

In The Realm Of Woman—Some Interesting Features

VINOL MADE THIS NURSE STRONG

Nothing Like it for Rundown and Nervous People

Von Ormy, Texas—"I suffered from a general run-down condition—anaemia, loss of appetite and cough, so I was unfit for my work. I tried different medicines without help, and through my druggist learned of Vinol. I took it; my appetite increased, my cough disappeared, I gained in weight and I am now well and strong, so I can conscientiously endorse Vinol."—Viola Salada, R. N., Van Ormy, Tex.

We guarantee Vinol to build up run-down, anaemic folks or return your money. We take all the risk.

Mahood's Drug Store, Kingston. Also at the best druggist in all Ontario towns.

FOR SALE FORD CAR
In A-1 Condition; electric starter, lights, Etc.
Central Garage,
Phone 2185.

IF BACK HURTS USE SALTS FOR KIDNEYS

Eat Less Meat If Kidneys Feel Like Lead or Bladder Bothers.

Most folks forget that the kidneys, like the bowels, get congested and clogged and need a flushing occasionally, else we have backache, and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders.

You simply must keep your kidneys active and clean, and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralises the acids in the urine so it no longer irritates, thus ending bladder disorders.

Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.

We have just received our new goods for your Christmas Cakes and Pudding.

New Peels. New Raisins. New Currants. New Walnuts. New Almonds. Choice Oranges and Grapes. Mixed Candies and Chocolates and Nuts.

E. H. BAKER
Cor Montreal and Charles Sts.
Phone 1263.

HUSBAND OBJECTS TO OPERATION

Wife Cured by Lydia E. Pinkham's Vegetable Compound

Des Moines, Iowa—"Four years ago I was very sick and my life was nearly spent. The doctors stated that I would never get well without an operation and that without it I would not live one year. My husband objected to any operation and got me some of Lydia E. Pinkham's Vegetable Compound. I took it and commenced to get better and am now well, am stout and able to do my own housework. I can recommend the Vegetable Compound to any woman who is sick and run down as a wonderful strength and health restorer. My husband says I would have been in my grave ere this if it had not been for your Vegetable Compound."—Mrs. BLANCHE JEFFERSON, 703 Lyon St., Des Moines, Iowa.

Before submitting to a surgical operation it is wise to try to build up the female system and cure its derangements with Lydia E. Pinkham's Vegetable Compound; it has saved many women from surgical operations.

Write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for advice—it will be confidential.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

AUNT TABITHA ARRIVES.

(Copyright, 1916, by the McClure Newspaper Syndicate).

Aunt Tabitha was just what I expected her to be. She was tall and thin, with sandy hair which was turning here and there to an almost imperceptible white; rough, well-tanned skin; sharp gray eyes, nervous lips and hands which never seemed to be at rest.

She nodded to Kenneth and looked me over critically before she accepted my greeting. I was compelled to confess that she conveyed the impression that she was not satisfied with my appearance, but as there was no help for it I submitted to her rather curt, "Howdy do," and made the best of it.

Kenneth, carrying her ancient-looking satchel in one hand and an even more ancient paper suit case in the other, led the way to the car.

"We don't need a taxi," Aunt Tabitha declared. "Let's walk." Kenneth started.

"Walk? Why it's three miles from here, Aunt Tabitha!" he explained. "Besides, this isn't a taxi-car."

Aunt Tabitha squared herself and looked threateningly at him.

"You don't mean that you own this thing, do you, Kenneth Holman?"

Kenneth laughed. "Don't be so hard on me, Auntie," he protested. "There are some things that a man has to buy, and a motor car is one of them."

"Shucks!" said Aunt Tabitha so scornfully that she sounded as if she was hissing at us.

"And as long as I have it and must take it home it may not be improper to ride in it," Kenneth went on.

"Well, I'll ride in it," consented Aunt Tabitha, "but that doesn't mean that I'm going to run the risk of having my neck broken more than I have to."

"We shall punish you only when we are compelled to," Kenneth agreed, as he climbed after her into the back seat. "Roxane is a very careful driver, but I do not rely entirely on her. Now, however, I shall have to leave you at the office so she will see that you get home in safety."

I smiled at his words, for already I had made up my mind to give Aunt Tabitha as swift a passage through the air as it was possible for a six cylinder car on a rather rough road to provide. And after Kenneth had left us I proceeded to put my plan into execution.

The air was just cold enough to be invigorating, and as it blew in my face I felt a tingle go through my body as though I had taken a strong stimulant. Without looking back to see if Aunt Tabitha and her two ancient satchels were still there I gave the car all the gas it could stand and let the engine do the rest. Once I thought I heard a low moan, but it was not repeated and I did not investigate, as the car was doing a little better than fifty miles an hour.

But if the groan came from my newly found aunt it was merely a groan and nothing more, for when we stopped she still was alive and lost no time in scrambling from the tonneau.

"So your husband says you are a very careful driver, does he?" she remarked bitterly. "I would like to know just what he considers reckless."

"I have never had an accident," I protested.

