

URIC ACID IN MEAT BRINGS RHEUMATISM

Only a little salt & water may save you from a great attack.

Rheumatism is caused to avoid than in care, states a well-known authority. We are advised to dress warmly; keep the feet dry; avoid exposure; eat less meat; drink plenty of good water.

Rheumatism is a great result of uric acid which is absorbed into the blood. It is the function of the kidneys to filter it out from the blood. If the kidneys are also a means of removing the blood of this impurity, it is not surprising that cold weather, which is a double-edged sword, attacks the kidneys and causes the uric acid to be absorbed into the blood.

At the first twinges of rheumatism get from any pharmacy about four ounces of Jad Salts. This is a pleasant, efficient, lithic acid and is a special to your kidneys as well.

New Fruits (all kinds) Package for Overseas Our Meat Department is stocked with the best. Give us a try order.

J. H. PICKERING, Prop. 490 Princess St. Phone 530

Happy New Year To All

Best Drug Store L. T. Best Chemist.



Xmas Buying Made Easy

Our Forethought and Plannings at Your Disposal. Great preparations made for Xmas shoppers. Smoking Jackets, House Coats, Dressing Gowns and Bath Robes. Very early buying enables you to secure any of these lines at old prices. They are made expressly for us in London.

Jenkins Company.

WATCH NIGHT SERVICES

In Several Churches on Friday Night.

MEMORIAL TO FALLEN

WAS THE SERVICE, HELD IN ST. GEORGE'S

The 146th Battalion Was Well Represented At St. Paul's — Many People Were Present At The Services.

In St. George's Cathedral on Friday night, the last hour of the old year was devoted to a service in memory of those who have fallen in the war. The Bishop of Kingston officiated and Deas Starr preached a sermon on the text: "Watchman, What of the Night?"

At St. Paul's Church. The watch-service held in St. Paul's church on Friday night commenced at 11.45 with the singing of the hymn, "O God Our Help in Ages Past." The church was filled to capacity and there was a very large number of soldiers present.

The service consisted of the anti-communion service to the end of the Nicene Creed. A splendid sermon was given by Capt. the Rev. W. F. Gerald of the text: Joshua XXIV. 15: "Choose Ye This Day Whom Ye Shall Serve."

At Queen Street Methodist. A watch service was celebrated in Queen Street Methodist church for the four Methodist churches of the city. The service was conducted by Rev. G. H. Clendinning of Brock Street Methodist church.

Y. M. C. A. Watch Service. A watch service was held at the Y. M. C. A. rooms by about twenty-five of the older boys on New Year's Eve. Rev. LeRoy Rice gave a talk on resolutions. As the old year was passing out, the boys joined hands and sang "The Unbroken Circle."

Salvation Army Service. At the Salvation Army Citadel watch night service was celebrated at 11 p.m. The service was conducted by Kinsign Smith, who chose as his text, Joshua XXIV. 15: "Choose Ye This Day Whom Ye Will Serve."

John W. Young, son of Ezekiel Young, one of the best known residents of Sidney, died on December 22nd, aged seventy-seven. He was taken with a stroke.

EVEN CROSS, SICK CHILDREN LOVE SYRUP OF FIGS

If feverish, bilious, constipated, give fruit laxative at once. Don't scold your fretful, peevish child. See if (tongue it coated; this is a sure sign its little stomach, liver and bowels are clogged with sour waste. When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul waste, the sour bile and fermenting food passes out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and another can rest easy after giving their little "insides" clean and sweet.

MUNICIPAL ELECTIONS.

Township of Southborough. Reeves—C. E. Shortt. Councilors—Wallace Goodmar, Thomas Lumley, Royal Muraw, F. E. Howell.

Township of North Marysburgh. Reeves—Edward Ross. Councilors—Arthur McCrimmon, W. J. York, J. G. Jarvis and Albert E. Wepshak.

Township of North Marysburgh. Reeves—Frank Eaton. Councilors—J. L. Hunkler, George E. Kearney, J. L. Hunkler, George E. Kearney, J. L. Hunkler, George E. Kearney.

Township of Atford. Reeves—Harvey Starks. Councilors—Frank M. Hawkins, Elmer McConnell, G. F. Spafford, Sidney Tripp.

Township of Hallowell. Reeves—A. W. Tripp. Deputy Reeves—Anson McDonald. Councilors—J. W. Brown, Joseph Pike, John W. Whittam.

