They warm and strengthen.

Tins of 4, 10, 50 & 100 Cubes.

OUR FRESH GROUND COFFEE AT 40c. CAN'T BE BEAT
Try a sample order and be convinced.
NOLAN'S GROCERY,
Princess St.
Phone 720. Prompt Delivery.

Thomas Copley
Telephone 987
Drop a card to 13 Pine street when wanting anything done in the carpentery line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop, 69 Queen Street.

GRAND UNION HOTEL
Opp. Grand Central Station NEW YORK CITY Rooms $1.00 Up and upward
Baggage to and from Station Free
Send 2c. stamp for N. Y. City Guide Book and Map.

PATENTS
Herbert J. S. Dennison
REGISTERED ATTORNEY, 18 King Street West, Toronto. Patents, Trade-Marks, Designs, Copyright, protected everywhere; eighteen years' experience. Write for booklet.

FRESH SCALLOPS
SMOKED SALMON
SMOKED HALIBUT
LIVE LOBSTERS
Dominion Fish Co.
PHONE 526

LADIES' and MEN'S, BOY'S and GIRL'S
Hockey Shoes
AT VERY LOW PRICES.
BUY YOUR SKATING SHOES
Treadgold Cycle and Sporting Goods Co.
88 Princess Phone

This oven test means bake-day "luck"

If your baking results vary, you may find the reason in the flour. For there is only one way that a miller can assure you constant success. An oven test must be made.

So we take ten pounds of wheat from each shipment delivered at our mills. We grind this sample into flour. Then the flour is baked into bread.

If this bread proves to be the "lucky" kind—high in quality, large in quantity—we use the shipment. Otherwise we sell it.

You buy luck in flour bearing this name.

No need to merely try your luck.

PURITY

"More Bread and Better Bread" and "Better Pastry Too"

Why Are Your Neighbors So Happy?

Because the Wife Bought An
EDDY'S WASHBOARD

And Now—Wash day is a joke.

All kinds of Washboards for all kinds of people.

REMARKABLE MENU

DESCRIBED IN AN BY ARTICLE BONNYCASTLE DALE

Referring to a Recent Trip He Made to the West Coast Indians — A Meal for a Dyspeptic to Revel In.

A heroic meal is described in a recent article by Bonnycastle Dale in Toronto Saturday Night, describing a visit to the West Coast Indians. He depicts a preparation and menu which is almost calculated to cause symptoms of indigestion in a squeamish white man.

In pots and pans, in troughs and food trays, "seal" dishes and "sea-lion" dishes, were heaped up the following:

Mem-sen. Dried whale meat.
Nexag. Wild geese and ducks.
Me-mee. Salmon, dried and smoked, shredded and in chunks.
Es-net-so. Flounders, also dried and smoked, some boiled too.
Quo-puts. Eels, these looked like bundles of bits of rope, but were rich.
Sis-to-las Coon. This poor chap had been roasted in the hot sand, I think, with his overcoat on, yet he appeared presentable.
Tau-nas. Squirrel. The children had prepared these — a kind of relish no doubt, smeared all over with rancid whale oil and scorched before the fire.
Wat-see. Deer meat. Dried in quantities.
Boiled devil fish.

To wash this salt and smoky feast down was a quantity of whale oil of such ancient and odorous bearing, that neither Fritz nor I could stand to leeward of it. Now civilisation poked her hand in here and made things grotesque. Behold this dusky throng squatted on the platforms of the house, the glaring fire in the centre lighting up the scene, each man and woman and child helping themselves from the bigger food dishes (some of these were well carved), or from their own wooden dish, fingers being the odds-on-favorite for eating with. The eddying smoke, the penetrating smell of the rancid oil, the low "clacking" of the native tongue, the flashing, big brown eyes of the children, the yelp of a mongrel, feast attracted and foot ejected, the sighing of the wind in the hemlocks overhead, the sobbing moan of the surf upon the beach, all was in keeping with the time and the place. Hark! what is that?—"My creole Sue, I do love you," ground out by a gramophone. The relief to the strange scene, the grotesqueness of the music box in that spot, affected both the lad and me alike, and we laughed loud and long. Instantly we were much ashamed of ourselves, as our hosts never as much as raised a glance towards us to note our merriment. These people are the acme of non-inquisitiveness. By now we thought that all abdomens must be stretched like the drumskins we saw in a corner. Never have I seen so few people eat so much food. There was not more than one hundred people in the big potlach house, yet the innumerable food trays were fast being emptied.

CATARRH CANNOT BE CURED
with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.
F. J. CHENEY & CO., Props., Toledo, O.
Sold by druggists price 75c.
Take Hall's Family Pills for constipation.

Goat Farming In Alberta.

Farmers in Central Alberta have imported more than 1,500 two-year Angora goats since last July, and it is predicted that fully 10,000 will be brought into the Edmonton district and other parts of the province during the next twelve months.

There is every promise that the breeding of these animals for mohair, milk and goat venison will be developed into an important industry.

While the climatic conditions of the countries further south permit the Angora goat to grow hair for only one year before shedding, the dry, cool atmosphere of Alberta enables the animal to carry its two years' growth without any fear of shedding. The hair grown from year to year is worth only 35 cents to 50 cents a pound. The two-year product is worth upward of $6 a pound.