"And you never will have but one," she returned frigidly. "After that it will be simply a question of where they will bury you and the unfortunate persons you happen to have with you at the time."

"Oh, it is not so serious as all that."

Aunt Tabitha, I assured her. "If one's tires are firmly on there is no danger."

Timie had appeared and before my relation-in-law could reply had seized the luggage and started for the house.

"Come, Aunt Tabitha," I said, "you must be tired. Yet me show you to your room."

"Thank you, but I am not tired at all," the old woman replied. "I slept very well last night, considering that the place I occupied resembled a dog kennel more than it did anything else. The only real inconvenience I suffered was caused by the porter mistaking me for about half a dozen men who were to get off at small towns; he kept waking me at intervals of half an hour by poking his head into the berth and calling me Mr. Jones or Mr. Smith of whoever happened to be the one who had to get off there. There ought to be a law requiring porters to write the name of the occupant on every berth curtain, together with the sex, age and destination. I think I shall suggest it to the management."

We had reached the front door and there Aunt Tabitha paused and looked around.

"Huh," she grunted. "How can Kenneth afford to live in such style as this?"

(To be continued.)

Leso-Majeste.
Andre Chevalier writes for the Paris edition of the New York Herald an account of the looting of French chateaux by Prince Eitel Friedrich of Prussia, "a large red-faced cabbage-eating man with a huge paunch." Germans will look for Gott to strafe a citizen of a republic who thus describes a prince of the blood, and who has the hardihood to question the divine right of a Prussian prince to commit Grand Larceny.

Birch Production.
The various species of birch in Canada produce more lumber than any other Canadian hardwood tree. The wood is used for flooring, interior finish, furniture, and for a large number of small articles, such as spoons, clothes pins, and toys. The production of birch was \$1,543,000 in 1916, and \$5,733,000 in 1915. The 1916 value was \$1,478,970.

The Brawn and Brain of a boy are not made out of books or sermons. They are built out of foods that supply in well-balanced proportion and in digestible form every needed element. These elements are found in Shredded Wheat Biscuit, a real whole wheat food which contains all the material for building the human body. A perfect food for growing youngsters. Its crispness encourages thorough chewing, which develops sound teeth and healthy gums. Children like it and thrive on it. It is ready-cooked and ready-to-eat. For breakfast or any meal with milk or cream. Made in Canada.

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PIMPLES AND RUNNING SORES WOULD HOLD HEAD DOWN FACE WAS SUCH A SIGHT.

Pimples are caused by the blood being out of order. Those festering and running sores appear on the forehead, on the nose, on the chin and other parts of the body, and although they are not a dangerous trouble they are very unsightly to both you and your friends.

There is only one way to get rid of this obnoxious skin trouble and this is by giving the blood a thorough cleansing by the use of Burdock Blood Bitters.

This sterling remedy has been on the market for over 40 years, during which time we have received thousands of testimonials as to its curative powers over all skin diseases.

Mrs. Victor G. Fry, North Battleford, Sask., writes: "I used Burdock Blood Bitters when I was about eighteen. I was so bad with pimples and running sores, that when I went down town I would hang my head down when I would see anyone coming, my face was such a sight. I got two bottles, and my face began to clear, so I kept on until I had a beautiful complexion. I have recommended it to everyone who is in a rundown condition, as it builds up the blood, and when the blood is all the face is clear."

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

the incorporation into our federal

Making Pen-Nibs.
The steel for pen-nibs is cut into ribbons as wide as the length of one pen, and these are fed to machines which cut out the blanks, then shape them, split the points, and place the maker's name on the backs. The pens are then complete except for the annealing, which is a process of heating the metal almost to the melting-point and then cooling it suddenly to render it tough. After being annealed the pens are counted and placed in boxes. A machine has been invented for performing both the latter operations.

Men who are bald always sneer at the man who parts his hair in the middle.

CREATED AN EARL

Lord Northcliffe Made Viscount, Says Official Statement.
London, Nov. 26.—Viscount Reading, Lord Chief Justice, has been created an Earl, and Lord Northcliffe a Viscount, according to an official statement just issued.

Canadian Honored.
Lieut.-Colonel D. S. MacInnes, Royal Engineers, formerly Canadian Militia, has been gazetted Croix d'Officier Legion of Honor. Lieut.-Colonel MacInnes holds the D.S.O. and C.M.G., and was brought to the notice of the secretary of War for valuable service in January.

Lieut.-Colonel Duncan Sayre MacInnes is a son of the late Hon. D. MacInnes, Senator, and was born in Hamilton, July 19, 1870. He was educated at the Royal Military College, Kingston, and graduated with distinction (sword of honor and Governor-General's Gold Medal), 1891. He was married in October, 1902, to Millicent, daughter of the late F. Wolferstan Thomas, Montreal. He was made a second-lieutenant in the Royal Engineers in 1891, lieutenant in 1894, captain in 1902, major (Canadian forces), 1905. He served in the Ashanti expedition in 1896-6, and was honorably mentioned (star); 1899-1902, commanding the Royal Engineers throughout the defence of Kimberley; conducted operations in Orange Free State, 1900, and in the Orange River Colony the same year, where he was mentioned in despatches and received the Queen's Medal, with three clasps, and the King's Medal, with two clasps, and the D.S.O. He served under the Canadian Government, heading the organization of the Canadian staff service; was D.A.Q.M. general, Halifax, N.S., 1905-7, and was appointed chief staff officer, Maritime Provinces command, September, 1907, and acted as such till March 31 1908, when he was transferred to England. He has been a member of the general staff of the Empire since 1907.

