

WHEN RUN-DOWN, WEAK AND NERVOUS

What Should a Man Do? Suggestion of Ohio Druggist to One Such Man Saved His Life, So He Says.

Nelsonville, Ohio.—"I was all run-down, weak and nervous and had no appetite at all. In fact I was very much discouraged until our druggist told me about Vinol and asked me to try it. I did so and it has certainly been a life saver to me. I am glad to recommend Vinol to anyone who needs a blood and nerve tonic."—S. S. STEENROD, Nelsonville, Ohio.

When a man is run-down, weak and nervous, he needs a good appetite, good digestion, better blood, more strength, more vitality, and we do not know of any medicine that will supply it so quickly as Vinol.

It is the active medicinal principles of cod liver oil which make the blood-making strengthening properties of tonic iron contained in Vinol, which makes it so efficient in building up health and strength for weak, nervous, run-down men and women.

We ask every weak, nervous, run-down person in this locality to try Vinol on our guarantee, and if it fails to help you we will return your money.

George W. Mahood, Druggist, Kingston, Ont.

GRAND TRUNK RAILWAY SYSTEM Ottawa Winter Fair First Class Fare and One-Third TIME TABLE CHANGES

CANADIAN PACIFIC IMPORTANT CHANGES In Train Service Effective January 17th, 1915

CUNARD LINE (CANADIAN SERVICE) Sailings from Halifax to Liverpool

"NORMAN" The NEWEST ARROW COLLAR

A Cosy Room WE HAVE Gas Dome David Hall, 66 Brock St.

COUNTRYSIDE THINGS

WHAT WHIG CORRESPONDENTS HAVE TO TELL

News From Villages and Farms Throughout the Adjoining Counties—Rural Events, and Movements of the People.

Clarendon Reports. Clarendon, Jan. 12.—Alexander McIntosh, of Burke's Falls, is visiting his sister, Mrs. Leishman, after an absence of sixteen years.

At Lavant Station. Lavant Station, Jan. 12.—Miss Minnie Jacob left for Ottawa on Monday when she has a position as stenographer awaiting her.

Reception To A Sexton. Mallorytown, Jan. 12.—A. W. Mallory is loading a car of hogs for the Montreal market to-day.

At Macintosh Mills. Macintosh Mills, Jan. 13.—T. Graham is sawing in this vicinity.

At Cheery Valley. Cheery Valley, Jan. 10.—The remains of the late Norman Wood were placed in the vault here on Friday last.

Morton Personal. Morton, Jan. 11.—Mrs. Bell Simpson, Toronto, visited her aunt, Mrs. R. Willis, a few days last week.

Escaped From Bear. Canotus, Jan. 12.—The heavy rainfall of last week was very much welcomed as nearly everyone in the vicinity was complaining of the scarcity of water although it has left the roads in a very bad condition for some of the farmers who are hauling timber to the siding.

At Stella, Amherst Island. Stella, Jan. 11.—The recent rain has taken most of the snow away. Many of the roads are bare about here, but cisterns and wells received a good supply of water, which was badly needed.

Centreville Budget

Centreville, Jan. 9.—The tea meeting held on New Year's night was a grand success.

Junetown Tidings. Junetown, Jan. 8.—William Hunt is attending university school at Kingston.

Echoes From Elgin. Elgin, Jan. 11.—Mrs. George Mustard has returned from spending the holiday season at Toronto.

News From Ardoch. Ardoch, Jan. 11.—The farmers have been drawing hay from Coxvale.

Tidings From Parham. Parham, Jan. 11.—The recent rains have left the roads in poor conditions.

Chicago Live Stock. Chicago, Jan. 11.—Cattle—Receipts, 23,000; market, \$10.00.

Buffalo Live Stock. East Buffalo, N.Y., Jan. 11.—Cattle—Receipts, 4,000; fairly active.

Montreal Live Stock. Montreal, Jan. 11.—Trade at the West End Cattle Market this morning was fair, with higher prices all round.

Source of Shellac. Insects Producing It Are Victims of Their Own Industry.

Cured Fifteen Years Ago of Piles and Eczema By Using Dr. Chase's Ointment—Certifies That the Cure Was Permanent.

Some people have tried so many doctors and so many treatments in their search for cure for piles and eczema that they find it difficult to believe there is an actual cure.