The value of goat meat is said to be equal to that of mutton, and is used to a large extent throughout in countries where the goat raising industry is extensively followed. In taste it is much similar to venison.

Wheat In New Quebec?

Extraordinary developments in wheat-growing have been proved possible in various parts of the Canadian Dominion, and just now speculation is rife among the farmers of Quebec as to the chances in this direction held out by the vast new territory lately added to the Province of Quebec. No definite opinion can be pronounced at present as to the total growing capacity of these millions and millions of acres of unsettled land, since only a small part of the territory has yet been carefully explored. But so far as climate is concerned there is said to be no reason why wheat should not be grown in the northernmost limits. Recent experiments have shown that excellent root crops can be grown in some parts of Canada actually within the Arctic Circle, and surprising results in respect to the cultivation of wheat are constantly being reported.

Brown Tail Moth.

The Department of Agriculture at Ottawa is co-operating with the Provinces of Nova Scotia and New Brunswick this winter, in carrying on a vigorous war against the brown tail moth, which has invaded that part of Canada.

Gangs of men are employed to search for the nests of the moth on the trees of orchards and elsewhere, and the nests are destroyed.

Millions of dollars have been spent in fighting the pest in New England, but it is hoped to prevent it getting a strong foothold in this country.

Eskimos Have Backbone.

Charles Dawson, who found the famous Piltdown skull, has made another discovery of considerable interest to anthropologists.

He has discovered that the members of a certain Eskimo tribe in northern Canada have literally more backbone than the rest of humanity; that is to say, they have one extra vertebra to which small ribs are attached.

Bonehead Stick.

A gruesome walking stick was that used by the late Moberley Bell, so long manager of The London Times. It was a plain, stout stick, mounted with a bone from his own body. When a correspondent in Alexandria he was crossing a railway line and caught the heel of his foot between the points. A train was approaching, and by a desperate effort he wrenched himself free. But he so injured his ankle that an operation was necessary, and one of the joint bones had to be removed. This he had mounted as the handle of the walking stick which he used to counteract the limp his accident left him.—London Tatler.

Had Experience.

At a recent meeting of the Church Army Prebendary Wilson Carlile told a story concerning a Royal Army Medical Corps orderly, who was being impressively warned by a nurse before going on night hospital duty that he must on no account be tempted by the darkness to fall asleep.

"It's all right, miss," he said, with a twinkle in his eye. "There ain't no fear o' that. I was a poacher afore I joined."

Wouldn't Be Beaten.

At the opening of the Shakespeare Memorial Theatre at Stratford-on-Avon a concert was given, and Mr. William Shakespeare, the well-known professor of singing, signed his name in the visitors' book.

A Cockney wag, seeing the signature, and believing it was done for a joke, thought he would go one better, and signed himself "Oliver Cromwell."

ONLY ONE "Bromo Quinine," that is Laxative Bromo Quinine
Cures a Cold in One Day, Grip in 2 Days
E. W. Grove On box. 25c

BIDDINGER, CHIEF WITNESS AT INQUIRY INTO THE ALLEGED BRIBERY AT QUEBEC.

Mr. Biddinger is the new chief of detectives in New York City and second deputy police commissioner. As such he heads the largest force of detectives in the world, except that of Scotland Yard. It was as assistant-general manager of the Burns Detective Agency that Mr. Biddinger directed the Quebec graft investigation, and, in consequence, he will be a witness of the inquiry. His most notable work was in connection with McNamara case, and he secured the evidence that led to the arrest of their lawyer, Clarence S. Darrow. He trapped seven members of the West Virginia Legislature and five Atlantic City aldermen, most of whom were sent to prison. Biddinger was born at Cincinatti in 1875

TEACHING THE MINERS.

Colliery Workers Have Technical Schools For Training Officials.

In Nova Scotia, as elsewhere in important coal-producing areas, colliery officials are required to pass examinations and secure certificates of competency before being allowed to fill responsible positions in and about a colliery. These examinations cover such subjects as scholarship, mine ventilation, methods of working mines, surveying, geology, mechanics, first aid to the injured, etc. For the higher grades of certificates it is necessary that the prospective official shall have a good working knowledge of geometry, algebra, trigonometry, English composition, physics, mechanism, geology, mine plans, and surveying, in addition to the specific subjects that relate to practical mine exploitation. The ambitious miner has usually been required to obtain this knowledge by himself or through the medium of a correspondence course.

In Nova Scotia there is an evening technical school for coal miners in seventeen colliery towns, or practically every coal-mining community in the province. Four permanent mining instructors and over thirty-five part-time teachers are engaged in these schools. The permanent instructors are men who hold the highest certificates of competency and who are engaged in responsible positions in and about the colliery and give a certain number of their evenings to the work of instruction. The classes meet twice a week for a two-hour session through a period of eight months of the year.—F. H. Sexton in Industrial Canada.

THE NEW YEAR.

