Glass of Hot Water Before Breakfast a Splendid Habit

Open sluices of the system each morning and wash away the poisonous, stagnant matter.

Those of us who are accustomed to feel dull and heavy when we arise; splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, lame back, can, instead, both look and feel as fresh as a daisy always by washing the poisons and toxins from the body with phosphated hot water each morning.

We should drink, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to flush from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary tract before putting more food into the stomach.

The action of limestone phosphate and hot water on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast and it is said to be but a little while until the roses begin to appear in the cheeks. A quarter pound of limestone phosphate will cost very little at the drug store, but is sufficient to make anyone who is bothered with biliousness, constipation, stomach trouble or rheumatism a real enthusiast on the subject of internal sanitation. Try it and you are assured that you will look better and feel better in every way shortly.

THE NEW FRENCH REMEDY.
THERAPION No. 1. CURES DISCHARGES.
THERAPION No. 2. CURES BLOOD POISON.
THERAPION No. 3. CURES VITAL WEAKNESS
SOLD BY LEADING CHEMISTS. PRICE IN ENGLAND, $1.
Send stamp, address envelope, age & symptoms for FREE advice on suitability in your case. No 'follow up' circulars. DR. LE CLERC MED. CO. HAVERSTOCK RD., N.W., LONDON. SEE THAT TRADE MARKED WORD 'THERAPION' IS ON BRIT. GOVT. STAMP AFFIXED TO ALL GENUINE PACKETS.

"Ranks with the Strongest"
HUDSON BAY Insurance Company
FIRE INSURANCE
Head Office, Royal Insurance Bldg. MONTREAL
PERCY J. QUINN, Manager, Ontario Branch, Toronto
W. H. GODWIN & SONS
AGENTS, KINGSTON, ONT.

TREMENDOUS PROPOSITION

DISTRICT REGISTRAR FOR MILITARY SERVICE ACT BUSY.

Handling Thousands of Names of Men Who Are Eligible Under the Military Service Act.

Major Cooke, district registrar, is handling an immense proposition now. In an interview which he was able to grant in spite of the hundreds of telephone and personal calls being made on him, showed to some extent what he is handling. The sub-post office in the building is sending out 2,500 registered letters every day. Hundreds of letters besides this are being dictated and despatched to medical boards and tribunals. Lists are being prepared and sent to the proper sources.

Everything is nervous energy and system in the Ontario Hall. There are ninety-two girls and many soldiers and civilians all engaged in the task of filling the names and particulars of the men who come under the Military Service Act of this district.

In speaking of the work Major Cooke said: "I must say that the post office is helping wonderfully. It is a big amount of work, and the preparations, while not perfect, are working out satisfactorily. To date we have been dealing with men to appear before exemption tribunals. There is still the task of sending out the results of the tribunals. When a tribunal decides on whether a man should join the colors or not a registered letter is sent to him. Later on when some of the pressure on the district registrar's staff lightens up a formal notice will be sent.

IN MARINE CIRCLES

Movements of Vessels in and About Kingston Harbor.

M. T. Co's Bulletin: The tug Thomson arrived from Montreal, with three light barges and cleared with three grain barges for Montreal; the steamer Simla passed down with grain from Port Colborne for Montreal; the steamer Westerian arrived from Port Colborne, will tranship grain into river barges, and clear with the barge Quebec, for Port Colborne; the steamer Ionic is discharging grain from Port Colborne, and will clear for Port Colborne; the tug Magnolia is due to arrive to-day, with two light barges from Port Colborne, and will clear for Montreal, with two grain barges.

The steamer Haddington passed down at 8.30 p.m., Monday on her way from Erie to Montreal.

The steamer Ridean Queen was in port on Monday, from Picton, and returned to South Bay.

Mr. and Mrs. William Woods, Charles street, visited their little granddaughter at Hartington recently.

"Security First"
EXCELSIOR INSURANCE LIFE COMPANY
Head Office: Toronto, Can.
A Victory War Bond and an Excelsior Policy are A1 investments. Make application to-day.

