


ECONOMY IN THE HOME
THE COOK BOOK OF LEFT-OVERS.
 By Helen Carroll Clarke.
 Former Instructor of Cookery, Pratt Institute, Brooklyn.
 A COLLECTION OF 400 RELIABLE RECIPES FOR THE PRACTICAL HOUSEKEEPER.
 In the average small family where there are no servants, or perhaps one servant, setting a table with the very least of help means that there will inevitably be some left over food, and the housekeeper has to face the problem of how to make the most of it. It is for such women that this valuable book has been written. The arrangement of the contents is practical all through.
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Health and Beauty Advice
 BY MRS. MAE MARTYN.

R. M. S. Sallow complexion. Liver bitches, pimples and other eruptions of the skin indicate the need of a good blood tonic and liver regulator. Dissolve one ounce of karoine in one-half pint of alcohol (and whiskey), add one-half cup of sugar and enough hot water to make a full quart. Take one tablespoonful five minutes before each meal. Karoine purifies the blood, restores lost appetite and tends to strengthen and build-up the entire system.

Mrs. D. Those ugly hairs can be quickly banished from your face with Lowney's hair-removing cream. It is a positive calamity to a young and pretty woman to become too far from these days when fashion decrees the slender figure the only correct one. You can reduce your weight almost at the rate of a pound a day until you reach normal if you will dissolve four ounces of karoine in 1-2 pints of hot water and take a tablespoonful before each meal. You can buy paraffin from any first-class druggist. It is a harmless fat-dissolver and those who take it marvel at its wonderful effect. It makes your face look and feel younger, brighter, more buoyant and energetic.

Fannie E. To be sure a face lotion is far better than face powder, but you will have to be careful what you use as most "liquid face powders" contain injurious ingredients that are likely to rub your complexion. Try this inexpensive one which is all right. Dissolve four ounces of karoine in a half-pint of witch-hazel or hot water and add two teaspoonfuls glycerine. Rub this on your face, neck and arms and it will give your skin a very pleasing, delicate tone. It will also remove that shiny, silken look from your face, neck and arms and give you a wonderful skin beautifier, and find it excellent for rough, red or inflamed skin, freckles and skin pimples.

Mrs. David O. The only reason why many hair and scalp specialists and those against frequent shampooing is the danger that comes through the use of soap and inferior shampoos which contain "free" alkali or other ingredients injurious to the hair. If your hair is thin, very dry or oily and looks so dull, stringy and unkept a few days after shampooing, try cleansing with a teaspoonful of cantharid dissolved in a cup of hot water, then rinsing thoroughly with clear water. You can use this shampoo as often as you like, as it will benefit your hair and scalp wonderfully. It will relieve that itching sensation and make your hair beautiful, fluffy and appear twice as thick. This shampoo dries quickly without any danger of streaking or discoloration.

Miss H. L. If you only knew what you have been sneering on your face you would never use them again as they are really harmful. Never use anything but a creosote cream if you don't want half on your face. A small expense you can prepare an excellent complexion cream by stirring together and allowing to stand overnight two teaspoonfuls glycerine, one ounce alcohol and one-half pint cold water. Use this regularly and it will clear up your complexion wonderfully by removing all dirt and oil. It will also remove quickly those blackheads and other effects of hot weather such as freckles, tan and roughness of the skin of which you speak. This is the only reliable cream I have ever found for removing wrinkles without leaving the skin rough and flabby after massaging and for reducing the size of large, dirt-collecting pores.

Victoria. Your scalp needs a good, stimulating quinine hair-tonic to remove the dandruff, stop irritation and falling hair. Get from any drug store one-half pint alcohol (not whiskey) and one ounce quinine and mix it with one-half pint of water and you will have a much better tonic than any of those ready-prepared tonics you have been buying. Brush your hair daily, twice a week apply this tonic to the scalp, rubbing it in gently. This will do wonders for your hair, which is falling out and your scalp in a healthy condition. This tonic will make your hair soft, silky and lustrous. Keep the scalp clean by frequent shampooing with cantharid and you will not have further trouble with your hair.

Edna S. Your headache and especially dependent feeling very likely come from your weak, inflamed eyes. You should attend to the matter immediately or you may have a permanent loss of vision. Get an ounce of creosote and dissolve it in a pint of water. Put a few drops in each eye two or three times a day and I am sure it will strengthen your eyes wonderfully and remove your eye troubles generally. I find this a splendid remedy. It does not smart the eyes and is fine for dull, tired, sore eyes that have that over-worked feeling.

CITY COUNCIL SESSION
 A GREAT DEAL OF BUSINESS WAS TRANSACTED.
 Plea to Allow Popcorn Man to Stand With Push Cart at Corner—Reports by Committees Adopted.
 The "city fathers" were in session until 11:15 o'clock on Monday night, and cleared the slate of a great deal of business. Mayor Hoag was in the chair, and all the members were present, with the exception of Ald. Elliott. The reports of the committees were passed with very little discussion, the session being delayed by the discussions on the proposition to reduce the number of aldermen, the term of aldermen, and the motion of Ald. Turkington and Ald. Stroud to have the assessment roll published. The following communications were received and referred to committees:

Utilities Committee.
 The utilities committee recommended:
 That one dump-cart be purchased from the Massy Harris Co. at a price of \$12.50, their tender being the lowest.
 That one bicycle be purchased from Angrove Bros., at a price of \$45.
 That one 2 in. separator be purchased from McKelvey & Birch at a price of \$30, their tender being the lowest.
 That the purchase of 25,000 brick for the new boilers, be left to the chairman and manager, with power to act.