Time is like a restless river,
Bearing on its tide away
Wrecks of radiant hopes that ever
Bloom and fade with closing day.
Bearing on the youth to manhood,
Bearing manhood past its prime—
Changing all things, resting never;
Touch, O touch us gently, Time!

We who speak, and ye who ponder—
We who write, and ye who read—
Gliding swiftly down, may wonder
If we're growing old, indeed;
If the past is gone forever,
If the present may not stay,
Or to-morrow be the giver
Of the joys we missed to-day.

One year more, of all the number
Given us for earthly stay,
Gone into the past, where slumber
Every wasted yesterday!
Up to action! Let the present
Day and year, and hour of time
Prove, while love and hope are pleasant,
Duty only is sublime!.

—William Wye Smith.

Mrs. James M. Eaton, Bloomfield, died on Monday, aged seventy-nine years. A husband, two sons, and one daughter survive.

S. Wright, Sterling, a prominent merchant died on Saturday after a lingering illness. He was sixty-one years of age.

William McConnell, Belleville, died on Tuesday from paralysis. He belonged to the A. O. U. W. of Frankford.

A Woman's Canadian Club has been organized in Belleville with Mrs. J. F. Wills as president.

TWINS JOINED TOGETHER BY A TISSUE OF FAT.

Another pair of "Siamese" twins born in France. The most astonishing case before the medical world to-day is that of babies Susanna and Madeline, who were born with a tissue of flesh connecting one to the other. The young ladies, as shown in the photograph, will be for some time compelled to live in the awkward face-to-face position seen here. Medical men the world over are watching and studying the case with the interest it deserves. A formation of cells about three inches long and seven inches in thickness, joins the two babies just above the navel. Professor Le Fillatre, the noted surgeon and dean of the French Academy of Medicine, will personally perform the operation, which he feels certain will separate the two youngsters, who will then become normal children. They were born about six weeks ago at Champagne, France. The operation will be a bloodless one, the tissue substance being similar to a lump of fat.

Mr. D. A. YORKE, BELL ROCK, Ont.

Shows How Easy It Is To Get Rid Of Kidney Trouble And Lame Back

Bell Rock, Frontenac Co., Ont. "For 15 years, I could get nothing to help my Kidneys, they were so bad. The pain went all through my back and shoulders and down my legs. When I would sit for a while, I could not straighten up until I had walked a rod or more. A neighbor advised me to take GIN PILLS. I did so and six boxes cured me. It is about two years since I quit GIN PILLS. My back is now all right. No pain in back or legs and I can walk all right. GIN PILLS are worth their weight in gold to anyone suffering with Kidney Trouble".
D. A. YORKE.

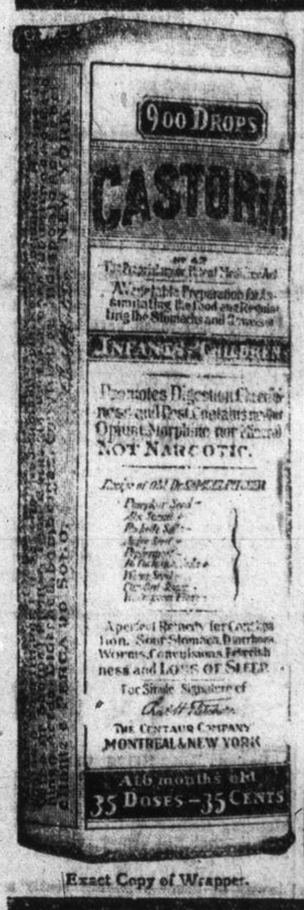
Never mind what other people say about "never being able to get anything to help them." They have probably never tried GIN PILLS, you may be sure, or they would be well. GIN PILLS will always cure the Kidneys and Bladder, Uric Acid Poisoning and Stone in Bladder and Kidneys. Remember, every box of GIN PILLS is sold on a spot cash guarantee of satisfaction or money back. 50c. a box, 6 for $2.50, at all druggists. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto. 209

Kingston Business College
(Limited)
Head of Queen Street.
Courses in bookkeeping, shorthand, typewriting, civil service, general improvement, and all commercial subjects.
Rates moderate. Information free.
H. F. Metcalf - Principal

For Sale
Must be sold by February 1, 1914. Three brick houses in the best of location, near Queen's University; open plumbing and the latest improvements, bringing a rental of $540.00 per year for $5,000.00.
House on Queen street, near Clergy, $3,950.00.
HORACE F. NORMAN
Real Estate and General Insurance.
177 WELLINGTON ST.

Phone 76
For Your Christmas Groceries.
Our stock is complete in all lines.
841-3 Princess Street.
Prompt Delivery
(Coast Sealed Oysters.)
D. COUPER

CASTORIA
For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of Chas. H. Fletcher
In Use For Over Thirty Years
CASTORIA



Exact Copy of Wrapper.

King George's Navy PLUG

10¢
KING GEORGE NAVY PLUG CHEWING TOBACCO
IS IN A CLASS BY ITSELF.
It surpasses all others in quality and flavour because the process by which it is made differs from others.—It is deliciously sweet and non-irritating.
SOLD EVERYWHERE: 10c A PLUG
ROCK CITY TOBACCO Co., Manufacturers, QUEBEC