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For Cooking and Drinking, also for Cake Icing and making Fudge.

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Telephone 987

Drop a card to 13 Pine street when wanting anything done in the carpentry line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop, 46 Queen Street.

LABATT'S STOUT
Has Special Qualities
MILDLY STIMULATING,
NOURISHING, SUSTAINING
A Perfect Tonic
THIS IS THE TIME OF THE YEAR IT IS NEEDED
If not sold in your neighborhood, write
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LONDON CANADA

James McParland, Agent, 339-341 King St. East.

Let me talk to you about Nerve Troubles!

Our nerves are like an intricate network of telegraph wires. They are controlled and nourished by a portion of the brain known as the nerve centres. The condition of the nerve centres depends upon the condition of the bodily health. When the bodily health is lowered the nerves suffer in sympathy. Then it is that we are tormented with "nerves," headaches, neuralgia, nervous debility. In such cases there is nothing to equal "Wincarnis," the "Wine of Life." "Wincarnis" is a powerful nerve food which acts directly upon the nerve centres and gives them new life and new vitality. The result is wonderful. Will you try it?

Begin to get well FREE

Send for a liberal free trial bottle of "Wincarnis." Enclose six cents stamps for postage. **COLLIMAN & Co., Ltd.**, Wincarnis Works, Norwich, England. You can obtain regular supplies from all leading Stores, Chemists, and Wine Merchants.

WINGARNIS
The Wine of Life
Recommended by over 10,000 Doctors.

Representative for the Dominion of Canada:—**Mr. Frank S. Ball, P. O. Box, 577, Toronto.** Phone, No. Main 275. Telegrams "Unit" Toronto.

"Keep the Shop Busy—Telephone."

The factory superintendent was about to lay off ten men. The manager called several customers by long distance telephone, referred to the last order, inquired if it had been satisfactory, and with this as an opening asked for more business. The plan was so successful that he called in his best salesmen, carefully drilled them, and put them to work at the telephone. By means of this systematic telephone canvass he not only got enough business to keep all his men busy, but had to work overtime.

If your business is not as brisk as you would like, why not turn to your telephone and "keep the shop busy?"

Every Bell Telephone is a Long Distance Station.

The Bell Telephone Co. OF CANADA.

TO MAKE AN ATTEMPT
TO ESTABLISH A NATIONAL AMERICAN THEATRE.

Adele Blood Hopes to Begin Her Cherished Wish Within a Year—It Will Be a Development of Mind and Work.

Adele Blood, the actress, claims she can establish a national American theatre with \$10,000 or less. She also states that she will make an attempt to do so within a year. This information comes through a statement from her. She is at present at her country house in Great Neck, Long Island, preparing for a starring role in the new play "Milly's Boudoir," by J. C. Drum, under the management of I. W. Hope. Her contract with Mr. Hope has a season to run and at its conclusion, Miss Blood states, she will take up the national theatre project. Mr. Hope will be interested with her in the affair. Miss Blood writes: "Who am I?" she asks, and answers modestly, "I am nobody. But we shall see," she continues, "if the new energies of a nobody cannot accomplish what the stagnated ideas of a group of somebodies failed to realize recently in New York. In one's personal affairs, I believe in humility; but where a great idea is to be realized I believe in an ultimate aggressiveness. Therefore I am going to speak my mind out, and that without equivocation.

"A national theatre in America one representative of the whole country, will be born of the soil and not of the dollar. It is a great public institution will develop from the sweat of the brow and not from the lining of the pocket. It will be a national theatre. The main reason for the failure of the glided New Theatre in New York City recently was too much money. With a brigade of check books and a coterie of half-baked theatrical nambys they reminded men of the now ancient story of the bankrupt. A friend tried to sympathize with him and he replied: "Thank you for your kind words but wasn't it a magnificent failure?" "In New York City they built a stately, classic theatre and after announcing that it was a national theatre proceeded to fill it with foreign and undomesticated plays. They did not have a single practical, dried out and seasoned theatrical man within earshot of the machinery.

"What was the result. They produced in months of endeavor only one thorough success, the foreign play, 'The Bluebird,' and a very mediocre offering of native origin, 'The Nigger.' I doubt if even the latter American play would have been produced had not the author been socially persona grata with the director ship.

"In their swan song, when the attempt was abandoned and admitted to be a failure, the directors attended in substance: 'We have read over a thousand plays by new American authors and have found none worthy of production.' "What a test of one's patience—men deciding the value of plays from a bare reading of the manuscript. No wonder a loud laugh arose in the real theatrical section of the community. Charles Frohman has said that the better number of the cast of a play is the audience. It is an epigrammatic truth which will live after him. There isn't a man living who can foretell the fate of a play from its manuscript, or for that matter any one of its values as a play. It isn't like being a tea tester. Any man who can judge a play from the manuscript and save the big managers the enormous expense of production can become a millionaire in five years. But it isn't in the dream book.