That two tanks of gas oil be purchased from the Craig Oil company and two tanks be purchased from the Paragon company, at a price of four and a half cents per American gallon, and that the chairman and manager be given power to purchase additional tanks covering requirements.
 That one 12-ton crane be purchased from the William Hamilton company at a price of \$885, their tender being the lowest.
 That the by-law covering the power to purchase be amended so that the chairman of the light, heat, power and water department be empowered to make purchases up to \$100.

That the manager be given full authority to fix the wages of the employees of the light, heat, power and water department other than the permanent officials, and that the schedule of wages adopted by council for the light plant on March 13th, 1911, be rescinded.
 That the making of a new contract covering the plan's requirements for petroleum be left to the chairman and manager with power to act, and that they be empowered to take any steps necessary to this end.
 All the recommendations in the reports were adopted.

IN MILITARY CIRCLES.
 Lieut. L. M. Hughes Posted to No. 1 Co. R.C.G.A., Halifax.
 Lieut. L. M. Hughes, R.C.A., has been posted to No. 1 company, R.C.G.A., Halifax.
 Residents of Canada in receipt of special Indian mutiny pensions are notified that, according to a communication just received from the government of India, such a pension lapses if the pensioner proceeds to the United Kingdom or to a foreign country.

Majors A. C. Caldwell, of Toronto; W. B. Anderson, of Ottawa, and J. Houlston, of Quebec, R.C.E., have been examined, and are qualified for promotion to the rank of lieutenant-colonel.
 Capt. P. E. Pridoux, C.O.C., of this city, has been granted leave of absence till the 20th inst.

The headquarters of "P" company, 25th Regiment, 3rd division, has been transferred from Lansdowne to Billings' Bridge.
 A Pittsburg Surprise.
 Jarvis Waller, of Pittsburg, was pleasantly surprised, Sunday afternoon, when his three nephews, Thomas Woodlark, of Merrill, Mich.; Alfred, of Pasadena, Cal.; and George, of Urcas Island, Wash., returned to pay a visit to their old home, after an absence of about thirty years. The boys say Kingston and the surrounding countryside look very familiar after their years of absence.

Miss Ruth Lance, Watertown, N.Y., aged five, died, following eating strychnine tablets she found in room.

Finance Committee.
 The finance committee recommended:
 On the communication of F. Etherington, M.D., asking for remission of income tax, that no action be taken.
 That the mayor be instructed to sign the agreement between the city and the Dominion government re Cedar Island.
 That the mayor be instructed to sign the deeds to the North American Smelting Company, Limited.
 That the mayor be authorized to sign the deed re Catarauqui bridge as presented to the city solicitor.

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ABERNETHY'S

REQUESTS OF MAYOR
 WANTS HEATING SCHEME FOR CITY BUILDINGS
 And Repairs to Streets and Sidewalks—His Worship Asked That the Civic Committees Consider His Requests Carefully.
 That a scheme should be set forth for the heating of the city buildings, that attention should be given at once towards the keeping up of the city streets, repairs made to the sidewalks and improvements to the market square, was in brief, the request made upon the city council, on Monday night, by Mayor Hoag, who wrote a letter to the council, pointing out the duty of the members. As a result, his letter was referred to the committees having the different matters in charge.
 The mayor used "the big stick" in a friendly manner, and expressed the hope that the civic bodies would "get busy" on his recommendations.
 The letter from his worship was read to council by the clerk.
 The mayor first referred to a heating system for the city buildings, stating that he hoped that Ald. Givens, as chairman of the property committee, would bring forward some scheme to heat the city buildings. As to the city streets, the mayor stated that, with few exceptions, those in Kingston were no better than could be seen in any small village. "And who is to blame?" he asked. He suggested that the system of keeping up the streets be placed on as good a basis as the system now in vogue for the looking after of the light, gas and water for the city. There should be some system for the keeping up of the macadam roads, and the suggestion was made that the city be divided into four districts. Repairs should also be made to the sidewalks, as some of them were in a disgraceful condition. "The walk on the market square were also in need of repairs, while a portion of the square needed to be filled in, so as to do away with the large pool of water which came after every heavy rain."
 The letter of the mayor was referred to the city property committee and the board of works.

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 early Christianity attracted so much attention as "The Light Eternal," the stirring, spectacular drama of the fourth century, which comes to the Grand next Friday and Saturday evenings and Saturday matinee. The play deals with the struggles of the early Christians of Rome, their persecution by the Emperor Diocletian, and the ultimate triumph of their faith. "The Light Eternal" assumes to teach a lesson both in the history and practice of Christianity—but at no time are the essential elements of successful drama lost sight of.
 Miss Catharine Kelly, Brockville, daughter of J. H. Kelly, died suddenly on Friday night, following an attack of apoplexy. She was aged 59 years.
 Ross W. Sprague, Napanee, left on Wednesday for Ottawa, where he received an appointment with the C.P.R. Co.

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LIEUT. L. M. HUGHES.