

**TRAVELLING.**  
**GRAND TRUNK RAILWAY SYSTEM**  
**Holiday Rates**  
 FOR  
**Christmas & New Year's**  
 Round Trip Tickets will be issued as follows:—  
**SINGLE FARE.**  
 Good going Dec. 24th and 25th, and returning on or before Dec. 26th, 1912.  
 Also good going Dec. 31st, 1912, and Jan. 1st, 1913, and returning on or before Jan. 2nd, 1913.  
**SINGLE FIRST CLASS FARE AND ONE-THIRD.**  
 Good going Dec. 21st, 1912 to Jan. 1st, 1913, inclusive, and returning on or before Jan. 3rd, 1913.  
 Tickets issued to intermediate points between Montreal and Toronto will not be valid on trains 1 and 10.  
 For full particulars, apply to  
**J. P. HANLEY, Agent,**  
 Corner Johnson and Ontario Sts.

**KINGSTON & PEMBROKE RAILWAY**  
 IN CONNECTION WITH  
**CANADIAN PACIFIC RAILWAY.**  
**CHRISTMAS AND NEW YEAR'S EXCURSION FARES**  
**SINGLE FARE AND ONE-THIRD.**  
 Good going Dec. 24, 25, 26, 1912, and returning on or before Dec. 26, 1912.  
 Also going Dec. 31, Jan. 1, 1913, and returning on or before Jan. 3, 1913.  
 Full particulars at K. and P. or C.P.R. Ticket Office, Ontario Street.  
**F. CONWAY,**  
 Gen. Pass. Agent.

**CANADIAN PACIFIC EMPRESSES**  
 Length, 570 feet. Breadth, 6 1/2 feet. Tonnage, 14,500.  
 Wireless and Submarine Signals.  
**TOLD ALL RECORDS BETWEEN CANADA AND LIV. & POOL.**  
 Empress of Ireland... Dec. 27  
 Empress of Britain... Jan. 10  
 Junonian (chartered)... Jan. 24  
 Empress of Ireland... Feb. 7  
 Tickets and all information from any steamship agent, or F. CONWAY, G.P.A., K. & P.R., Kingston, Ont.

**Go To BERMUDA**  
 Fast twin-screw S.S. "Bermuda". 10,518 tons displacement, sails from New York 2 p.m., 28th December, 10 a.m., 11th, 15th, 22nd and 29th January. Suites de luxe with private bath, orchestra, submarine signals, electric lights, wireless telegraphy. No steerage.  
 Fastest, newest and only steamer landing passengers at the dock in Hamilton.

**WEST INDIES**  
 NEW S.S. "GUIANA" and other steamers, 2,000 tons, 11th and 15th January, from New York for St. Thomas, St. Croix, St. Kitts, Antigua, Guadeloupe, Dominica, Martinique, St. Lucia, Barbadoes and Demerara.  
 For full information apply to J. P. HANLEY or C. S. KIRKPATRICK, Ticket Agents, Kingston, Quebec Steamship Co., Quebec.

**Around the World**  
 CRUISE by the  
**S. S. CLEVELAND**  
 (37,000 TONS)  
 Leaving San Francisco Feb. 6  
 Visiting famous cities and countries on a partial circuit which serves as your hotel. Every luxury and comfort insured.  
**110 DAYS' CRUISE AT \$6 a day**  
 Including all necessary expenses about and ashore, railway, carriage, hotels, guides, food, also railroad fares to and from your home, with the privilege of returning from Hamburg on S. S. "Imperator".  
 Other Cruises to the West Indies and Panama Canal.  
 Write for illustrated booklet.  
**HAMBURG-AMERICAN LINE**  
 41-45 W'way, N. Y., or local agents

**SHOE REPAIRING.**  
 I have installed the Good-Year Welt Machine System for all kinds of Shoe Repairing. Call and give me a trial.  
**ROBERT PAYNTER,**  
 209 Princess Street.

**WE SELL**  
**Scranton Coal Co's Coal**  
 Selected from the Celebrated Richmond No. 4 and Ontario No. 1 Mines, the best Anthracite Coal mined in Pennsylvania.  
 Place your next order with  
**THE JAS. SOWARDS COAL CO.**  
 North End Ontario Street.  
 Phone 154.