On Sept. 28, 1912, Mr. Ketcheson wrote as follows: "I received a letter from you to-day, saying that you found on his statement made by me 15 years ago, I have always given Dr. Chase's Ointment a good name since it cured me, and shall tell you how I came to use it."

I had suffered for many years from eczema and piles, and had tried doctors and everything I could hear of in vain. Reading about Dr. Chase's Ointment, I purchased it at once, and was completely cured. That was fifteen years ago, so there can be no doubt of the cure being a permanent one. I have met a great many people who have been cured by Dr. Chase's Ointment."

Dr. Chase's Ointment, 60 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

AT ONCE! STOPS STOMACH MISERY AND INDIGESTION

"Pape's Diapesin" makes sick, sour, gassy stomachs feel fine. Do some foods you eat hit back—taste good, but work badly; ferment, stomach lumps and causes sick, sour, gassy stomach? Now, M. Pape's Diapesin (not this down) Pape's Diapesin digests everything, leaving nothing to sour and upset you; there never was anything so safely quick, so certainly effective.

Most remedies give you relief sometimes—they are slow, but not sure. "Pape's Diapesin" is quick, positive and puts your stomach in a healthy condition so the misery won't come back.

You feel different as soon as "Pape's Diapesin" comes in contact with the stomach—distress vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food, your head clears and you feel fine.

Go now, make the best investment you ever made, by getting a large quantity of "Pape's Diapesin" from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorder.

to \$6.65; pigs, \$5.35 to \$5.80; bulk of sales, \$4.65 to \$5.35. Receipts, 67,900; market, sheep, \$5.75 to \$6.65; yearlings, \$6.80 to \$7.80; lambs, native, \$6.75 to \$7.75.

RACING UP EIFFEL TOWER. Peculiar Contest Organized By French Ingenuity.

The ingenuity of the French is constantly exercised in the devising of curious contests in the form of races. One such novel contest was held in Paris, not so very long ago wherein 300 competitors participated, the object of which was to ascertain who could mount the 729 steps leading to the second platform of the Eiffel Tower, 373 feet high, in the shortest time.

The race began at 9 o'clock in the morning, and in a few minutes the stairs of the tower were swarming with young and old, breathlessly struggling to reach the goal. The record was attained by one Manet, who managed to achieve the run in the short time of 3 minutes and 3 seconds, but he was disqualified for a breach of the rules, and the prize went to a professional, who covered the distance in 3 minutes and 12 seconds, followed by a pupil, who took seven seconds longer.

The Duc de Chartres once organized a race in the forest of Chantilly, in which 25 women and men participated. The curious feature of this contest lay in the circumstances that the competitors were divided in pairs and that each couple had to join hands at the start, a condition obligatory throughout the race. The course was two and a half miles, and was liberally obstructed with fences, hedges and water jumps, numbering 20 in all. These barriers the competitors were obliged to surmount at their own risk, but the breaking of hands meant disqualification.

Each man, however, was permitted to assist his partner over the most awkward obstacles. This strange race proved highly exciting and amusing, the couples coming to grief at the hedges, through which many crawled in a disheveled condition, and at the water jumps, where they attached themselves to the bark, and happened, however, that one couple covered the course, under the conditions imposed, in the space of 28 minutes, and to these were presented the first prizes.

The contestants were accompanied by friends in motor cars and on horse back.

SOURCE OF SHELLAC. Insects Producing It Are Victims of Their Own Industry. Scale insects of the group coccidae are responsible for one of India's most interesting exports, lac, the export value of which amounts to nearly \$8,000,000 annually. Lac is the resinous exudation of the insect. The insects live upon the twigs of certain trees, and soon become covered with a resinous secretion that increases in thickness, protecting the body and the eggs.

When a colony, consisting of a few adult females and one or two males, find their way to a new branch they attach themselves to the bark, and having pierced it with holes through which they draw up the resinous juices upon which they feed, they become fixed or glued by the superfluous excretion, and after a time die, the females forming one of their dead bodies little domes or tents over the myriads of minute eggs which they have laid. In a short time the eggs burst into life, and the young, which are very minute, swarm over the twig in such countless numbers as to give it the appearance of being covered with blood red dust. Generation after generation dwells upon the same twig until it is enveloped in a coating of the resinous exudation often half an inch thick.

