

To Reduce Your Weight Easily and Quickly

If you are overweight the cause of your over-stoutness is lack of oxygen-carrying power in the blood...

McLAUGHLIN GARAGE

Why take chances when the roads are covered with snow or ice or slimy mud?

Put on chains and have control of your car. All sizes carried in stock.

Robt. J. Fursey, Prop., 2357 Montreal St. Near Princess Phones 1609-081

BURNING ITCHING INFLAMED RASH

Healed by Cuticura Trial Free

"My trouble began with a rash on my sides, then on my back. Meanwhile it reached my head. It was red and inflamed causing much burning and itching and stopped my sleep."

Sample Each Free by Mail With 22-p. Skin Book. Address post-card: "Cuticura," J. Boston, U.S.A.

Advertisement for Corson's perfume featuring images of perfume bottles and text: "WHICH OF THESE DO YOU PREFER?"

Purina Scratch Feed and Purina Chowder Makes Hens Lay.

D. Couper 241-5 Princess Street. Phone 76.

LADIES' WINTER COATS Get your winter coat made to measure with choice of styles for less money than ready-made.

New York Skirt and Suit Co. 202 Wellington Street.

Farms for Sale We make a specialty of selling farm properties and have at present a large number of farms for sale.

T. J. LOCKHART Real Estate and Insurance. Bank of Montreal Bldg. Phone 1085 or 1090 Kingston.

The Man on Watch

Do not worry. If you haven't a turkey for your Christmas dinner, that's a Yankee bird, only fit for the won't-fights, the meat of the fighter.

Down in the Home for the Aged there are two spry old lads of over ninety years who shave themselves and do not use safety razors either.

The latest stunt performed in a Kingston hospital was by an old timer who tied a tin can to his shirt tail and galloped about the place.

In the Lampman's opinion the Council should reduce the number of wards before the number of aldermen. If Kingston's Utilities can be governed by five men, the rest of the town can be handled by an equal number.

The Lampman hears that the governing board of the General Hospital is wrestling with the problem of securing a superintendent. If the appointment were left to the Lampman he would place a good business man at the head of the institution.

Dr. Spankie should have one of those eight-dollar Wolfe Island turkeys, of such modest dimensions, placed in Queen's University museum, with the price attached.

According to a local paper, Kingston's liquor inspector smells whiskey with his ears, as it says he pricked them up in police court at the odor.

Did you ever notice that it is only men with money who are made peers? Whoever heard of a man of modest substance being one. If you want to be made a peer you must first get the "dough."

Town Council honor certificates this year go to Daniel and Robert, two old timers who attend to city business whether they have anything else to do or not. They attend Council as regularly as they do church.

A Watertown judge has decided that a Yankee cuts himself off from American "protection" when he joins the Canadian army to go and fight the enemies of civilization. The Lampman rises to remark that the Yankee who enlists in Canada does not lose any protection from Uncle Sam because there was none to lose.

THE TOWN WATCHMAN. LADIES' CIGAR COUNTER.

Ritz-Carlton Has "Humidor" For Ladies' Smokers.

New York, Dec. 22.—The Ritz-Carlton Hotel, the first of the fashionable hotels to allow women to smoke, is keeping well abreast of the times and has gone a step further in its consideration of the comforts of feminine patrons.

Heretofore, when ladies wished to obtain cigarettes, they were obliged either to depend upon a waiter, who was apt to bring them poor ones or make their own purchases in stores under public gaze.

Lepus Keeps 24 Cats. Princeton, Ind., Dec. 22.—Board of Health orders to kill twenty-four cats in the home of David Byers, afflicted with leprosy, have not been carried out on account of the opposition of Byers' daughter, who states she will protect her pet's with her life.

"WHY WOMEN CANNOT SLEEP."



The highly organized, finely strung nervous system of women subjects them to terrors of nervous apprehension which no man can ever appreciate.

The peace of mind, the mental poise and calmness under difficulties, which are necessary for happy womanhood, are only possible when the sensitive organism is in a perfectly healthy condition.

Chatham, Ont.—"A few years ago I suffered a general break-down and got very weak and thin. I was in a awful state. I was very much discouraged and at times thought I would lose my mind."

"I take great pleasure in recommending Dr. Pierce's medicine; they are all that is recommended of them."—Mrs. Margaret Harvey, 57 Park Ave., Chatham, Ont.

Plays and Players

Henry Miller presented Jean Webster's comedy, "Daddy Long Legs," at the Standard Theatre, New York, this week.

Miss Edna Goodrich returned to vaudeville at the Palace, New York, in "The Mannequin," a tabloid comedy of the smart modiste's show-room, by Edgar Allan Wolf.

