## Internal Bathing's Rapid Growth

It is but natural to expect that a re lief from constipation and the many ills which it causes, which is so effectual and so natural as Internal Bathing. should quickly make many converts But its general use has increased so they feel as if "made over new" the morning after an Internal Bath. The elimination of the pernicious and

poisonous waste which is ever present n the Lower Intestine gives Nature a chance to work unhampered. And one arises in the morning clear-headed, able, bright, confident and eager for the day's duties.

Mr. F. E. Smith writes: "Dear Doctor,-Your Cascade' made a new man of me at the age of 499 1 persuaded my wife to use the treatment also, and today she has better health than ever before. Since the use of the 'Cascade' she sleeps better and walk for hours without fatigue. Faintthe past; can eat anything on the bil of fare and drink all beverages. Does not take cold when exposed; hot weather does not cause oppression. The "J. B. L. Cascade" the most efficient device for Internal Bathing. being shown and explained in detail by

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After Thirty Years' Experience Have Produced An Appliance for Men, Women or Children That Cures Rupture.

I Send It on Trini. you have tried most everything else, come to me. Where others fail is where I have my greatest success. Send attached coupon today and I will send



The above is C. E. Brooks, inventor of the Appliance, who cured himself and who is now giving others the benefit of his experience, if ruptured write him today at Marshall,

you free my illustrated book on Rupance and giving you prices and names of many people who have tried it and were cured. It gives instant

you will be as enthusiastic as my hundreds of patients whose letters you can also read. Fill out free cou- Elliott, of Ottawa. below and mail today. It's well worth your time whether you try my

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enings.

## tremendously in the past few years as to suggest other reasons, and these are found in the statement of users that

FROM THE WHIG'S MANY BRIGHT EXCHANGES.

in Brief Form the Events in The -Full of Interest to Many.

from the poll tax.

ing spells have become a condition of wounded, writes to a friend that he has received a military medal. On Monday death robbed Renfrew

Rev. A. H. Scott, Perth, and Walt-F. J. Hoag, Kingston. Ask for free er T. Ross, Picton, were elected

> Friday morning of John McLean, well-known cheese manufacturer of

> Mervin Holmes, Brockville, was run down by an auto while riding and a bad cut on the head.

William D. Wilson, Calabogie. The funeral was held on Tuesday.

Robinson, Carthage, N.Y. Miss Anna M. Dewar, Brockville has graduated as a nurse at

Good Samaritan, Watertown, N.Y. Pte. Alex. Sloan, of the Bank of Toronto, was killed in action. He A TRUSS ! left Peterboro branch a few months ago to enlist in the Canadian Engi-

months.

Capt. J. H. Burnham, M.P., Peterunder the impression that a move is on foot to entertain the soldiers' wives and families has subscribed \$50.

Dr. W. E. Wilkins, Harrowsmith, sionary fund

to, for a number of years. Dr. Wilkins will open a surgery.

Belleville, were married. W. C. McCarney, of the Provincial Hotel, Gananoque, recently underwent an operation at the St. Vincent de Paul Hospital, Brockville, where

Dr. M. J. O'Rielly, Calabogie, whose marriage to Miss Katie Sunture and its cure, showing my Appli- strum, took place at Golden Lake on Tuesday, is expected home with his

In St. Paul's church, Brockville, on Wednesday, the marriage took true. You are the judge, and once place of Miss Margaret Christena having seen my illustrated book and Gibbins, daughter of Mr. and Mrs. Thomas Gibbins to Robert Milton

The marriage was solemnized at Memphis, Tenn., on Thursday of Dr. Fred P. Robertson, youngest son of the late James Robertson, Brockville, and Miss Minnie Ruhberg, a young

John Towe, Brockville, a native of the Township of Yonge, in his fiftyseventh year. Deceased was a son of the late Mr. and Mrs. Matthew Towe of Mallorytown.