Township of Hillier. Councilors—W. H. Clapp, J. H. Davidson, R. W. Ireland, Levi Pomeroy.

Hallowell Village. Reeves—Edward B. Parrelle. Councilors—H. V. Cooper, John Barker, W. H. Gough, Philip Howe.

Township of North Fayetteburgh. Reeves—Joseph Hicks. Councilors—W. H. Smith, Herbert Martin, W. B. Pringle, Elmer Alonzo.



CHARLES W. FAIRBRANKS, of Indiana, former U. S. Vice-President, whose campaign for Republican presidential nomination is featured.

THE OLD AND THE NEW

(1915-1916.) What has the old year taught? That God is still enthroned, That Christ with blood our freedom bought. For every sin atoned; That the brute force and hate Would seem to triumph, still God shapes and rules the old world's fate. According to His will: That our war's darkest cloud The show of hope appears, That mid the thundering long and loud Faith should dispel our fears. What will the new year teach? O Muse, its secrets tell! That God will heal wars' awful breach, And break the power of hell. That cruelty and wrong—The tyrant's heel and fist, Nerved by hate's hell-inspired song, From murder must decist, That the long seems the time When truth and right shall win, Goodwill and peace must stop war's crime. And love forgive its sin: That every hero's death, Should save to those who weep, Give His beloved sleep. By W. W. WESE, Parham, Ont.



REV. DR. CHAS. F. AKER, One of the moving spirits of the party did not leave Stockholm with the others, he remained behind to rest up.

There Can Be No Peace.

Here, too, the news that Mr. Asquith and his Cabinet were out would have been employed to mislead and depress. Whatever may be the official attitude of the Government the sympathies of the great mass of the American public is passionately with the Entente Allies and against their enemies. So that the friends of the cause of humanity and civilization would bear in mind that whatever happens it does not mean a cessation of the war. Any Englishman who suggested that would not be simply turned out; he would be hanged to a lamp-post.

Letters to the Editor

Christmas Services.

KINGSTON, Dec. 21. (To the Editor.) It was with some surprise that I noticed in your reports of Christmas services how few of those seemed to have been held on Christmas Day; none indeed, as far as your reports showed, except the Anglican and Roman Catholic Churches. In the former I mentioned only those held in St. George's Cathedral and in St. James' Church, Portsmouth, though I happen to know that the usual Christmas Day services, well attended for so stormy a morning, were held in both St. Paul's and St. James' Churches, in the latter of which I had the pleasure of hearing from the pastor an excellent sermon on the Christmas message of "Peace and Goodwill." But I feel justified in asking here, in that any of our churches should stand empty and silent on this great Christmas festival day, when the great majority, both in Canada and throughout our Empire are vocal with Christian song and thanksgiving. Some of them which in the past have been wont to join in the Christmas chorus, and the lack of a settled pastor in some cases may have hindered the usual practice. But why might they not have been at least an appropriate, short, thanksgiving service? Is it that it was thought too Sunday to spare an hour for religious worship? But the extra holiday could be enjoyed, though holy day was seemingly ignored. Surely this apparent indifference to a great anniversary is out of keeping with the spirit in which Britain is that war has been a crisis of "distress of nations." When our Empire is called to bow the knee in prayer to the Almighty disposer of all events who chose to reach Himself, once for all as the Heavenly Father, in the one hope of sinning nationality—Christ the Lord, the Babe of Bethlehem.

A NON-ANGLICAN.

MAKE PRAYER FOR PEACE.

(Continued from Page 1.) the greatest lessons we should receive now is that we should understand the things which belong unto peace. This is an intercession for peace. What war has been clearly. Are we praying for peace, to go on just as before, with such evils as are allowed to exist in different forms? Are we praying for peace, and not seeking as a nation for better things than in the past? If we are, I say that the words of our Lord apply to us today. Let us follow in the footsteps of God for national penitence. If God were here to-day He would not change our prayer. This would be His message to the modern world. We need to ask penitence for a higher moral, political and social life at the present time. It is not enough for you and I to say, "These things do not concern me; We need far more moral force than we possess." All these evils are staring us in the face. We see the shortcomings of our nation. It is the time for national penitence. Ask God for this peace. "We might have had peace to-day if we had basely betrayed poor little Belgium." But what kind of peace would that have been? It was not the kind of peace we are praying for. The only peace we recognize is the duty of the strong to help the weak. Take this into your social life. "Take the matter of public worship. When a man stops going to church service, it is only a short time before he abandons God altogether. His church attendance is an open acknowledgment of God's service on him. He needs this public worship. The graves of our brothers who have died at the front are witnesses of what true patriotism stands for—service and sacrifice even unto death. We shall not look upon their faces again in this world, but they have left behind them very precious memories. I pray that the great watchwords which they left, "service and sacrifice," will re-bind us in our national life. We want to pray for peace which will remove the evils which are the root of all evil."