City Dairy
PASTEURIZED MILK AND CREAM. Visit This Dairy and Decide for Yourself. — Satisfaction Guaranteed. Official Test by H. B. Smith. Milk tested 3.2 Butter Fat. 24 JOHNSON STREET
Phone 2083

Your Eyes
ARE THE MOST WORKED ORGAN OF YOUR BODY — DO YOU TREAT THEM AS SUCH? IF THEY TROUBLE YOU WE WILL ADVISE YOU WHAT TO DO AFTER OUR EXAMINATION.
J. J. STEWART, Opt.D. Optician and Optometrist.
Cor. Wellington and Clarence Sts. Opp. Post Office. Phone 699

HOT WATER BOTTLES ALL GUARANTEED
At All Prices.
AT SARGENT'S DRUG STORE
Corner Princess and Montreal Streets.
Telephone 41.

ARE YOU SENDING PARCELS TO A SOLDIER OVERSEAS?
You are probably eager to find the correct box in which to pack your packages. We have specially made
TIN BOXES
Your home-made cakes, etc., will reach France or England fresh and safe in one of our boxes.
Crawford's Grocery,
Phone 26.
"Headquarters For Soldier Boxes."

Consider all Interests

First—Consider **your personal interests** first. The Victory Bond is the best and safest place on earth to put your money. You get 5½ per cent. interest, payable every six months—the 1st of June and the 1st of December. **Absolute safety** and a liberal rate of interest ought to be good enough for any man's money. And the chance of a **rise in the bonds** after the war is not to be overlooked.

Second—Consider **the country's interests.** With the money the Government gets from you it helps to prosecute the War, and helps to maintain prosperity in the country. Without money Canada could not help England to buy our grain and munitions, and, not only would there be great depression in the agricultural districts, but hundreds of factories would have to close.

The Imperial Munitions Board alone **spends a million dollars** a day in Canada, and that expenditure would stop if Canada could not advance the credits to England, and only by the money received from Victory Bonds can these credits be continued.

Third—It is Imperative that you should **Buy Victory Bonds!**

BOY AT NAPANEE BURNED

AND THE DOCTORS SAY HE CANNOT LIVE

Distressing Accident at Home of P. Gleeson—Mother of Little Fellow Burned While Beating Out the Flames.

(From Our Own Correspondent)

Napanee, Nov. 13.—A distressing accident occurred yesterday morning at the home of P. Gleeson, East street, when his little son, Jack, aged four, was so severely burned that no hope is held out for his recovery. In trying to save her little son, Mrs. Gleeson was severely burned on the hands and arms. The little fellow, with a chum, "Billy" Milsap, were left in the kitchen while Mrs. Gleeson went up stairs to do her work. A match was procured and the little fellow set fire to a paper bag which quickly ignited his clothing, and before Mrs. Gleeson could beat the flames out the child was badly burned. Mrs. Gleeson's burns, although severe are not considered serious, but the doctors hold out no hope for the little fellow.

W. R. Henwood, J. A. Clute, George Fralick, W. R. Purdy, W. Exley and W. Yerex returned Saturday last from the hunting grounds near Bancroft with five fine deer as a reward for their labors.

Mr. and Mrs. A. Wolfe and Maurice motored to Inverary with Mr. Wolfe's sister.

The returns for the Victory Loan at 8 o'clock last night amounted to $55,450, and this was nearly all collected in Napanee.

Miss Wales, teacher in the west ward school, is confined to her home with a severe cold. Miss C. Perry is supplying in her place.

DOCTORS SAID OPERATION

When Chatham Lady Suffered From Extreme Nervous Exhaustion—Now Feeling Fine and Working Large Garden.

Chatham, Ont., Nov. 13.—This letter will interest every lady reader because it describes a condition for which many doctors advise an operation. That the operation is often unnecessary and very often leaves the patient an invalid for life is well known.

You will read here of what Dr. Chase's Nerve Food has done for this lady and will then understand the great good it is accomplishing in many thousands of similar cases throughout the continent.

Every woman should think long and earnestly before consenting to an operation of this kind. It is a simple matter to give Dr. Chase's Nerve Food a trial and the results are almost always entirely satisfactory. You not only avoid the risk and expense of an operation, but find yourself restored to health and vigor.

Mrs. E. M. Ford, 82 Delaware avenue, Chatham, Ont., writes: "For four years I suffered from my nerves. I was restless and could not sleep well. I had headaches, neuralgic pains through the body and backache. There was a buzzing in my ears and twitching of nerves and muscles. I also had palpitation of the heart, which caused shortness of breath. I was easily tired and always drowsy after eating. When walking or on my feet very much my feet would seem to go dead in my shoes. I consulted two doctors and both told me that I would have to have an examination and probably an operation, but I would not have either. Shortly after this I commenced using Dr. Chase's Nerve Food, and after a treatment of this medicine I can say I am now feeling fine, I am able to do my household duties without difficulty, and besides this, attend to a half-acre of garden. I can go about without that dead feeling in my feet, and am grateful to Dr. Chase's Nerve Food for my cure. I think very highly of this medicine, and recommend it to other sufferers whenever I have an opportunity."