Miss Lillian Wallbridge and Fred Morton were married last Tuesday Miss Wallbridge is one of the most popular young ladies of Mountain ok's Cotton Root Compound, View. The best wishes of everyone goes with her to her new home at

Country About Kingston Are Told

Peterboro Council has discovered cannot exempt returned soldiers Wilfrid White, Prescott, recently

of one of its prominent ladies in the are spending a few days in Carleperson of Mrs. Samuel Forrest.

booklet, "Why Man of Today is Only 50 directors of the Ontario Horticultural position in the copper mines at Copper Cent. Efficient." If you prefer, write Society.

Society. The death occurred in Prescott

on a bicycle, sustaining a broken leg The death occurred on Sunday in the Victoria Hospital, Renfrew, of

On Friday Rev. W. A. Hamilton united in marriage Miss May Ferguson, Elizabethtown, to Lester L

raining school of the House of the

William LaFrance, son of Mr. and Mrs. Joseph LaFrance, Gananoque, left on Thursday for Sudbury, where he purposes spending the next few

has leased the residence formerly occupied by Mrs. A. Breaugh, Deseron-

At Tabernacle Methodist parsonage, Belleville, on Nov. 23rd, by Rev. S. C. Moore, Lillian May Flunder and Wilford Joseph Burshaw, both of

he is still undergoing treatment.

bride on Friday.

lady of Memphis. The death took place on Friday of

At an early hour on Tuesday Sami Davidson, Prescott, passed away, following an illness extending from March last. He was the second son

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There is cozy comfort if you have a

Or perhaps you are going to give useful

pair of felt slippers for the long winter ev-

gifts this Christmas, so include Slippers on

See Our

your list. They are always acceptable.

born in the Township of Augusta sixty-seven years ago. The Pembroke Observer says

Hon. Wm. Martin, the new premier of Saskatchewan (then "Billy" Martin of the House of Commons), stood at Wilno poll in the memorable Graham-Maloney bye-election South Renfrew a few wears ago. Word was received at Almonte of

the death of Mrs. Walter Scrimgeour (nee Christena McKenzie), which took place on Nov. 2nd at Sherbrooke, Que. Mrs. Scrimgeour was for some years a well-known and respected citizen of Appleton.

Mrs. J. C. McDonald, New Jersey with her little daughter, Elizabeth, ton Place with Mrs. McDonald's mother, Mrs. Mrs. George Edwards. Mr. Mr. McDonald has received a per Cliff and is moving his family there, making a visit en route.

The death occurred on Tuesday at the Victoria Hospital of one of Renfrew's old and esteemed citizens in the person of John Dunbar, Mr. Dunbar, in his sixtyfifth year, was taken to the hospital last week and was operated on for tumor in the

Martin Slate, fireman on the Canadian government steamer Grenville. is a patient at the Brockville General Hospital suffering from painful injuries to his head and back caused through falling into the hold of the vessel a few days ago. His home at Rockport.

The death occurred at Ottawa on Wednesday of Miss Alice Mitchell. former very popular young lady of Lansdowne. She was taken ill on Sunday of spinal meningitis. She was in the early 20's and was a daughter of Mrs. Emma Mitchell, residing on the main road east of Lansdowne.

## Gananoque

(From Our Own Correspondent) Nov. 25.—Under the auspices of the Maple Leaf Girls' Bible Class of Lieut, H. R. Kincaid, Brockville, Grace Sunday school tea was served who left with a draft of officers from from 3.30 to 6 p.m. on Thursday at the 156th Battalion last summer, is the home of Mr. and Mrs. Edward now in France attached to the 21st Conner, King street. The proceeds were in aid of the Sunday school mis-

> Miss Elizabeth Shine, nurse-in training at the hospital of The Good Shepherd on Long Island, who was recently reported as missing. been located. She stopped for a visit with some young lady friends and overstayed her leave for a few days, but has since reported for duty. The affair was the cause much uneasiness and worry to he

The Young People's Society of Grace church entertained the fathers and mothers of the congregation in mushrooms allow a half pound of the lecture-room of that church last evening. A fine- programme was stand three hours, and then mash them furnished and a good time enjoyed, by a fair attendance. Refreshments were served at the close. Hon. Senator George Taylor occupied the chair.