Call None Too Soon.

The call to intercession has not come any too soon," said Rev. Dr. Macgillivray, Moderator of the Presbyterian General Assembly, preaching in Chalmers Church on Sunday morning. Dr. Macgillivray's text was I. Timothy, ii. 1: "I exhort, therefore, that first of all, supplications, prayers, intercessions and giving of thanks be made for all men."

Stories Of Our Door Life.

The January issue of Red and Gun in Canada is on the newsstand and a glance at the table of contents shows that the magazine is living up to its reputation as the leading exponent of outdoor life in Canada. Among the contributors noted are Edward T. Martin, R. J. Fraser, Jean Stevenson, F. V. Williams and Margaret Grant MacWhirter, while some of the articles are: Game Farming for Profit and Pleasure; Capacities; The Unwritten Law; Almost a Walk-out; The Restigouche, etc. In addition the regular department devoted to Gulls and Ammunition and Fishing Notes are well maintained. Trapshooters will be interested in the account of the recent Grand International shoot held at St. Thomas and dog lovers in the new Kennel department.

TWO MOTHERS TELL.

How their Sickly Children Were Made Strong and Well. For six years our little girl suffered from a bronchial trouble, she had no appetite, could not sleep and was so nervous we had to keep her out of school. The doctors said nothing but a change of climate would help her. We were discouraged, when one day a friend asked us to try Vinol and after taking six bottles she does not look like the same child. She has a fine appetite, is lively, healthy and well, and Vinol did it all! Mrs. F. E. Hufferford, Iowa, Kas. Another child made strong. The measles left my little girl thin and delicate and the doctor's medicine did not seem to build her up. I read about Vinol and got a bottle, and her improvement was rapid, her strength returned and she is now as well as ever. Mrs. E. Linot, Pittsburg, Pa. We make every Kingston mother of a frail, sickly, ailing child to try Vinol on our guarantee to return their money if it does not restore her child's normal health. Geo. W. J. Druggist, Kingston, Ont.

Probab. Fair and cold

A Great January Clearance of Winter Coats To-morrow Tomorrow \$12.95 We guarantee the style and fabrics to be absolutely Fashion's last word. See Window Display STEACY'S "The Woman's Store of Kingston."

DAVIES' FINE BEEF Oven Roasts 16c Per Pound The Wm. Davies Co. Ltd., Phone 597.

Up To Date. The person who is thoroughly abreast of the times is in a position to profit by all the new ideas that are evolved. There is money-saving and labor-saving in such knowledge. And in no place is there such a wealth of real up-to-date news as in the advertising columns. If an intention is really good, it can only be made profitable by advertising, so wide awake manufacturers and dealers use the advertising columns to acquaint you with their products. Are you profiting by their information? Do you carefully read the advertisements?

SUNKIST RAISINS PRUNES APRICOTS PEACHES Insist on "Sunkist" At All Grocers.

NEW YORK FRUIT STORE Sunkist Oranges, 20c and up to 50c a dozen. Grape Fruit, 3, 4 and 5 for 25c. Malaga Grapes, 20c a lb. Pineapples, 20c each. Bananas, 15c and 20c a dozen. Fresh Mixed Nuts, 20c a lb. New Figs, 20c a lb. New Dates, 20c a lb. Fresh Home-made Chocolates, 45c and 20c a lb. Candy Canes, 1c and up to 50c each. Holly, 10c a bunch. 314 PRINCESS STREET. Phone 14

WE HAVE NOW COMMENCED Store Cars for the Winter Our rates, including charging batteries, jacking up cars, etc. are \$10.00 per car. We have splendid facilities, dry, clean and warm. Room for 35 cars. Drop in and pick your place. Parritt Garage Co. Limited