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 6 boxes for $2.75, at all dealers, or Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute.

Letters to the Editor

Let the Record Speak.

Darlingside, Nov. 10.—(To the Editor): When is a union government not a union government? When it is composed of two sets of men of strongly opposing principles in which the principles of one set are abandoned as a condition of attaining office. Union properly means compromise. Mutual concessions on the part of opposing principles constitute true union. But in the case of the new Borden Government concession has been all on one side.

The policy of the new Government has been announced. It is a pious declaration of good will in regard to many matters of public interest and importance but it does not differ in any essential particular from the like declaration made before the elections of 1911 on behalf of the Conservative party by the same man who has just made the announcement of policy on the part of the so-called union government. The promises made then sounded well as far as they went. So do the promises made for the purposes of the election of 1917. But the promises of 1911 were forgotten as soon as the Borden Government attained power. The promises made for election purposes in 1917 have no right to be considered valid in view of what happened to those of 1911 at the same hands.

The so-called Liberals who have joined hands with Premier Borden in his disfranchisement policy, in his C.N.R. steal, in his shielding of the food profiteers cannot claim exemption from Liberal criticism on the ground that they are Liberals, now that the new government's policy has been declared. Without challenging them or their motives, they have gone over to the enemy with the result that the forces of reaction in Canada are strengthened—if indeed under such circumstances men do give strength to the cause with which they associate themselves.

Hon. Mr. Rowell, late leader of the Liberal opposition in the provincial legislature of Ontario has traded on his temperance principles during the whole of his public life. He enters a government that specificially refuses to legislate to advance those principles.

Hon. T. A. Crerar, is at the head of a great organization of western farmers. The success of the farmers of the west is bound up in the principle of lower taxes and freer trade. He has entered a government pledged to the hilt to high tariff and trade restriction.

Hon. F. B. Carvell has been known as the hardest fighter in parliament for honest administration. He has taken charge of a great spending department in the very government and under the very leadership against which he charged incalculable graft, favoritism and corruption, and proved every charge to the hilt.

Hon. Messrs. Calder and Sifton were members of provincial governments which owed the size of the majorities they received at the provincial elections held only a few months ago to the announcement made in their interest that the disfranchisement of alien citizens was contemplated by the Conservative Government at Ottawa, and they have entered the very government that committed the very crime that they so successfully traded on for their own advantage. The governments of Alberta and Saskatchewan have been insistent in season and out of season in demanding their natural resources at the hands of the Dominion Government. Hon. Messrs. Sifton and Calder have entered a government whose policy is distinctly stated to be the administration of the national resources of the country by Dominion authority.

Government is not so much a question of men as of principles. If the new Borden Government is to be judged by the specific abandonment of principle by its new members, the sooner it follows the late McBride-Bowser Government of British Columbia and the Roblin-Rogers Government of Manitoba into disreputable oblivion the better for Canada.

—GEORGE H. DARLING.

HARROWSMITH HAPPENINGS.

Arrival of Carload of Coal Makes the People Smile.

Harrowsmith, Nov. 12. — Several friends and acquaintances of the late Miss Jane Bradford attended the funeral services on Sunday afternoon at Murvale.

J. Deline delivered a carload of coal among his many customers last week, and is expecting two more cars in a few days.

Harry Walker is making great improvements about his residence by laying cement walks. He is now grading his lawn.

Mrs. B. Botting has returned home after spending the past month with her daughter, Mrs. Charles Lawson, in Detroit, Mich. C. S. Stewart and family have moved from Wolfe Island to their old home here. Charles Redden and William Smith have returned home from Plevna, where they were fishing and deer hunting.

Miss Hazel Lawson, visiting Miss Ada Botting for the past two weeks, has gone to Elginburg to visit friends. Mrs. Charles Redden, ill for the past two weeks, is somewhat better. Mrs. Frank Walker has been in poor health for the past week.

Promptly at ten o'clock on Thursday morning, Nov. 8th, the exemption board opened in the township hall. Thursday, Friday and Saturday the time was pretty well taken up making preliminary arrangements for the work which is to follow during the next few weeks.