Company, 59th Battalion, and was water, Bring it to a boil and boil for one of the popular officers of the quite two hours. Strain off the juice Arthur Nelson, Charles street, was in receipt of a telegram from the Militia Department at Ottawa yester-

day, giving information that his here with the 80th Battalion, had the dregs. Then cork and seal. been recently wounded in action, receiving a gunshot wound in his leg.

RENFREW WILL TEACH FRENCH

Think It Will Help Soldiers When in Flanders.

and business English.

of the 240th Battalion, whose head- able to locate the bullet. uarters are in Renfrew, and who are expected to find a working knowledge f French very serviceable when eaching Flanders.

H. W. Bryan, M.A., principal of the Collegiate Institute, will have charge of the classes, with a staff of ix or seven teachers.

RIDES ON WOUNDED DEER.

indsay Hunter Has Wild Trip in

Lindsay, Nov. 24.-A party of deer hunters from the vicinity o Burnt river has returned home with their full allowance of deer, and tell many exciting stories. George English, one of the party,

spied a large buck within shooting listance. He fired bringing down the deer. Hurrying to where the animal lay, he got astride its neck to bleed it, when it jumped up and ran at terrific speed, with English hanging on. For a half mile the animal tore along and then dropped exhausted. English was unhurt save for a badly bruised knee and injuries by Sir Edward Grey. to his knuckles caused by bumping

CHRISTIE-At Hamfiton, Nov. 20th, FRETTS-At Napanee, on Nov. 22nd, to Mr. and Mrs. Harry Fretts, twin

HUFFMAN-At Tamworth, on Nov 13th, to Mr. and Mrs. J. E. Huff EBSTER-In Wellington, Nov. 14th, to Mr. and Webster, a daughter.

MARRIED MORTON-WALLBRIDGE-At Belle-

ville, on Nov. 14th, Miss Lilke Wallbridge, Huff's Island, to Fred Morton, Melville, ORDON-VANDUSEN-At Picton Oct 18th, Mrs. Ada M. Vandusen, and G. Edward Gordon, Cressy.

KETTLE-At Napanee, on Nov. 21st Charles J. Kettle, aged 45 years. UTCHINSON-In Sophiasburg on Nov. 16th, Henry Hutchinson. IacDONALD-in Picton, on Nov. 15th, Nettie Jane Brown, wife of Henry MacDonald, aged 39 years.

KETCHUP TIME. Excellent Ways to Season Your

MUSHROOM RECIPE

Winter Meals.

Tested Ways of Preserving the Succulent Tomato, to Say Nothing of Three Other Savory Relishes For Meat day, Nov. 29th, 3 to 6 p.m. Dishes and Boston Baked Beans.

Ketchup time is here, and it behooves the good housewife to "put up" some of this appetizer. For tomato ketchup take half a peck of sound, ripe tomatoes and wipe them well, quarter them, place on dishes and scatter with half pound of salt. Leave for twenty-four hours, drain the juice through hair sieve into a pan. Add two dozen small capsicums and ten shallots, or, if not at hand, two ounces of whole pepper and four tablespoonfuls of onion juice. Simmer for half an hour and then add the tomato, which has been pulped through a fine hair

Cook for thirty minutes more. Bottle, cork and seal.

