

THIS WEEK, NERVOUS WOMAN TOOK VINOL

It Made Her Strong and Well

Barneveld, Wis.—"I was in a weak, nervous, run-down, anaemic condition, so that my housework was a burden. Vinol was recommended, and it made me well and strong. It is certainly the best tonic and strength creator I have ever taken."

Start Tomorrow and Keep It Up Every Morning

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well. What a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, with tingling headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stannant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile, and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate 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. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of inside-bathing before breakfast.

THE HOG CAMPAIGN IS ON

MEETINGS OF FARMERS IN VARIOUS PARTS OF COUNTY.

A. W. Sirett, Assisted by John Moreland, W. S. Reed and Dr. Spankie Have Done Excellent Work.

A. W. Sirett, district agricultural representative, is now leading a drive through the county which in all probability will be of importance sufficient to make it rank alongside of the Victory Loan campaign. It is the drive to have the farmers of Frontenac raise more hogs.

This week addresses have been given or are to be given at the following places by the speakers named: Sydenham, John Moreland and A. W. Sirett, Monday, 1.30 p.m.; Harrowsmith, W. S. Reed and A. W. Sirett, Monday; Cataqui, Dr. W. Spankie, Tuesday; Fermoyn, A. W. Sirett, Tuesday; Parham, W. S. Spankie, Tuesday; Sunbury, Dr. Spankie, Wednesday; Arden, A. W. Sirett, Wednesday; Sharbot Lake, W. S. Reed, Wednesday; Barriefield, Dr. Spankie, Wednesday; Mountain Grove, A. W. Sirett, Thursday; Wolfe Island, Dr. Spankie, Saturday.

Bacon is the most compact form in which meat and fats can be supplied to the armies. It takes up a minimum of space, is easily handled and it keeps. On account of its large percentage of fat it is a great outdoor food. The allied armies require enormous supplies of bacon, the ration being a quarter of a pound a day. There is a shortage of 32,425,000 hogs in Europe. The hog population in the United States is ten per cent below normal. The situation is serious and a great increase in the production of hogs in Canada and the United States is a military necessity.

Young hogs only produce about 150 pounds of meat per sow, whereas each of these sows, through her progeny, could produce 1500 pounds within twelve months. The Government is taking steps to control the spread in the price between that received by the producer and that paid by the consumer. The grower is assured his fair share of the price paid by the consumer. Bran and shorts will be available at reasonable prices.

These facts are presented to the farmers of the county by the speakers and at the same time a canvass is being made to learn just what this county is doing in the matter of hog production. It is expected that in a few days the figures secured by this canvass will be announced. In the meantime, the farmers are planning to give their individual assistance and undoubtedly the missionary work by Mr. Sirett and his delegates will result in a material increase in this line of production.

Applies Only to Normal Schools.

Hon. Dr. R. A. Pyne, Minister of Education, yesterday made the following statement in reference to the report that high school students were being ordered to rewrite their lower school subjects.

"The examination affects only those who are in attendance at the Normal Schools. It does not affect those now in attendance at Collegiate Institutes, high schools or continuation schools. No explanation was made as to why the students have to rewrite the examination."

A Sluggish Liver Causes Lots of Trouble

When the liver becomes sluggish it is an indication that the bowels are not working properly, and if they do not move regularly many complications are liable to set in.

Constipation, sick headache, bilious headache, jaundice, heartburn, water brash, catarrh of the stomach, etc., all come from a disordered liver.

Milburn's Laxa-Liver Pills are a specific for all diseases or disorders arising from a slow, sluggish, lazy or torpid liver, and they have been universally used throughout Canada for over 20 years with the greatest success.

Mrs. W. A. Harrison, 7 Poplar Grove, Halifax, N.S., writes: "I take pleasure in writing you concerning the great good I have received by using Milburn's Laxa-Liver Pills for a sluggish liver. When my liver got bad I would have severe headaches, but after several boxes of vials of your pills I have not been bothered any more."