Are Good Drivers.

Only good driving on the part of the horse-transport men of the Army Service Corps avoided a series of bad accidents in the parade on Monday evening. The line of soldiers marching slowed up the parade near the corner of Sydenham street so suddenly that the line of waggons were thrown unto each other. The drivers by pulling out or otherwise acting quickly were able to avoid a pile up.

Ladies' Colored Spats and Overgaiters
Grey, Fawn, Canary, White and Brown.
Best quality of materials, $2.50, $2.25 and $2.00.
Abernethy's Shoe Store

Campbell's Selected Furs

Fur pelts are steadily advancing in price so you had better make your selection early. Any article selected now will be placed aside until wanted by making a small payment.
We are showing excellent values in fine fur setts for ladies, including wolf, fox, Alaska sable, lynx, mink, Hudson seal, etc.
Now is the time to buy.
Campbell Bros
Kingston's Oldest Hat and Fur Store.

A Cold? THAT'S BAD.
Of course it's bad, but a good cold remedy is DR. HALL'S Cough Balsam and DIAMOND Cold Tablets. They quickly offset the effect of any bad cold. 25c Each at
Prouse's Drug Store. Phone 82.

KINGSTON EVENTS 25 YEARS AGO

There are a great many applications for the position of bookkeeper at the Kingston penitentiary.

M. R. Davis is engaged making a pattern for a new straight line engine for Black & Co., machinists, Brockville, to be used in a cheese factory.

The street car service has been reduced from six to four cars.

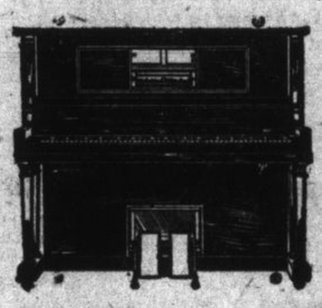
Major Pense in England.

A cablegram announces that Major H. E. Pense, of the 21st Battalion, is in London to take a special five-weeks' course. Major Pense has been at the front for two years. He spent a couple of months in Kingston a year ago recuperating from wounds received at the battle of Courcellette.

TO REGAIN HEALTH CLEANSE THE BLOOD
When your blood is impure, weak, thin and debilitated, you cannot possibly enjoy good health. Your system becomes receptive of any or all diseases, and germs are likely to lodge in some part of the body.
Put your blood in good condition, and do so at once.
Hood's Sarsaparilla acts directly and peculiarly on the blood—it purifies, enriches, and revitalizes it and builds up the whole system.
Hood's Sarsaparilla is not a cure-all. It is the best blood medicine on the market. It has stood the test of forty years and is used all over the world. Get it and begin treatment today. It will surely help you. Sold by all druggists.

WHEN THE PENDULUM OF FASHION SWINGS — SWING WITH IT.

But there is more than fashion behind the rapidly increasing demand for period furniture in dining and living room furniture.
Solid black walnut William and Mary dining room sets in velvet finish.
Living room furniture. Chesterfields and large luxurious arm chairs, at the busy store with the large stock.
James Reid
The Leading Undertaker with Motor Hearse
Phone 147 for Motor Ambulance.

A Piano of Merit & Quality

This beautiful Williams Master Touch player is very different from the Melodian made 68 years ago, but the quality of the Williams product — the durability that has proven itself by a 68 years' test, is still maintained through the efforts of Canada's brains and expert workmanship.
Call and see the many models at our showroom. We will arrange terms to suit your pocketbook.
J.M. Greene Music Co., Ltd.
Cor. Princess and Sydenham Streets. Kingston.

CALIFORNIA FRUIT STORE
HOME MADE CANDIES

French Nugat	25c pound
Walnut Kisses	20c pound
Cocoanut Kisses	20c pound
Chocolate & Vanilla Cream Caramels	20c pound
Cream Caramels	30c pound
Chocolate Peanuts	30c and 40c pound
Best Peanut Candy	20c pound
Home-made Humbugs	25c pound

Be sure you get the best of all kinds of home-made candies at
Phone 2168. CHARLIE DAFNAS, Prop.
Prompt Delivery - - - 286 Princess St.

WANTED
One Million Women
TO REPLACE MEN
There will shortly be one million men drafted into the Army leaving one million positions to be filled. Women must fill them.
Mabel Potter Daggett tells you why in "What the War Really Means to Women" —the most vitally significant article for women ever published in America
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