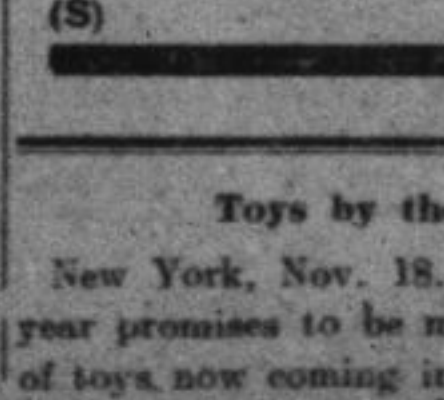
The Peerless



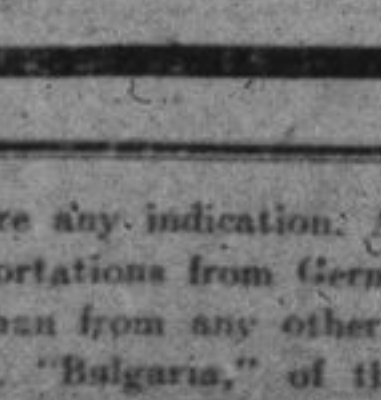
The PEERLESS Peninsular is a modern cast-iron range. Modern, because it has all the advantages of cast-iron and none of its disadvantages. In fact, it should be called a combination range—a combination of cast-iron steel. It has the firm close-fitting parts, the durable everlasting frame and the cozy home-like appearance, dear to all women; but—and here it differs from other cast-iron ranges—it also has a quick oven—an oven that heats evenly on every side, top and bottom—a square oven big enough to cook four pies at once; and it has a drop-oven door, which is not usual on a cast-iron range.



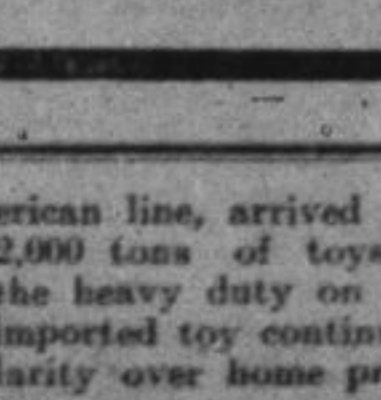
The PEERLESS Peninsular may be had with a steel warming closet and hot water reservoir and with a low closet under the oven for pots, pans and irons.



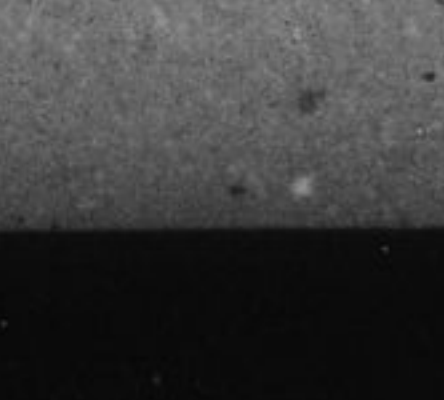
The PEERLESS is a perfect beauty and has many a convenience not found on other ranges. Take the top of the Peerless Peninsular.



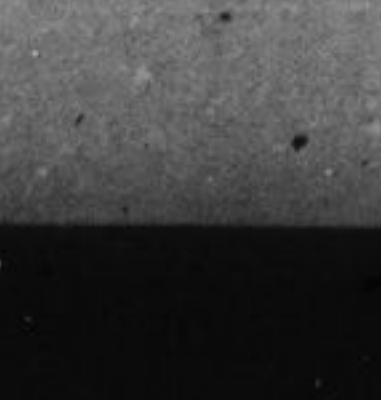
It is made in three separate sections which are interchangeable and which slide along or lift out whenever you want to clean the flues.



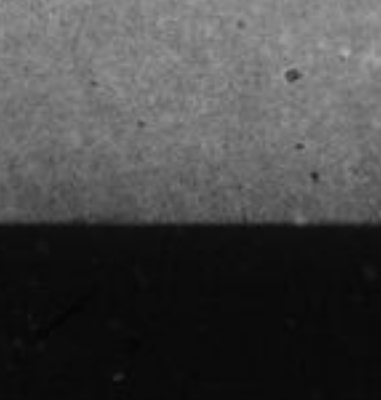
Get "The Cost" "THE COST of a Range" tells more about these Peninsular Ranges—not a list of pictures and prices, but a book showing that the after-cost is the big cost and how the "Peninsular" cuts it down. Yours, for the asking.



are any indication. As usual, the importations from Germany are greater than from any other country. The S. S. "Bulgaria," of the Hamburg American line, arrived recently with some 2,000 tons of toys, notwithstanding the heavy duty on such articles. The imported toys continue to enjoy popularity over home products.



Toys by the Ton. New York, Nov. 18.—Christmas this year promises to be merry if the tons of toys now coming into the country



are any indication. As usual, the importations from Germany are greater than from any other country. The S. S. "Bulgaria," of the Hamburg American line, arrived recently with some 2,000 tons of toys, notwithstanding the heavy duty on such articles. The imported toys continue to enjoy popularity over home products.

ELLIOTT BROS., KINGSTON.