**SHE FAINTED WITH THE AGONY**  
**"Fruit-a-tives" Cured Her Kidneys**  
  
 Miss MAGGIE JANNACK  
 MOUNTAIN, ONT., DEC. 14th, 1910  
 "I desire to let the world know the great debt I owe 'Fruit-a-tives' which saved my life when I had given up hope of ever being well again.  
 For six years, I suffered from dreadful Kidney Disease. My legs and lower part of my body were fearfully swollen. The pain in my side and legs would be so bad that I would faint with the agony. Five different doctors attended me and all said it was Kidney Disease and gave me no hope of getting well.  
 A kind neighbor visited me and mentioned the case of Mrs. Fenwick who had been cured of a sickness like mine. I took 'Fruit-a-tives' and in a short time, I began to feel better—the swelling went down—the pains were easier—and soon I was well.  
 I have gained over 30 pounds since taking 'Fruit-a-tives'—and my friends look upon my recovery as a miracle."  
 (Miss) MAGGIE JANNACK.  
 "Fruit-a-tives" are sold by all dealers at 50c a box, 6 for \$2.50, trial size, 25c—sent on receipt of price by Fruit-a-tives Limited, Ottawa.

**TEA! TEA! TEA!**  
 From the Finest Tea Gardens of Ceylon, unadulterated, and of the finest flavor. Green and Black at 3/6 per pound, at  
**ANDREW MACLEAN'S,**  
 Ontario Street.

**Dr. de Van's Female Pills**  
 A reliable French regulator; never fails. These pills are exceedingly powerful in regulating the generative portion of the female system. Reduce all excess irritations. Dr. de Van's are sold at 1/6 a box, or three for 1/2. Called to any address. Ask for Dr. de Van's at the Cashier's, Ont.  
 For sale at Mahood's drug store.

**Hutton's, Limited**  
 18 MARKET STREET, KINGSTON.  
 Fire, Life, Accident, Marine Insurance.  
 Real Estate, Stocks, Specialties.  
 J. O. HUTTON, H. S. CRAMLEY, COLLETT Clark, Agents.

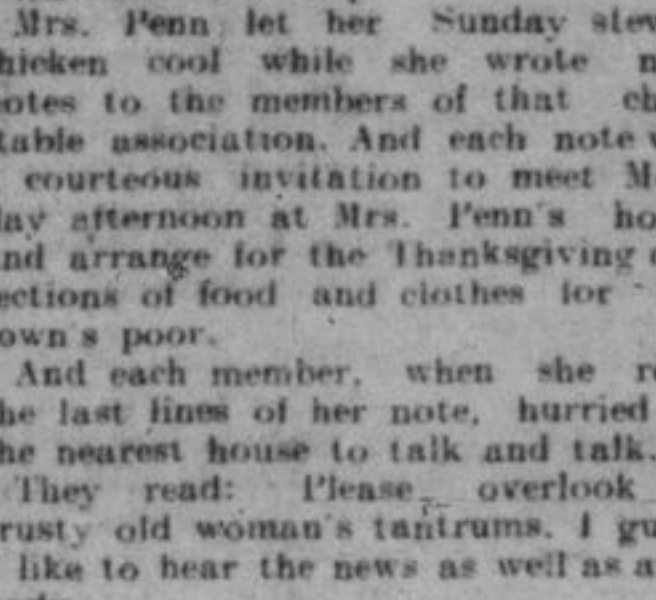
**\$1,000 REWARD**  
 For information that will lead to the discovery of whereabouts of the person or persons suffering from Nervous Debility, Fits, Skin Disease, Blood Poison, Genito Urinary Troubles, and Chronic or Special Complaints that cannot be cured at The Ontario Medical Institute, 263-265 Yonge Street, Toronto.

