


IN EVERY HOME



**ROYAL YEAST CAKES**  
ARE USED, AND ALWAYS GIVE PERFECT SATISFACTION

**REAL ESTATE For Sale**

Prime house on James street with improvements, good stabling, good house suitable for a carter, with \$400.00 investment.

Cement block house on Regan Road, \$1050.00.

Double house on Stanley street, improvements, renting for \$18.00 per month. \$200. will handle this proposition.

**HORACE F. NORMAN**  
Real Estate and Insurance  
Office 177 Wellington St.

**FREE TO ALL SUFFERERS.**

THE GREAT "WATER" CURE FOR ALL RHEUMATISM, GOUT, GRAVEL, NEURALGIA, MIGRAINE, SCIATICA, BRUISES, SWELLINGS, AND ALL AFFECTIONS OF THE BONES AND JOINTS. IT IS THE ONLY REMEDY THAT CURES WITHOUT PAIN OR REST. IT IS THE ONLY REMEDY THAT CURES WITHOUT DRUGS. IT IS THE ONLY REMEDY THAT CURES WITHOUT OPERATIONS. IT IS THE ONLY REMEDY THAT CURES WITHOUT HOSPITALS. IT IS THE ONLY REMEDY THAT CURES WITHOUT DOCTORS.

**THERAPY**

**Officers TRY ASHBY The Tailor**

76 Brock St., Kingston

For khaki uniforms, great-coats, caps, putties, swords, belts, whistles and whistle cords, rank badges, buttons, etc. Nothing too large for us to supply; nothing too small to receive our prompt attention.

Repairing and alterations carefully attended to.

We can save you money and we guarantee to please you.

**J. M. ASHBY, Lieut., 47th Regt.**

**WOMAN SICK FOR YEARS**

Wants Other Women to Know How She was Finally Restored to Health.

Hammond, Ont. — "I am passing through the Change of Life and for two years had hot flushes very bad, headaches, soreness in the back of head, was constipated, and had weak, nervous feelings. The doctor who attended me for a number of years did not help me, but I have been entirely relieved of the above symptoms by Lydia E. Pinkham's Vegetable Compound, Blood Purifier and Liver Pills, and give you permission to publish my testimonial." — Mrs. LOUIS BEAUCAGE, Sr., Hammond, Ont., Canada.

New Brunswick, Canada. — "I can highly recommend Lydia E. Pinkham's Vegetable Compound to any suffering woman. I have taken it for female weakness and painful menstruation and it cured me." — Mrs. DEVERE BARBOUR, Harvey Bank, New Brunswick, Canada.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact. Every suffering woman owes it to herself to give Lydia E. Pinkham's Vegetable Compound a trial.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman who has had in similar experiences.

**WISE AND OTHERWISE**

Even a multi-millionaire can have his vermiform appendix removed only once.

It's difficult to pose as a successful fisherman unless you possess a vivid imagination.

Occasionally there is a man who was born lucky—that is, with a goodly supply of plain common sense.

A married woman is always suspicious of her husband when she receives a telegram from him, written out on a typewriter.

When a widow tries to flirt with a married man all the other women in town are anxious to drop in and sympathize with his wife.

On His Knee.



Compensation.

The wind which stirs the fretting dust.

Blows up the soothing rain.

There is no evil all unjust.

Nor any good all gain.

—Judge.

Particular.

Harry—Gertrude's parents are very particular about her moral education.

Harriet—In what way?

Harry—In every way. In school last week they wanted the teacher to excuse her from improper fractions.

—Judge.

Papa Had a Grouch.

Nell—Jack, dear, did you fall on papa to-day?

Jack—Sure I did, but he didn't appear to enthuse very much over my visit.

Nell—What did he say?

Jack—Why, when I asked him for permission to press my suit, he simply answered, "Why don't you send it to a tailor?"—Judge.

A Shattered Romance.

"So Stumpleigh didn't marry that telephone girl, after all," said Wiggle.

"No," said Hickenlooper. "She was too flirtatious. She paid no attention to Stumpleigh's ring so they rung off."—Judge.

A Future Dyspeptic.

Kind Lady—Is something hurting your little brother and making him cry?

Little Girl—No'm. It's just a habit with him. I ain't never seen nobody look on the dark side of life like he does.—Judge.

Yankee-doodle-doo-oo.

"He's a patriotic poultry raiser."

"How's that?"

"Last Rhode Island Reds, White Wyandottes and Blue Plymouth Rocks."—Judge.

Basis For Exchange.

He had a drove of spirited steeds and paused to give them a much needed rest. The storekeeper came out and looked them over casually.

"Want a horse?"

"Guess not."

"I'll take it 'out in goods," said the stranger. "I'll take it out in tobacco, in fact."