Milburn's Laxa-Liver Pills are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

OFFICERS ELECTED

By Companion Court Frontenac, I.O.F., No. 437, Tuesday Night. Companion Court Frontenac I.O.F., No. 437, at their meeting Tuesday night elected their officers for 1918, as follows: Court Deputy, Mrs. M. Deyo; Court Physician, Dr. A. E. Ross; Acting Court Physician, Dr. A. R. B. Williamson; Past Chief Ranger, Mrs. M. A. Watson; Chief Ranger, Mrs. M. E. Stinson; Vice Chief Ranger, Mrs. B. Reese; Rec. Sec. and Fin. Sec., Mrs. E. R. Prager; Treasurer, Mrs. J. Brown; Orator, Mrs. M. Potter; Organist, Mrs. E. R. Prager; Senior Woodward, Miss M. J. Grant; Junior Woodward, Miss M. Doran; Senior Beadle, Miss E. Ellwood; Junior Beadle, Miss H. Day; Trustees, Mrs. C. Murray and Mrs. M. A. Watson; Finance Committee, Mrs. J. Brown and Mrs. C. Wilkinson; Hospital Board, Mrs. C. Murray, Mrs. M. Potter, Mrs. M. A. Watson.

THE HIDDEN PARTS

Where the Proof of Good Tailoring is Found.

David J. Will, of the Semi-ready store, carries a line of men's shirts, collars, cravats and haberdashery which he takes a long time to make up. He is chiefly engaged in building up a business in Semi-ready tailoring, the clothes that have in twenty years earned the highest reputation of any men's garments tailored in America," said Mr. Will.

"Every overcoat and every suit I sell is finished to the exact physique of the customer, and the fit and expression must please me before I recommend the purchase. I have a large stock and every garment was tailored to my order and from cloth chosen by me. I believe always that a man will pay a dollar more for a suit or overcoat which he knows is well-tailored in the inside or hidden parts."

Cataqui's Fine Contribution.

The Cataqui Red Cross Society met at the home of Mrs. (Rev.) Kelsey on Tuesday afternoon, with a large attendance. Each member contributed canned fruit or pickles as donations to Ongwanada military hospital in Kingston, and the soldiers at that institution will have cause to be grateful to the Cataqui ladies for their thoughtfulness.

Wins \$5 Gold Piece.

Miss Ursula Sproule, daughter of J. L. F. Sproule, Westbrook, has been awarded the \$5 gold piece generously donated by the Abernethy Shoe Co., Princess street, she being the largest prize-winner in children's department at the Kingston Industrial Fair this year.

Theatrical News

(Continued From Page 3.)

"The Brat" Coming. When the United Producing Co., Ltd., last season produced "Peg O' My Heart" it was the intention of the company to use this play as a means of showing the public that a Canadian producing company could "deliver the goods." In every town visited the business was enormous, and in several cases house records were broken. With the success of this initial venture, the United Producing Co. went direct to New York and were able to show the big producers there that they were well able financially and otherwise to handle Canadian rights for successful plays handed over to them. "The Brat" has not played anywhere outside of New York and Philadelphia, and comes to Kingston direct from a record-breaking week in Toronto. An all-star cast headed by Iren Martin, Morosoff's own star, will give it a perfect interpretation on Saturday, matinee and night.

Cunning at the Grand. Cunning, with his company of modern wonder workers, will open a week's engagement at the Grand, commencing Monday, Dec. 3rd. Cunning comes from a record breaking run at the Grand in Toronto, direct to Kingston direct from a record-breaking week in Toronto. An all-star cast headed by Iren Martin, Morosoff's own star, will give it a perfect interpretation on Saturday, matinee and night.

ONCE A HARDSHELL GRIT

H. M. MOWAT NEPHEW OF A GREAT LIBERAL LEADER.

Dropped Old Party to Help Win the War—Conservatives Will Help Him Head the Poll in Parkdale.