**SUGGESTIONS FOR CHRISTMAS**  
 Hot Point Electric Irons.  
 Toasters.  
 Coffee Percolators.  
 Broilers.  
 Water Heaters.  
 Heating Pads.  
 Make useful and acceptable presents.  
 Call and see them.  
**Halliday Electric Co.**  
 King Street

**NO REASON FOR DOUBT**  
 A Statement of Facts Backed by a Strong Guarantee.  
 We guarantee complete relief to all sufferers from constipation. In every case where we fail we will supply the medicine free.  
 Rexall Remedies are a gentle, effective, dependable and safe bowel regulator, strengthener and tonic. They re-establish nature's functions in a quiet easy way. They do not cause any inconvenience, griping or nausea. They are so pleasant to take and work so easily that they may be taken by anyone at any time. They thoroughly tone up the whole system to healthy activity.  
 Rexall Remedies are unsurpassable and ideal for the use of children, old folks and delicate persons. We can not too highly recommend them to all sufferers from any form of constipation and its attendant evils. Two sizes, 10c and 25c. Remember, you can obtain Rexall Remedies in this community only at our store—The Rexall Store, G. W. Mahood.  
 If Kate were known, suddenly Mrs. Penn knew what the matter with life. It was not typhoid, nor dyspepsia. It was cancer. She realized with a shock of surprise that since Kate had gone she knew nothing of the happenings in the town. Twice Kate had postponed the wedding. "Kate will be lonesome, mother," she had said. "Nonsense!" her mother had replied. "I am too busy a woman to get lonesome. Only weak, silly people are lonesome."  
 But now she understood. Kate, though much of her natural vivacity had been quenched by the maternal code of rearing, yet did much to fill the house with sound. And though her mother daily rebuked her tendency to gossip, she managed to relate all the news. So that Mrs. Penn was always informed of the bickerings, feuds, mortgages, engagements, and changes of the small town.  
 During the last three weeks a pal of silence had fallen between her and her fellow townspeople. Her maic was trained never to gossip. The tea sewing girls were merrily all the long hours that they sat and stitched. And the charitable association that she had founded and then abandoned?  
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 They read: "Please, overlook a crusty old woman's tantrums. I guess I like to hear the news as well as any body."  
**ELECTRIC SHOCK.**  
 How to Resuscitate Victims of Electric Shock.  
 The commission on resuscitation from electric shock, organized through the initiative of the American National Electric Light association with the co-operation of the American Medical Association and the American Society of Electric Engineers, has formulated rules for quick aid to those who have suffered from electric shock, and has published them in pamphlet form. The instructions given apply also to instances of suspended animation from any cause.  
 The first thing to do is to break the current immediately without the rescuer's so receiving a shock. This the rules say, should be done with a single quick movement, using rubber cloths or gloves, or if these are not handy a dry coat, a dry rope, a dry stick or board or any other dry non-conductor. Beware of using metal or any moist material.  
 The rescuer should use only one hand if this is practical, and he is to be careful to avoid touching the sole or heels of the victim's shoes because of the nails in the shoes. If the victim is conducting the current through the ground and is convulsively clutching the wire conductor, it may be easier to cut off the current by lifting him than to leave him on the ground and try to break his grasp. If necessary to cut a live wire, use an axe or hatchet with a dry wooden handle, or a pair of properly insulated pliers.  
 As for the work of resuscitation after the victim has been freed from contact, the commission says that the old method of laying a person on his back and working the arava back and forth has been discarded by present-day scientists in favor of the Sauer or "prone" press method of artificial respiration.  
**Taking Poison.**  
 Prof. A. Laing fills the chair of chemistry in Toronto university. He is a man of the intensest application to the dry subject of his serious calling, yet withal he has not lost the relish for the humorous. A chapter or two from the text book is the subject for each day's lecture; but once in a while it is customary, by way of variety, for the professor to deliver a lecture on some subject of general interest connected with chemistry. It so happened that just before the chapter on strychnine was reached the professor took for his lecture "Antidotes." Learned, abstruse, and experimental, he spoke of and tested every antidote for every poison that chemical analysis had yet discovered, in all of which he was more interested than his attentive audience. When he closed, so absorbed was his mind by the subject that he was about to dismiss his class without the lecture for the next day. He was reminded of his neglect and said abstractedly, "Yes, let me see. The next day is—well, boys, you may take strychnine."  
 "Strychnine?" exclaimed one of the boys who had been especially inattentive. "Does the professor really intend us to take strychnine?"  
 "Oh," said the professor, with a twinkle in his eye, "if you had duly appropriated the lecture you have just heard, the strychnine can't hurt you; you are prepared for it."  
**Kepler Notes.**  
 Kepler, Dec. 19.—The missionary sermon preached by Rev. John Webster, Brook Street Methodist church, Kingston, was very much appreciated. The W.M.S. have sent out a book, valued at \$400, Stanley Dennis, the father of the boys who had been especially inattentive. "Does the professor really intend us to take strychnine?"  
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**Makes Sweet, Wholesome Bread.**  
 Women write that the yeast they've used makes sour bread, but White Swan Yeast Cakes makes bread sweet, light and wholesome. Sold by five grocers, 6 cakes for 5c. Get free sample from White Swan Yeast Cakes, Limited, Toronto, Ont.