Men who are bald always sneer at the man who parts his hair in the middle.

"OVER THERE"

The Thrill and Hell of the Trenches Described by an American Boy

We have secured a series of six articles by Sergeant Alexander McClintock of Lexington, Ky., and the Canadian army. He has a gripping tale that every American will read, for he tells the facts, unadorned. Wounded, a Distinguished Conduct medal man, he was invalidated home, but is going "Over There" again to fight for Uncle Sam and his allies.

Feb. 14, 1917.
Sergeant Alexander McClintock served in the Eighty-seventh Battalion Canadian Grenadier guards from September, 1915, until November, 1916, the last four months of that time at the front in France, where he gained the Distinguished Conduct medal by his devotion to duty and bravery under fire.

As his former commanding officer I can testify as to his good qualities, and I consider he would make a valuable officer.

(Signed) F. S. MEIGHEN,
Brigadier General, Commanding Canadian Training Division, Bramahott.

NO. 1.—In Training. How the men are finally brought to the firing line. A description of conditions that our own boys and their parents will read eagerly.

NO. 2.—The Bomb Raid. The great preparations and rehearsal for this attack. Volunteers for the job taken behind the line where the German trenches are exactly reproduced. The days of preparation. Heretofore unwritten detail of modern trench raids. This article concludes with the men going out to their job.

NO. 3.—Over the Top and Give 'Em Hell. The English Tommy's battle cry as he breaks from his trench. The bomb raid and what happened. Of sixty that started forty-six failed to return because the Germans had prepared and mined the trench. Graphic description of Sergeant McClintock's terrible experience.

NO. 4.—Shifted to the Somme. Sergeant McClintock takes part in the greatest of all battles and tells of the hell of it. "The front in Belgium was really a rest sector in comparison with it," he says. The extensive preparations of the allies for open warfare afterward abandoned because of the failure of expected developments.

NO. 5.—Wounded in Action. This article describes the terrible fight, the dead and dying, the loss of a pal and the final falling of McClintock in No. 20's Land. Simply told, it is one of the most remarkable descriptions of a battle by a participant ever put together.

NO. 6.—Decorated For Bravery; Name and Uncle Sam. This concluding article of the series relates in detail how England cares for the wounded. How the king and queen came to the bed of an American boy and decorated him in a London hospital. An interesting, interesting and amusing incident told by and of the wounded Tommie. Trying to fight for Uncle Sam.

We will print one article each week for six weeks. Watch for the first installment.

SATURDAY, DECEMBER 1ST.

GUARANTEED TO CONTAIN NO IMPURITIES

A little of Sunlight goes a long way; every particle is pure; there is nothing to harm the clothes or impede the rapid progress of the wash. Every cake of Sunlight Soap carries a \$5,000 guarantee of purity.

Sunlight Soap

"We never have coffee at our house, because I can't make good coffee".

Have you ever started right—with Chase & Sanborn's "SEAL BRAND" COFFEE?

In $\frac{1}{2}$, 1 and 2 pound tins. Whole-ground—pulverized—also fine ground for Percolators. Never sold in bulk. 143

CHASE & SANBORN, MONTREAL.

A Piano of Merit & Quality



This beautiful Williams Master Touch player is very different from the Melodina 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 showrooms. We will arrange terms to suit your pocketbook.

J.M. Greene Music Co., Ltd.

Cor. Princess and Sydenham Streets. Kingston.

ASK YOUR GROCER FOR

CHARM TEA

IN PACKAGES.

Black, Green and Mixed. Packed in Kingston, by

GEO. ROBERTSON & SON, Limited.

Women Entitled To Vote

In the forthcoming Dominion Election are requested to visit the new Committee Rooms, at

187 Princess Street

Phone No. 2398

on and after Monday next, and see that their names are placed on the Voters' List.

YOU WILL HAVE NO VOTE UNLESS YOUR NAME IS ON THE LIST!

Those entitled to vote must be a British subject, not an Indian, 21 years of age, resident of Canada one year, of the constituency 30 days, who in the mother, wife, widow, daughter or sister of anyone, sailor or nurse, male or female, who has served with Canadian forces in Canada or overseas, or within or out of Canada in any of the naval forces of Great Britain or Canada, or who has died serving in any of these forces in the present war, or who has been honorably discharged from the service, either in Canada or overseas, and the date of whose enlistment was prior to Sept. 20th, 1917, the date of the passing of the war time election act.



A scene from Jane Cowl's wonderful play "Lilac Times," at the Grand on Monday evening, Nov. 26th.