Toronto Star Weekly. "Now Herb Mowat has joined up with the Union forces, there is no reason why any Liberal should not do so." That is the sort of thing one hears said on all sides with regard to the Liberal Unionist candidate for the Parkdale division of Toronto. It is said that the Tories did a generous thing in giving up their Liberal allies the representation of one of the Toronto seats. But they certainly did a wise one. They did a thing, moreover, which will prove of great benefit to the Union cause far beyond the confines of the city. For "Herb Mowat" is known far and wide throughout the Province as a nephew of old Sir Oliver Mowat's. As such, his name is a name to conjure with among the "hardshell Grits" of Ontario. When a Mowat will sink all differences with his former party foes for the sake of a common cause, that cause must be one transcending all mere party issues. Large numbers of Liberals in the Province are taking note of the fact. Moreover, Mr. Mowat has earned for himself a very considerable name as an efficient political organizer. For six years he was president of the General Reform Association for Ontario, and for a considerable time he was in charge of the Liberal organization in Toronto. His patriotic decision to join the party of Union for the purpose of concentrating on winning the war is of all the more importance and significance by reason of his former close connection with the Liberal "machine."

Mr. Mowat has, in fact, always been intensely interested in politics. It is in his blood. At the last general election he contested North Ontario as a Liberal, but was defeated. In Parkdale on this occasion he should have a thoroughly safe seat. The feeling between the two wings of the Unionist party is reported to be of the best, and the Conservatives are said to be resolved to show their Liberal allies that when they offered them a seat it was a safe one.

Mr. Mowat was born at Kingston fifty-six years ago, his father, the Rev. J. B. Mowat, Sir Oliver's brother, being the professor of Oriental languages at Kingston University. He was educated at that University, and was called to the Bar in 1886, becoming a K. C. thirteen years later. He is head of the firm of Mowat, MacLennan, Hunter and Parkinson, of Toronto. He has been engaged in many important cases in most of the Canadian courts, as well as before the Privy Council in England. He was Government counsel in the matter of the Alien Labor Enquiry at Winnipeg, in 1904.

On the platform he makes an excellent impression. He is a lucid and logical speaker, with a good presence and a very pleasing manner. Quite recently his brother, Major Mowat, was killed at the front.

For many years Mr. Mowat has been an active member of the Executive Committee of the British Empire League in Canada.

Late Mrs. Janssens-Devarebeke.

The funeral of the late Loretta Cecelia Kingsley, wife of Louis Henri Janssens-Devarebeke, was held on Tuesday morning at 9 o'clock from the home of her sister, Mrs. M. Conroy, 305 Alfred street, to St. Mary's Cathedral, where a solemn requiem mass was sung for the repose of her soul by her brother, Rev. Fr. Kingsley. There was a very large attendance of friends and acquaintances. Six of the deceased's brothers were pall-bearers and the other chief mourners were her husband and two sisters, Mrs. Conroy and Miss Elizabeth Kingsley.

Dance at Austin's Cabaret, Ganouque, Friday, 8.30 to 11.30. Good music. Admission, 50c couple.