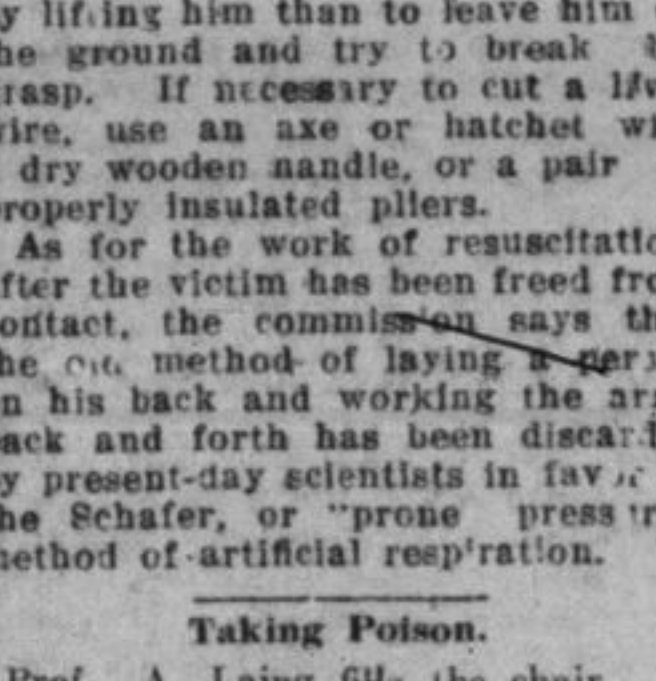
**GOSSIP**  
 "It's against my principles to stay in a room where nothing is uttered but gossip," Mrs. Penn snapped out the words severely and rose. Her small compact gray pompadour fairly quivered with wrath. She gathered up the scraps of blue gingham that she was fashioning into tiny pants and waists. Then she stalked into the next room and closed the door.  
 The nine other members of the charitable association were panic-stricken into idleness for a moment. Then a look of scared relief appeared on five faces. Four were wisely non-committal. There was silence for three long minutes. This wasn't the first time that Mrs. Penn had admonished them. Every Thursday afternoon they had cheerfully ignored her disapproval and gossiped their glad fill.  
 When the fourth minute had ticked out fifteen seconds Rose Lane, who was only nineteen, but of an extra long length of thread, smoothed nicely the khaki blouse she was fashioning for Mrs. Bernstein's eighth and said: "It's awfully queer to postpone a wedding twice. I don't know what the devil had to leave town on business, then they said Kate couldn't get her clothes ready in time. I'd give a good deal to know just why."  
 Mrs. Dimmick, in whose parlor they were working—it was to her dining room that Mrs. Penn had fled in indignity—interrupted worriedly: "Hush! She'll hear you, Rose. And, as she says, we do poke our noses in other people's business more than is necessary or kind."  
 Rose flushed pointedly and the others glanced apprehensively at the curtained doors. For Mrs. Penn had started the association and it was Mrs. Penn's money that paid for the greater part of the gingham and khaki.  
 The afternoon slipped away. The warm April sun lit behind the steeple of the church across the way, and still Mrs. Penn seemed in offended seclusion. Mrs. Dimmick served refreshments as usual, and they laid down the tiny frocks and trousers to drink tea and eat cakes. Mrs. Penn took a cup of tea, but her digestion was as moral as her tongue and she did not annoy it by between meal feeding.  
 When they rose at 5 o'clock and put away the work those murmured: "I'd give anything to know why Kate put it off—she'll tell us when she does." Then she drew her breath in tightly. For the gray head bending over the box of finished dresses, that she had supposed belonged to good natured old Miss Harding, was raised angrily, and it was Mrs. Penn's. "Perhaps my daughter will inform you if you ask her!" snapped Kate Penn's mother. She dropped the blue dress and turned to Mrs. Dimmick. "I regret to tell you that I will have to sever my connection with this body," she said icily. Then she left the room at the beginning of the afternoon, while nine abashed women looked at each other.  
 Mrs. Penn walked up the pak shaded avenue that led to her roomy, well-furnished house. Then she saw her daughter living there alone. The next week Kate would marry and leave it for a tiny, almshouse shabby cottage at the other end of the town.  
 "I don't see," she said irritably over the perfectly appointed dinner table that evening, "why you and Jerrold can't live with me, instead of incurring useless rent."  
 Kate sighed. It wasn't the first time her mother had complained. "Jerrold wants his own home," she said wearily.  
 "Would I interfere?" her mother demurred. "Isn't this house your home? He'd be as free as you are to do what he liked."  
 Kate was silent. She was a pretty, delicate girl, whose white chin was rather weak. Secretly she was glad of Jerrold's decision. The following week she was married, and Mrs. Penn grimly watched her ride gaily away to the station. The wedding trip lasted a month. Mrs. Penn had never before been alone. She was not the kind of woman to let other people suffer by her action. So, having severed her connection with the band that kept the town's poor partly supplied at least with whole clothes, she felt it her duty to hire two sewing girls and keep them busy. She let the town know that they did as much work as the while nine gossips. And they worked in the silence she liked.  