Take half a large sieveful of green walnut shells and place them in a wooden tub with a half pound of coarse salt. Beat and mash them from time to time for six days. Tie up and drain the juice into a pan and continue to mash the shells until all juice is extracted. Strain the liquid into a preserving pan and simmer and skim thoroughly; then add two ounces of bruised ginger, two ounces of alispice, a half ounce of whole pepper, a half ounce of cloves and simmer all gently together for about one hour. Measure out about an equal quantity of spice into each bottle, then fill with the liquid, cork, seal thoroughly and keep until the fol-

lowing year. To one peck of good, sound, fresh coarse salt. Break up and let them once or twice a day for two days. Pour the mash into a stone jar and add for each quart one ounce of whole pep-Capt. Reiffenstein, who spent the per. Place a weighted plate on the winter here a year ago with "A" jar and stand the jar in a pan of bot regiment, has been wounded in ac- and simmer it for thirty minutes. Let it stand, and next day add a tablespoonful of brandy to each pint and again let it stand in a cool place for twenty-four hours. Strain it into small brother, Herbert Nelson, who left bottles, and be careful not to disturb Chown.

SHOOTS HIS LITTLE SISTER.

Playing With Rifle Which He Did Not Know Was Loaded.

Renfrew, Nov. 25-Renfrew Board morning Jack McLaughlin, a boy through the office of United States of Education is making arrange- about ten years of age, residing on Consul Johnson, left the local post ments for night industrial classes on Fourth street, accidentally shot his office this week. a much larger scale than before, be- sister, Mary, while playing with a .22 cause of increasing public interest. rifle that he did not know was load- the Red Cross drug store. There are to be classes in millinery, ed. Drs. Lapp and Harrison attenddressmaking, mechanical drawing, ed her, and had her removed to the cure good foster homes for as many mathematics, correspondence, art, hospital. The bullet struck her on of its children as possible. This will the tip of the nose, went into the lip relieve the expense on the city for If the Education Department will and through the roof of the mouth, maintenance. sanction it, the subjects will include smashing the bone there. It went physical culture, to be taught to men through the tongue, tearing a hole and women in the Collegiate Insti- in it an inch wide, and then into the tute gymnasium. Conversational throat or neck, where is lodged. The Kirkpatrick presided and there was French is also proposed, this to be little girl is in a rather serious con- a large attendance. particularly for the officers and men dition, and so far the doctors are un-

> Canadian Casualties Wounded-W. Aris, Prescott; E Cummings, Almonte; A. Izzard, Frankford; Capt. T. H. Abell, Cobourg; A. Caldwell, Caldwell's Mills; I. M. Conley, A. Hurst, A. Smellie, with a leather travelling case. Kingston, Capt. W. R. McGee, Pembroke; F. G. Osborne, Iroquois; S. E.

Armstrong, Peterboro: James Miller, R. B. Morden, Belleville. Stopped The Advance. Bucharest, Nov. 25 .- Landing enemy troops at Islaz, Rumania, occurred after crossing the Danube, but the stoppage of their advance from Zimnica, (Simnitza) north-

wards was reported in today's official

Repented Too Late. It is understood that toward the end the Emperor of Austria repented and died bitterly regretting that the

citizens gave his cheque for a sufficient amount to make the Cobourg fund reach \$7,500. In all \$908 was scuttled, but not before it was secured from the various inductries badly damaged.

Society many times lets down the bars to those who are not fit to enter wood floors of all kinds. All orders will bars to those who are not fit to enter good society.

LOCAL NOTES AND ITEMS GENERAL INTEREST.

Happenings In the City and Vicinity -What the Merchants Offer to the Readers of the Whig.

Travel on the Grand Trunk Railway these days is splendid. The rush of mail for overseas keeps up at the post office.

There was no session of the police court on Saturday morning. Just a month till Christmas now. Shop early, say the storekeepers.

Prof. Adam Shortt, C.M.G., was fifty-seven years old on Friday. Lieut.-Col. (Mgr.) Burke, of Toronto, was in Kingston on Saturday. Strictly fresh Page & Shaw and Huyler's chocolates at the Red Cross

drug store. St. Andrew's church tea and sale, Thursday, Nov. 30th., St. Andrew's

On November 30th the locks on the Rideau Canal will be closed for the season. Larkspur Lotion kills all kinds of vermin. 25c a bottle. Red Cross

drug store. Miss Mary Cochrane, Yonge Mills, is spending a few weeks with friends n Kingston.