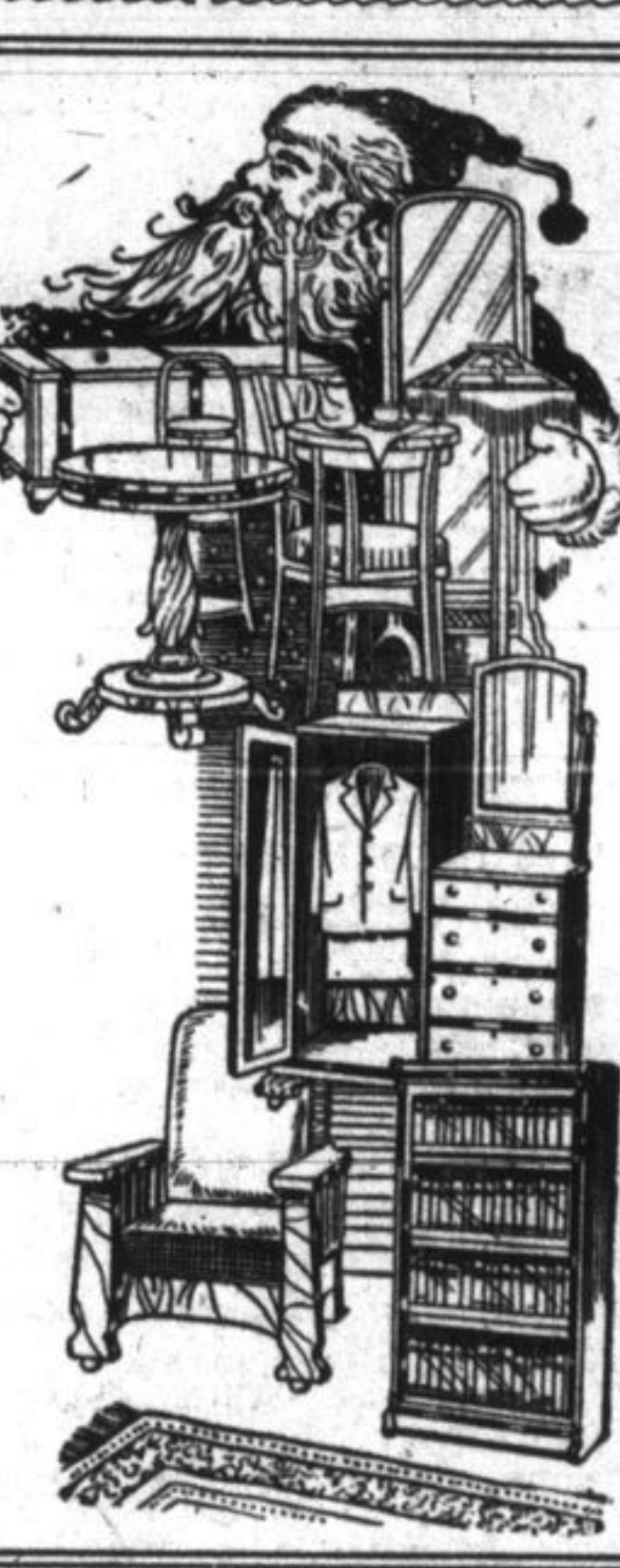
KINGSTON EVENTS 25 YEARS AGO

Dr. D. E. Mundell has been asked to be an aldermanic candidate in Frontenac Ward. Capt. Joseph Dix has been engaged building the embankment in his ice skating rink. John Jenkins was given the contract to reshingle ten of the buildings at Tete de Pont Barracks.

Warm Footwear. Warm Felt Slippers—Warm Lined Felt Boots for men and women—Warm Slippers for Children—It Pays to KEEP YOUR FEET WARM. Abernethy's Shoe Store.

CAMPBELL'S FINE FURS. These are "war times" and the spirit of thrift pervades our country. Yet, practical and reliable apparel is just now indispensable, so we are ready with very carefully prepared values in ladies' fine furs. Fine Fur Sets, Hudson Seal Coats, Fur Lined Goggles, Winter Caps, Men's Winter Hats, All at economical prices. Campbell Bros, Kingston's Oldest Fur Store.

GOOD TASTE IN THE HOME. Heretofore 'good taste' was looked upon as a thing apart from commonplace life; today good taste is defined as the knowledge of what human beings require to make their surroundings more livable. Choosing the right kinds of furniture for Christmas gifts at the Busy Store with the Large Christmas Stock. JAMES REID, The Leading Undertaker with Motor Hearse, Phone 147 for Motor Ambulance.