 That's, she liked it at first. After two weeks she had given up the discovery that she was gripped by a strange feeling of restlessness. Either she was succumbing to typhoid, or she was growing old, or she was losing her mind. For the clock moved with maddening slowness and the world was a humdrum, lifeless place. Meat, vegetables, and cake had the same stale taste.  
 Even church, that never failed to give her a sense of purpose, was dull. Out in the vestry room, as she passed to speak to the minister's wife, she heard a whisper about Jenny Anders' divorce. But it was only a whisper. She went home to her lonely dinner slowly. Surely that chat wasn't getting a divorce after six months. Of course Carl was shiftless—but he was young. He would settle. She wished she knew the particulars.  
 Old Miss Harding was standing at Mrs. Dimmick's front gate talking excitedly. "And he threatened to slap her!" Mrs. Penn caught the awe-struck whisper. Then she heard her steps on the loose board walk and turned flushed faces.  
 "Nice weather we've been having," quavered Anne Harding. "I was just wondering if it would rain." She meekly added:  
 Mrs. Penn half paused. "She was dying to ask if it was Carl Anders who had threatened. Almost the question tumbled from her lips. She wanted to know. Her desire to know was positively itching.  
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**ONE KIND ACT A DAY**  
 Not Enough, Says Commander Evangeline Booth.  
 One kind act a day is far below our standard of one's duty to man, Christian or otherwise. In a standard below the animal standard. Watch the cattle or any of the beasts; you will find them frequently helping their kind.  
 No professing Christian considers that one kind act a day is sufficient to discharge his duty to his fellow-creatures. He would have hard work to find one act that doesn't serve some one else.  
 If we could get mankind—clay, jelly, the poor, the learned, the illiterate, the wicked as well as the good, irrespective of any religious beliefs—to make a sacred vow to love their Maker, and to their own hearts, that whatever and whenever opportunity confronted them of rendering a service to their fellow-creatures, it did that we could consist of but a word, or a warm handshake, or even less than this a smile or an encouraging look, then indeed a wave of uplift would sweep over the cities and towns of this great nation, smoothing the stormy waters brightening the dark skies, making easy the rough paths to tens and tens of thousands of hearts.  
 As a worker in the slums, where I have lived and toiled among the very poorest, I might say that there is a little more astounding than the kindnesses these poorest show to me another. How quick they are to express their sympathy over another's "hard luck," although they themselves may be even more sorrowfully situated! How gladly they share their crusts!  
 The classes whom fortune has blessed with comforts, love and happiness might perhaps hear this reason more quickly from those of the underworld than from any other source.  
 The ruling principle in the Salvation Army is service to others. It is impossible to remain in its ranks without becoming the servant of humanity. Our young officers are taught above all else that their own interests are but secondary considerations, not to be thought of when another's interests or another's good are in question.  
 If this era of good deeds is to come first the hearts of men and women must become awakened to the opportunities all around them. This awakening can be brought about only by shaking themselves out of the self-centered spirit which leads and binds them to the multitude of evidences of human need and suffering.  
 Second, conscience must be awakened to our individual responsibility to give help where help is needed when we have that help at our disposal.  
 By all means stir men up to one kind act a day, but please remember that in my opinion this is a contemptible small goal for which to strive. Stir men up to use their opportunities as they drop along—picking each fadeflower of kindness as they come to it—and you will find that a very much greater number of kind acts than one will have been recorded by accident. Anyway, if men would serve their brothers they would find that at the "eventide of life it would be light."