In the beginning the insect was much collected for the dye it contains. Later when the use of the resin became known the demand for the dye began to diminish, until now it has been almost completely displaced by coal tar colors. After separating the resin from the coloring matter the former constitutes the shellac of commerce.—Argonaut.

Being sorry for yourself doesn't enlist the sympathy of your neighbors.

CORSETS ARE OLD.

They Were Popular With the Women of the Stone Age. No delusion is more general than that which denounces the corseted figure in its accentuation of line and curve as unnatural. There are fundamental causes which have been at work ever since the period when our progenitors lived in tree-tops for the development of the most characteristic lines of the feminine form.

Woman, as far back as she can be traced on our planet, imparted a shape to the waist, instead of leaving the line there to nature. The evidence of this accretion in the columns of L'Anthropologie (Paris) as well as through the bulletin of the Ashmolean museum at Oxford. They consist of actual drawings of the female form by artists who must have worked in some cases tens of thousands of years ago and in others dating 1000 or so relatively recent a period as 1,000 years before Christ.

The drawings of no less than ten human figures found on a rock shelter at Cogul, near Lerida, in Catalonia, afford the most definite ideas of all respecting the waist line of our primitive ancestors. In at least one instance, we have the long hip effect, but generally the waist line is accentuated, though it is not so circumscribed as in the waists of women in Knossos or Crete during the pre-historic period. One is not surprised to find sophistication in the drawing of the feminine form in Greece, but Sir Ray Lankester notes that as really surprising that the drawings of 15,000 years old are at least "a definitely modern look" and a freedom of touch in the artist. The British scientist notes, too, that the waist is extremely small and elongated, the skirt bell shaped and the whole form "sinuous."

Elegant young women with greatly compressed waists strongly accentuated figure lines and gowned in a version of the minaret style, were revealed in drawings discovered recently by Sir Arthur Evans in the place of the ancient kings of Crete. These paintings of prehistoric young women both in costume and in pose are like nothing so much, affirms Sir Ray Lankester, as the portraits of distinguished ladies of the fashionable world of Paris exhibited by the painter, Boldini, in the salon. It is remarkable to the British scientist that explorers should have found contemporary paintings of young ladies who lived nearly as long before Cleopatra as she lived before us. It is still more remarkable that those young women were "got up in the same style" and apparently aimed at much the same effect of line and contour as those which have become the latest fashion in Paris and may be described as sinuous and serpentine.

The same artistic impression is to be detected, thinks Sir Ray Lankester, in the still earlier paintings of the wasted women of the Cogul rock shelter in Catalonia. We find in them the same "lined" hip, the same definition of the bust, the very attitude known nowadays as the "debutante slouch." Yet the outline of those waists is perhaps 40,000 years older than the outline familiarized to us in the ballrooms of London, New York and Paris. The British expert in anthropology is tempted to wonder whether this type of human female may not be "at the back of the mind" of at least a portion of the human race—that which populated what are now the shores of the Mediterranean and probably some there traveling northwards from the centre of Africa. Possibly they brought with them that tendency to accentuation of the lines of the figure of the female, which is evidenced by the earliest known cave sculptures. It must be remembered that, however we interpret the fact, the evidence for it is overwhelming!

Sixteen Dollars A Week. Toronto News. How well can a Toronto family live on \$16 a week? This question is partly answered by an actual budget recently compiled for the Bureau of Municipal Research. The family in question consists of husband, wife and one child, aged four. He is a clerk, temperate in his habits and used in the past to more comfortable circumstances.

Rent and heating absorb \$6.98 a week. Lighting costs, 16 cents, gas for cooking, 36 cents, groceries, \$4.63; meat, 11 cents; milk, 68 cents; poultry, \$1.17; household goods, 32 cents; clothes, \$1.34; drugs, 22 cents; ice, 25 cents; washing, 59 cents; and sundries, 30 cents. No insurance is carried and the home happily escaped sickness. In spite of this frugality, there is no favorable balance.

IF HAIR IS TURNING GRAY, USE SAGE TEA

Here's Grandmother's Recipe to Darken and Beautify Faded Hair.