"Might do some business along those lines," responded the storekeeper, "if we kin agree on a basis."

"What's your basis?"

"Well, I'll trade with you, plug for plug."—Judge.

**COMMENTS BY ZACCHAEUS.**

Who Thinks Young Girls Prefer To Make Nets.

A—Autocratic rulers shall have lived.

B—Bluff business on down grade.

C—Chagrin of one, chance of another.

D—Designs of Creator not to be defeated.

E—Eager is the world for law, justice and right.

F—Fanaticism too, wherever existant, must depart.

G—Generous generally are the truly great.

H—Happiness there cannot be without the

I—Inalienable rights of life and liberty being safeguarded.

J—Justice revolts at tyranny.

K—Keep thy good name and thy good name will keep thee.

L—Line of rectitude the safest road.

M—Memory of a wrong done turns to pain both the present and the past.

N—Nothing so sweet as the recollection of a kind act.

O—O, how full of briars in this working-day world!

P—Patience is a great help to success.

Q—Quick sensitive people wear out the fastest.

R—Restiveness, like a balky bronco, rears and bolts and flings its rider.

S—Self-control for victories, self-indulgence for defeats.

T—To make nets, with most young girls, is a more absorbing occupation than to make cakes.

V—Uncompromising honour feels a stain like a wound.

W—Vanity puts profit before principal.

X—Wisdom of the few makes folly of the many less apparent though not less real.

Y—Yrivagance is the door to want.

Z—Years are well spent that are consecrated to usefulness; idle days, easy chairs, stretching and yawning, in this busy world, want in sense and should not be tolerated, except with defectives, mental or physical.

—ZACCHAEUS.

**THE SPORT REVIEW.**

Varsity Favorite in Betting on Intercollegiate Game.

Captain "Pop" Paisley of the McGill team, opines that there has been such an improvement in the Red and White line that McGill will carry all before it in Toronto this afternoon.

Amateur hockey is booming in the United States, and already the Princeton hockey players have been ordered into training.

The Montreal Herald emits this cruel, cruel remark: "Funny thing, but no one ever thinks to accuse any member of the Queen's rugby team of being a professional."

The Toronto News thinks that the O. R. F. U. had better shut up shop for the season and let the intercollegiate and interprovincial play for the championship.

Varsity are favorites in the match with McGill this afternoon, odds of 7 to 5 being offered by the supporters of the team. McGill has many followers, and is being well supported to turn the tables on the Toronto students.

Toronto Telegram: Shag says all that McGill wants is a fair field and an even break. Well that's better. There was a growing suspicion up this way that all McGill wanted was the championship, and that she was ready to protest any man on the Varsity team in order to get it.

Toronto Star: That the O. R. F. U. showed very little backbone in dealing with the Ken Williams case is clearly apparent. Why the matter of Williams' eligibility to play with St. Patrick's should be tossed aside as it was a thing the O. R. F. U. executive will have a great time in explaining. The O. R. F. U. has a rule in its constitution which clearly says that a player must be a resident of the town he is playing for before July 1st.

**TYPHOID BREAKS OUT.**

Ravages German Troops That Occupied Lille.

London, Nov. 21.—A Boulogne despatch to the Daily Telegraph says:

"A serious epidemic of typhoid has broken out among the German troops who are in occupation of Lille and surrounding districts.

"In the two last days no fewer than 5,000 men entered the hospitals which are filled to overflowing. The Germans have evacuated Lille, but the French have not yet entered the town, a sanitary service having first been sent to take necessary measures.

"The epidemic is spreading among the Germans occupying Roubaix and Tourcoing factories. These towns have not been touched, as the property owners, through the intervention of the American consul, were able to save the property by paying the invaders \$10,000,000. All available space in the factories is utilized for temporary hospitals, which are full of wounded."

**TRIBUTE TO GEN. FRENCH.**

Lord Roberts Wrote Interesting Letter to Lady French.

London, Nov. 21.—Lord Roberts wrote an interesting letter to Lady French on reading Sir John French's first despatch from France, printed in the preface to the new 'Life of Sir John French.'

"My dear Lady French,—I write these few lines to tell you how much I admire your husband's despatch, and how proud I am of the splendid work done by the troops under his command. When the whole story of the war comes to be known, the masterly way in which the retreat from Mons was carried out will be regarded as one of the finest military exploits ever achieved."

The praise that a man really deserves be given to others to give him.

**EXCISE DUTIES FALL OFF.**

Less Liquor And Tobacco Consumed Last Month Than Year Ago.