A comedy from the German, entitled "Moral," is on Le Kugel's schedule for February production. It is by Herr Thomas, a noted German writer, and had a run of 500 performances in Berlin.

The Coconut Grove, the after-the-theatre place now being installed on top of the Century Theatre, New York, will be formally opened on Saturday night, December 30th.

Henry W. Savage, has completed the cast for his annual musical production, this year's being entitled "Have a Heart." Among those who will have principal roles are: Grace Field, Eileen Van Biene, Flavia Acaro, Tessa Kosta, Thurston Hall, Billy B. Van, Donald MacDonald, James Bradbury, Roy Gordon and Eugene Keith.

The Charles Frohman Company will present Francis Wilson soon in a comedy by H. F. Maltby, entitled "The Laughter of Pools."

"Miss Springtime" continues at the New Amsterdam, New York. Yet with all the advance the movies have made they have done little more than to play into the hands of the theatres.

There was a prevalent fear that the "movies" were going to interfere materially with the success of the legitimate playhouses, in New York.

The only new offering in New York this week has been a continuation of the engagement of Sarah Bernhardt with her French repertoire. The Divine Sarah has come into her own.

The vaudeville situation in New York is keenly sensitive to the threatened strike of the White Rats and its affiliated bodies. This organization whose membership is composed of vaudeville artists has long engaged in a controversy with the vaudeville managers.

Henry W. Savage who presented a rather novel and interesting play called Fate Decides, has brought the play to New York for improvements. It is to be seen later in the season and Paul Gordon will have one of the conspicuous roles in which he won high success on tour.

A play which is slowly wending its way towards the white lights of Broadway is the Masquerade, in which Guy Bates Post has achieved a distinct success.

One of the most interesting events in Mme. Bernhardt's series of performances came at the beginning of her second week at the Empire Theatre, New York. This was her first effort to speak English in our stage, and the attempt had been awaited eagerly by her followers.

ASQUITH'S DAUGHTER TO WED. Engaged to marry Member of American Embassy Staff.

New York, Dec. 22.—The Evening Sun prints the following from Dublin: The engagement of Miss Elizabeth Asquith, youngest daughter of the former Premier, to Hugh Gibson, first secretary of the American Embassy in London, will be announced soon.

Cured Anthrax Case at Toronto. Toronto, Dec. 22.—Dr. C. K. Clarke, superintendent of the General Hospital, announced to-day that a case of anthrax had been effectively cured at that institution.

They left at the same time to-day. Miss Asquith is not quite twenty-one years old. She is very fond of outdoor exercise.

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Let Your Christmas Spirit Include Needy Belgium

Upsetting habits, customs and conventional ideas, the war has given us a new and clearer sense of duty.

It has shown us the innate selfishness of our usual Christmas giving—to those from whom we expect to receive.

It has given us unlimited opportunities for REAL Christmas giving—to those who most need our help.

Belgian women and children need it—oh, so sorely! Without the aid of the Belgian Relief Fund, supported by people like ourselves, they would actually be starving—3,000,000 of them—this Christmas Eve!

So as you plan your Christmas expenditures, don't sacrifice REAL GIVING for conventional Christmas Exchange! Whatever you can spare, send your subscription weekly, monthly, or in one lump sum to Local or Provincial Committees, or

Belgian Relief Fund

The Greatest, Most Efficiently Organized Relief Work The World Has Ever Seen.

What do the men in the trenches need most?

Ask a returned soldier. His answer will be "munitions, munitions, and ever yet more munitions."

The only power that can do this is the Force behind the Man--- Behind the Gun---that is, the Munitions Worker.

Every Shell is a Life Saver

MARK H. IRISH, Director of Munitions Labor, National Service Board, Canada.

Advertisement for King George's Navy Plug Chewing Tobacco featuring an illustration of a soldier and a large pack of tobacco. Text includes: "CHEW King George's CHEWING TOBACCO AND ENJOY THE LINGERING FLAVOR OF CHOICE RICH SAPPY TOBACCO SEASONED AND SWEETENED JUST RIGHT SOLD EVERYWHERE 10 CTS A PLUG"

For Hire !!

Closed and Open Automobiles Also Two Closed Cars For Sale or Exchange.

Taxi Stand, Phone 201. Reo Automobiles Boyd's Garage 129 Brock Street.

GET BUSY Order now; pictures for gifts; wonderful selection, at

WEESE'S Photos taken, rain or shine. Also Thursday and Saturday nights Slightly Used Piano on Sale.

WEESE & CO. 168 Princess Street.

Dominion Fish Co.

Bulk Oysters 60c and 70c a quart. It takes a woman to worry when she happens to think what a hard time her children would have with a stepmother.