General was the sorrow expressed by citizens to-day aver the death of John S. Smith. St. George's Girls' Auxiliary sale

and tea, St. George's Hall, Wednes-Publicity, a Montreal publication, speaks of the Whig as "An up-to-date

Pineapples, Grape Fruit, Parson Brown Oranges, Egg Plant, etc., from Florida, at Carnovsky's. Page & Shaw—the candy of ex-

cellence-at the Red Cross The cold spell brought a large number of rush orders to the coamen on Saturday morning.

The thermometer dropped Friday night to 14.4 degrees above zero, the lowest point reached this fall. It is current report in many parts of Ontario that W. F. Nickle, M.P., will be the Minister of Labor before

Hear record number 64599, "Then You'll Remember Me." by John Mc-Cormack, at C. W. Lindsay, Limited. 121 Princess street

Arrangements are being made to hold a prayer meeting at noon on Mondays in the Y.W.C.A. during the period of the war. William Smith, Frederick and

Napanee, are brothers of the late J. S. Smith. They were greatly saddened by the demise. Now is the time to buy your Victrola for Christmas. All styles at

Lindsay's. One of the leading Kingston hotels recently advanced its rates, the minimum charge now being \$3 a day instead of \$2.50. The Bay of Quinte Press Associa-

tion met in Napanee on Friday. President Elliott, of the Canadian Press Association, attended. Huyler's high-class candy at the Red Cross drug store.

ed a letter to various societies, drawing attention to the need of recruits for the 253rd Kilties Battalion. Larkspur Lotion kills all kinds of vermin. 25c a bottle at the Red

Cross drug store.

St. Andrew's Society has forward-

Miss Madeline Wendling, daughter of Mr. and Mrs. Michael Wendling. Brockville, will enter Hotel Dieu. Kingston, as a nurse-in-training. The Military Y. M. C. A. has received further contributions of books to the circulating library from

Mrs. R. V. Rogers and Mrs. G. Y. Red Cross Cough Syrup. 25c a bottle at the Red Cross drug store. H. S. Folger, Deputy American Consul, made an inspection of Fort Henry in the absence of Mr. John-

He found conditions satisfac-Cobourg, Nov. 24.-Yesterday prisoners of war in Germany, sent

Penslar Sore Throat Cure sold at

The Children's Aid Society is to se-

A. Shaw addressed the Collegiate

Institute Club on Friday evening on

"Business Life After College." G Hear record number 74483 "Lucia," by Giovanni Martinelli, at C W. Lindsay, Limited, 121 Princess

At Brockville on Thursday evening the Knights of Columbus presented Lucien Nourry, now organist of St. Mary's Cathedral, Kingston, Blaud's Improved Iron Pills. 25c

at the Red Cross drug store. On Friday evening Lieut.-Col Hunter received word that a harmless lunatic was at large at Glenburnie, and he advised that the man be taken in charge as a vagrant and sent to fail for a few days in order that he might be examined as to his

THOMES COPIEY

Crepe Collars, regular 50c value Organdie collars and lace Newest lace, organdie and crepe collars,, regular \$1.00 for . See Handkerchief Specials.

Children's white bear and corduroy coats

Camasols, just arrived, a beautiful line for Big Blouse Specials for This Evening.

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### Women's Felt Slippers \$1.00, \$1.25, \$1.50 Men's Felt Slippers . . \$1.25, \$1.50, \$1.75 against trees. Children's Felt Slippers 50c to \$1.00 \$7,500 Raised in Cobourg. Cobourg, Nov. 24 -The full reurns of the campaign in Cobourg coalition of the Liberal party is refor the British Red Cross Society stored to office and Sir Wilfrid are now completed, and \$7,500 has Laurier selects the Cabinet. he amount aimed at by the campaign committee, resterday one of our Stack, Brockville, caught fire in the The Home of Good Shoes.