Ottawa, Nov. 20.—Despite the increased excise duties on liquors and tobacco imposed last August by the special session of parliament, the excise revenues for the month of October shows a decrease of \$215,724, as compared with October of last year, the total last month being \$1,736,137. The decrease is about 17 per cent. The falling off reflects a decreased consumption, due doubtless to the enforced economies of war times and financial stringency.

**SANK A SUBMARINE.**

French Cruiser Also Battered Austrian Destroyers.

Paris, Nov. 21.—News from the Adriatic says that the cruiser Waldeck-Rousseau has sunk another submarine. The Austrians seem to keep a special watch for this vessel and during a recent cruise of only four days the cruiser had to run the gauntlet of aeroplanes, submarines and torpedo boat attacks. She not only came through them unscathed, but with honors on her side, for besides sinking a submarine she chased and battered a fleet of Austrian hostile destroyers.

**NELSON**

"England Expects Every Man to Do His Duty."—Nelson.

**Man's First Duty Is His Health**

A Duty Which He Owes to Himself, His Family and His Country.

"Duty" is a good English word, which Nelson, founder of the navy, stamped indelibly on the minds of the people, and who can tell what the great British Empire owes to this one word and the idea it represents.

Since the efficiency and usefulness of every man and every woman depends largely on the health, it is the first duty to preserve the health of body and of mind. Headaches, sleeplessness, indigestion, irritability and nervousness are among the symptoms of a run-down nervous system, which should never be neglected. Some have trouble with weak heart action, palpitation, poor circulation and cramps. Dr. Chase's Nerve Food is the most rational and most satisfactory treatment to use in the restoration of the nervous system. Because its cures are both thorough and lasting.

Mr. John Matthews, Farmer, Fawn Lake, Ala., writes:—"I had cramps in my legs, pains in my knees and elbows, and my fingers would get cramped and numb. I could not sleep nights, and would have to get out of bed to rub the cramps out of my legs. For two years I suffered this way, and could not get relief. Then I began using Dr. Chase's Nerve Food, and did so with splendid results. I sleep well now, enjoy my meals and feel well generally. I only had cramps once last winter, and feel that my system has been greatly benefited by this food cure."

**Dr. Chase's Nerve Food**

The Great Blood and Nerve Restorative. 50 cents a box, 6 for \$2.50, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

**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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Enjoy Afternoon Tea at

**MARBLE HALL**

233 Princess Street.

Dainty Refreshments and Pure Ice Cream.

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Phone 980.

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In Nickel, Silver, Copper, Brass.

We make all kinds of iron and wire work. Get prices.

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**Zbar's Ice Cream Parlor**

Choice Candies of all kinds in bulk or fancy boxes. Also serve all kinds of hot drinks.

Seasonable Fruits.

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We Make CEMENT BLOCKS, SHILLS, LINTELS, PIER BLOCKS, BRICK, VASES,

and everything in cement. Verandah work a specialty.

OFFICE 177 WELLINGTON ST. WORKS, Cor. Charles and Patrick Sts. Horace F. Norman, Manager.

**SWEET CIDER, 30c per Gallon**

**Coast Sealed Oysters, 60c per Quart**

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**BUILDERS !!**

Have You Tried GYPSUM WALL PLASTER?

It Saves Time.

**P. WALSH,**

Barrack Street.

**New Health for Everyone**

Wincarnis' is a Tonic, a Restorative, a Blood-maker, and a Nerve Food—all combined in one clear, delicious beverage. As a Tonic it "tones up," stimulates, and invigorates the system when you are "Run-down." As a Restorative, it revives your flagging energies, restores your lost vitality, and creates new strength. As a Blood-maker, it surcharges your whole system with a wealth of new, rich, red blood. As a Nerve Food, it invigorates, rejuvenates, and nourishes your worn-out nerves, and gives them new life. Therefore, when you take 'Wincarnis' you obtain its four-fold benefits—all at once. That is the reason why it has given new strength, new vigour, new blood, and new nerves to countless thousands of sufferers. And that is the reason why over 10,000 Doctors recommend

**WINGARNIS**

Will you try 'Wincarnis'? Will you take advantage of the new health and new life it offers you? You can obtain 'Wincarnis' from all Wine Merchants and licensed Chemists and Grocers. Will you try just one bottle to-day?

**Begin to get well FREE!**

A liberal trial bottle will be sent upon receipt of six cents stamps to pay postage. Coleman & Co., Ltd., Wincarnis Works, Norwich, England.

PATIENT: "I feel so weak and ill, that life seems hardly worth living."

NURSE: "Come, cheer up! Take this glass of 'Wincarnis'. It will quickly put new vigour and new life into you."

Representative for the Dominion of Canada—Mr. Frank S. Hall, P. O. Box 377, Toronto. Phone No. Main 275. Telegrams "Wing" Toronto.