HOT WATER BOTTLES. Guaranteed for One Year. Price, \$1.00. Prouse's Drug Store, Phone 82.

Closely Related. There's a closer relationship between feed, poultry and dollars than you may suspect. Right feed means better birds, quicker returns and more money. For bigger dividends on your poultry, let us supply your feed. The kind you need is here, and our advice is free for the asking. W. F. McBROOM, 49-44 Princess Street.

FEED. PASTEURIZED MILK AND CREAM. Visit This Dairy and Decide for Yourself.—Satisfaction Guaranteed. Official Test by H. B. Smith, Milk Inst. of U.S. Butter Fed. Phone 2083, 34 JOHNSON STREET.

The Ears of the DEAF Must Be Stirred To Activity. Let Us Send You for 10 Days' Free Trial. The Acousticon For The Deaf. charges prepaid, the instrument for 10 days' free trial without deposit or expense to you. This offer may seem very generous, but it has resulted in the present in making nearly 200,000 delighted customers for us, who now hear clearly once more. GENERAL ACOUSTIC COMPANY, 1285 Cedar Building, New York.

Farm. Mr. and Mrs. Farmer, your hardest work is nearly over and you can now take more time to enjoy your papers and magazines. ARE YOU FULLY EQUIPPED for comfortable reading? If not, have your eyes examined and glasses made by J. J. STEWART, Opt.D., Optician and Optometrist, Opposite Post Office, Kingston.

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

NOTICE! Commencing Saturday, December 1st, we will discontinue our Saturday night delivery, owing to conditions caused by the war. Please let us have your order before 7 p.m. Crawford's Grocery, "Good Things to Eat." Phone 26

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SANTAL MIDY OF THE BLADDER. Relieved in 24 Hours. Each Capsule bears the MIDY Trade Mark. Beware of counterfeits.

The Royal Naval Air Service. A limited number of men are required for the ROYAL NAVAL AIR SERVICE. Very high physical and educational standards are required, and applicants must be natural born British subjects, and the sons of natural born British subjects. All the training is done in England. Usual age from 17 1/2 to 23; extreme age 25th birthday. Pay on entry \$2.50 per day; while undergoing training \$3.50. For further particulars apply to the Chief Naval Recruiting Officer, 305 Wellington Street, OTTAWA.

City Dairy. PASTEURIZED MILK AND CREAM. Visit This Dairy and Decide for Yourself.—Satisfaction Guaranteed. Official Test by H. B. Smith, Milk Inst. of U.S. Butter Fed. Phone 2083, 34 JOHNSON STREET.

MAYBE BUYING MATCHES Never Struck You As Being An Important Job. But It Is. It is important that you buy none but EDDY'S. CHEMICALLY SELF-EXTINGUISHING "SILENT 500'S". The matches with "no after glow." EDDY'S is the only Canadian maker of these matches, every stick of which has been dipped in a chemical solution which positively ensures the match becoming dead wood once it has been lighted and blown out. Look for the words "Chemically Self-Extinguishing" on the box.

FOR VICTORY WAR BONDS. Phone 503 or 842. J. B. COOKE, 332 King St.

This Season's Overcoats. Are beauties—finely tailored, neat designs and attractive patterns. Prices are also attractive, \$18, \$22.50 and \$35. See our special suit at \$22.50. As good as any made-to-order suit. Fleece-lined underwear, \$1.50 per suit. Mitts, gloves, socks, caps, boots and shoes. Isaac Zacks, 271 Princess Street.

COLD WEATHER IS HERE. And you need that new overcoat, the one that will keep you warm, lined and best of workmanship, \$20. Can't be equalled anywhere for the price. Many others priced lower and higher, all excellent bargains. Also overcoats, gloves, boots and shoes, rubbers, etc. Isaac Zacks, 271 PRINCESS STREET.

COAL CUSTOMERS. Please Notice! On and after first of May Coal Sales will be for Cash Only. BOOTH & CO., Phone 133.