"Already in New York theatre have scored the biggest successes of years and the season is only a few weeks old. Not one of them aspires to literary merit, but they are written in the blank verse which is measured by the feet of the toiler. They are the plays of the soil, the plays of the heart, the plays of the people.

"So I am going to open a repertoire theatre just soon as my other obligations will permit, and will make a supreme effort to develop it into a national institution. It may take years but I will guarantee a healthy natural foundation, one which properly started will build itself into a dignified success. I am going to take \$10,000, either my own earnings or money loaned by a friend, and either lay down the ground plot of a national theatre, or make a more reasonable and satisfying failure than the New York millionaires did with three million dollars.

"This is simply the method of procedure: I will hire a hall, I'll take a theatre if I can get one, but a hall will do. Shakespeare had candles for footlights. The smaller the beginning the more I will like it. I will organize a utility repertoire company and produce thirty plays by unknown American authors in thirty weeks. That's all.

"The beginning will be humble. I can get half a million dollars for the venture to-morrow. I don't want it and will have no need of it. I don't want an endowment. There isn't a single endowed thing in this country to-day which has any practical value for the people at large. Humanity in a gilded cage—pah—the man who gives his millions always ties a string to them.

"The American stage is in a bad way," concluded Miss Blood, "what the moving picture hasn't done to it, dry rot has. The old fossil is sitting on the exhaust and won't let the new fellow with ideas bob his head out."

She Was Happy.

The small girl of the family was busy over the flower bed. She pulled the weeds out carefully, she dug and watered and trimmed, humming a happy little tune.

"You must like your work, Bessie. You seem very happy over it," said the neighbor.

Quickly the child looked up with a laugh, "I'm doing it for mother, and I'm always happy when I'm doing things for folks; aren't you?" she said.



THE NURSEMAID: A FAVORITE DISGUISE FOR GERMAN SPIES.

RHEUMATIC MISERY
Can Only Be Cured Through the Blood Liniments of No Use.

In no disease does the blood become thin so rapidly as in rheumatism. Not only does it become thin, but it is loaded with impurities—rheumatic poisons. Without the proper treatment these poisons increase, the inflamed joints swell and the patient becomes a cripple. There are a number of methods of treating rheumatism, most of them aiming to keep down the rheumatic poisons until nature can build up the blood sufficiently to overcome them. But unfavorable conditions of cold or dampness may give the disease the advantage and "relapse" or renewed attack follows.

Dr. Williams' Pink Pills for Pale People build up the blood and enable it to cast out the rheumatic poisons with the natural secretions of the body. Thousands have tried this treatment with the most beneficial results. That every sufferer who does not try Dr. Williams' Pink Pills is neglecting the most helpful means of recovery is shown by the following statement: "Mrs. Eline Smith, St. Jerome, Que., says: 'I was attacked with what the doctor said was inflammatory rheumatism. The joints of my hands, feet and limbs were badly swollen, and I suffered the most excruciating pain. Notwithstanding medical treatment the trouble became so bad that I could not go about. My appetite began to fail me and I was growing physically weak. A neighbor who had been benefited by Dr. Williams' Pink Pills advised me to try them and I decided to do so. In the course of a few weeks I noted some improvement, and my appetite began to return. Then the swelling in my joints began to disappear, and it was not long until I was perfectly cured and I have had no return of the trouble.'"

Dr. Williams' Pink Pills are sold by all dealers in medicine or will be sent by mail at 50c a box or six boxes for \$2.50 by writing direct to The Dr. Williams' Medicine Co., Brockville, Ont.

Professional Duty.
A young surgeon received late one evening a note from three of his fellow practitioners.

"Please come over to the club and join us in a game of bridge."

"Emilie, dear," he said to his wife, "here I am called away again. It is an important case—there are three other doctors on the spot already.—Exchange.

He's A Hustler.
He jumps up in the morning And, speediest of men, Despite his doctor's warning, He bolts his breakfast, then His coat and hat he slatches And putting, runs afar. And, quite exhausted, catches The just departing car.

On to his desk he hurries, His labors to begin; 'Twixt twice a hundred worries, His luncheon's sandwiched in. At eve this driven slinger A-rushing home will go To scramble through his dinner And gallop to the show.

What is it that he chases Beyond his daily bread? It is success that races Each day two jumps ahead? Although his pay immense is, New efforts he New efforts he At least I hope his senses Some day he'll overtake! —Exchange.

We do not believe that a woman should be a slave in her kitchen, but we do believe that she should consider looking after a household honorable.

Many a girl who thinks she had a swanlike neck makes a goose of herself.

Even the iceman may make it hot for you if you don't pay up.

REGULATE YOUR BOWELS AND STOP HEADACHES, COLDS, SOUR STOMACH

Cascarets make you feel bully; they immediately cleanse and exert on the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry off the constipated waste matter and poison from the bowels. A Cascaret to-night straightens you out by morning. A 10-cent box from any druggist keeps your Stomach regulated, Head clear and Liver and Bowels in fine condition for months. Don't forget the child-waste matter and poison from the



PAYING FOR NEUTRALITY.