That beautiful, even shade of dark, glossy hair can only be had by brewing a mixture of Sage Tea and Sulphur. Your hair is your charm. It makes or mars the face. When it fades, turns gray, streaked and looks dry, wispy and scraggly, just an application or two of Sage and Sulphur restores its appearance a hundredfold.

Don't bother to prepare the tonic; you can get from any drug store a 50 cent bottle of "Wyeth's Sage and Sulphur Compound," ready to use. This can always be depended upon to bring back the natural color, thickness and lustre of your hair and remove dandruff, stop scalp itching and falling hair.

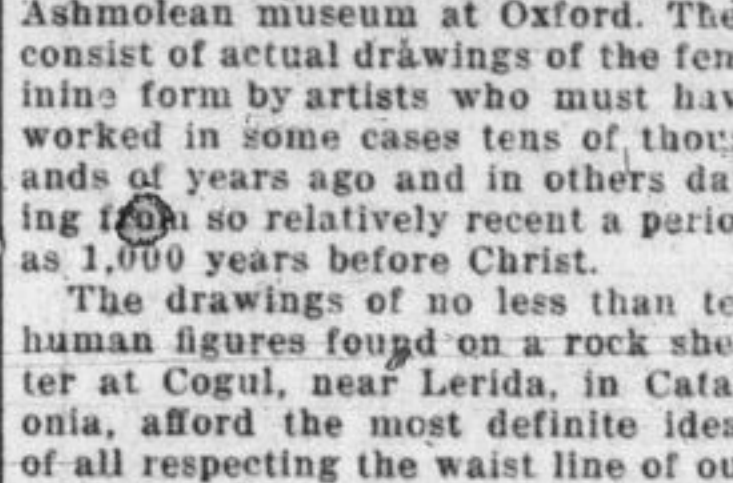
Everybody uses "Wyeth's Sage and Sulphur" because it darkens so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through the hair, by morning the gray hair has disappeared, and after another application it becomes beautifully dark and appears glossy, lustrous and abundant.

Agent, Geo. W. Mahood.

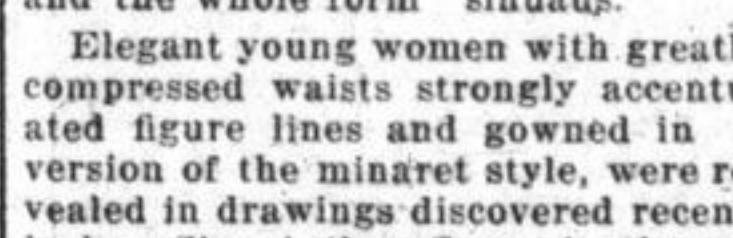
CRIPPLED BY RHEUMATISM

431 N.Y. Ave., Whiteing, Ind. Jan. 10th. "Will you please send me a box of Gin Pills? When I sent for the last box, I was all crippled up with Rheumatism and my face was so badly swollen, that I could hardly breathe out of my eyes, but after taking about six of the pills, I felt some better, and after a few days, I had no more pain. I have recommended Gin Pills to some of my friends who are troubled in the same way. I never intend to be without them as I have tried so many other pills and got no result."

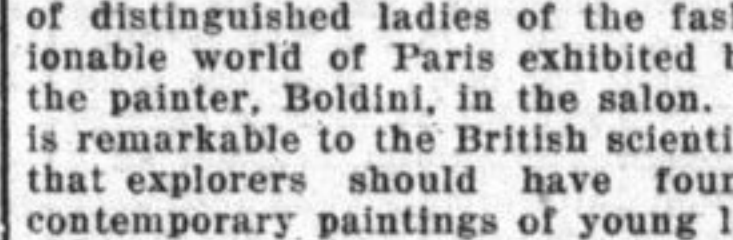
Gin Pills are "Made in Canada," 50c a box, 8 for \$2.50—at all dealers.—Sole in U.S. under the trade name, "Gin Pills," by the L.S. Chemical Co. of Canada, Limited, Toronto.



The kind you are looking for is the kind we sell. Scramble Coal. Is good Coal and we guarantee prompt delivery. BOOTH & CO. Foot of West St.



An armful of COLUMBIA Records makes an evening full of pleasure.



"MADE IN CANADA"

Hockey Boots

Ladies' Hockey Boots, Girls' Hockey Boots, Boys' Hockey Boots

The Sawyer Shoe Store

Agent, Geo. W. Mahood.