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 Commander of Salvation Army in United States.  
  
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**USEFUL PRESENTS**  
 When Giving a Present Give Something Useful  
 Nickel Plated Tea and Coffee Pots.  
 Nickel Plated Tea and Coffee Percolators.  
 Silver Knives and Forks.  
 Carving Sets from \$2.00 to \$10.00.  
 Carpet Sweepers from \$2.00 to \$6.00.  
 Or something in "AUSTRIA" AGATEWARE, the best manufactures. At

**ELLIOTT BROS.**  
 Phone 35. 77 Princess St.

**SUITABLE PRESENTS FOR CHRISTMAS**  
 PRESENTS FOR EVERYONE  
  
 A pair of Hockey Boots, A Fine pair of Boots, A Fine pair of Slippers, A Trunk or Suit Case, Ladies' Over-Gaiters or Leggings, Children's Moccasins or Slippers, Or a little pair of Boots for the Baby

**H. Jennings, - King St.**  
 Send for our Xmas Price List.

**Christmas Cut Flowers**  
 We seldom have sufficient cut flowers to supply the Christmas demand, hence the need of getting your orders placed some days in advance.  
 Xmas. Roses.  
 Xmas. Carnations.  
 Xmas. Violets.  
 Xmas. Lilies of the Valley.  
 These Treasures of Nature with their long stems, beautiful blossoms and fresh green foliage are much sought after for  
**CHRISTMAS FAVORS.**  
 We attend to every little detail—Carefully packed, card inclosed in box express charges prepaid if you desire—and given to the Express Co. in time to reach destination Christmas morning.

**The Hay Floral & Seed Co.**  
 FLOWERS BROCKVILLE, ONT.

**IT RESTS WITH EVERY WOMAN TO BE ATTRACTIVE**  
 No woman, perfect features or otherwise, can afford to have an anemic or worn-out, tired appearance if she would wish to be thought of as either beautiful or attractive. Good features are to be prized, but many a woman possesses them who never impresses you with the fact. Why? Because she is pale, sickly and worn-looking.  
 Good features, however, are not the essential factors, for how often do you see homely people whose faces are attractive? The healthy complexion, the bright eye of health, the altogether fresh appearance make it so.  
**These Qualities Are Within the Reach of Every Girl and Woman**  
 by using Restorator Tablets. Prompt in action, they restore the natural freshness of youth. It is their capacity in this direction that makes Restorator Tablets stand first. In short, they are attracting great attention. Their continuous effect is entirely beneficial while their tonic properties raise the vitality and nutrition of the whole organism, thus restoring the blood to a healthy normal condition—the real secret of a good complexion. Restorator Tablets have been tried and tested in hundreds of cases; all you need to do is to give them a trial to be convinced of their wonderful virtue. They are recognized as being the most natural and, therefore, the best treatment for all underlining or diseased conditions found in girls and women.  
 For sale by your druggist at 50 cents a box or six boxes for \$2.50, or sent postpaid on receipt of price by writing  
**THE RESTORATOR COMPANY LIMITED**  
 TORONTO, CANADA

**MOTT'S "Elite" Chocolate**  
 10c Cakes  
 For Cooking and Drinking, also for Cake Icing and Making Fudge.

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 No woman, perfect features or otherwise, can afford to have an anemic or worn-out, tired appearance if she would wish to be thought of as either beautiful or attractive. Good features are to be prized, but many a woman possesses them who never impresses you with the fact. Why? Because she is pale, sickly and worn-looking.  
 Good features, however, are not the essential factors, for how often do you see homely people whose faces are attractive? The healthy complexion, the bright eye of health, the altogether fresh appearance make it so.  
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