Holland Had to Put Over 400,000 Men Under Arms.

Holland is learning in this war time the advantages and the disadvantages of being a neutral country. The London Chronicle's special correspondent in Holland.

Perhaps the advantages are as embarrassing as the disadvantages. With war all around her, she has become a place of refuge, a clearing-house for telegrams and letters that cannot pass direct from England to Germany, a common platform on which men whose countries are in bitter enmity may meet on the terms of old friendships.

Her neutrality has made the arrival within her southern frontier of German or Belgian soldiers, flying from their respective enemies, a rather trying form of enforced hospitality. Already a concentration camp at Alkmaar has its nucleus of men from both armies, and there is the constant fear that this involuntary hospitality may lead to international complications. No wonder that gallant little Holland is massing her troops in Limburg and North Brabant to drive back the soldiers who, in the heat of fight from battle, seek to be her guests.

But Holland is paying the price. It is not for nothing that a little nation, with millions less people than London has put over 400,000 men under arms. All soldiers she will fight for her independence, and among these stolid, silent people there is never a murmur at the sacrifice. It is not only the men who have been called to the colors and the families that are left without breadwinners who are paying the price.

All over Holland men and women are being turned out of doors, and seeing their homes pulled down, because the buildings, set up under the shadow of forts, interfere with the all-round range of the guns.

The Chronicle correspondent says: "I met a man who had disappeared from Amsterdam for a couple of days. He told me quietly that he had been into the country south of here to see how his old parents were. Suddenly at midnight they and their neighbors had notice that within an hour their homes must be pulled down. Imagine what it meant in the rain and darkness, to pack all the household goods on carts, to drive horses and cattle along the narrow road that tops the dyke, and to find the best shelter that can be had at a safe distance from the forts."

It is the price of independence, and Holland does not grudge it. There was a call for volunteers among those men who for various reasons are not liable for military service. In two days the office where applications were received had to be closed, so great was the rush.

That is the spirit of the people. They know that independence and neutrality have their price as well as their privilege, and they are ready to pay it to the last gasp and gulch.

Cold Feet.
During a marriage ceremony in Scotland recently the bridegroom looked extremely wretched, and he got so fidgety, standing first on one foot and then the other, that the "best man" decided he would find out what the trouble was.

"What's up, Jock?" he whispered "Hae ye lost the ring?"

"No," answered the unhappy one, with a woeful look, "the ring's safe enough, but man, I've lost my enthusiasm."

New Fudge.
Fudge which is "different" may be made in this way: Boil two cups of white sugar and half a cup of milk until sugar is dissolved. Add two rounded tablespoons of cocoa and boil and stir till it makes soft ball in water. Remove from the fire, add a generous tablespoon of butter and a teaspoon of cinnamon extract, and beat until it is smooth. Pour into buttered pans.

ROYAL
USED BY ALL BEST HOME PROFESSIONAL BAKERS
DECLINE SUBSTITUTES
YEAST CAKES

LAUNDRING DONE WITHOUT ACID.
If you want your clothes to last, you must have them washed without acid. We use no acid whatever. A postcard will bring our boy to the door. We appreciate the opportunity to serve you.
Best family washing, 40c to 50c.
CHONG BROS., LAUNDRY,
354 Princess St.

Wood's Phenophodine,
The Great English Remedy.
Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Fogginess, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. **THE WOOD MEDICINE CO., TORONTO, ONT.** (Formerly Weston.)

Prescription for Headache!

If you should go to your family physician and ask him for a prescription for headache, and he knew the very latest discoveries in medicine, he would prescribe the ingredients of ZUTOO tablets. Yet he might not get the happy combination of the ingredients secured in ZUTOO tablets after long trial and experimentation.

The ingredients of Zutoo Tablets are prescribed for headache by the very best physicians of the day.

Praised by all users, thousands gladly testify to the merits of this reliable cure for headache. 25c at dealers. Try it.

Announcement?

As I have decided to vacate my present premises in the early spring of 1915, I am now prepared to make reductions on any monument that I have in stock. If it is your intention of purchasing it would be to your advantage to buy now.

J. E. MULLEN
Cor. Princess and Clergy Streets, Kingston.
Phone, 1417.

Sports

Everything for the football player will be found here. Shin guards, nose guards, knee guards, shoulder and elbow pads, jerseys, pants, boots, etc. an excellent line of footballs from \$1.25 to \$2.00. Secretaries of clubs should write and get our prices and if possible call and see our goods.

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Wet Weather Shoes for Men

The time is at hand when you can expect wet, stormy weather. Are you prepared with a pair of WET WEATHER SHOES? If not, we wish the pleasure of showing you our line of TAN and BLACK storm shoes made in soft, pliable, oil tanned leathers with heavy double vulcolized soles and either leather or canvas lining. A shoe to wear without a rubber.

\$5.00 and \$6.00

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