

Hospital for Sick Children College St., Toronto ITS CHRISTMAS MESSAGE

Dear Mr. Editor:— Thanks for your kindness in allowing me the privilege of appealing to our readers this Christmas time on behalf of the Hospital for Sick Children, the "Sweetest of all Charities," which has as its mission the care of the helpless, the sick, the crippled and the deformed. There never was a year in the history of the Hospital when funds to carry on the work were more needed than now.

SALTS IF BACKACHE AND KIDNEYS HURT

Stop Eating Meat for a While If Your Bladder is Troubling You.

When you wake up with backache and dull misery in the kidney region it generally means you have been eating too much meat, says a well-known authority. Meat forms uric acid which overworks the kidneys in their effort to filter it from the blood and they become sort of paralyzed and loggy. When your kidneys get sluggish and clog you must relieve them, like you relieve your bowels; removing all the body's urinous waste, else you have backache, sick headache, dizzy spells; your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, channels often get sore, water scalds and you are obliged to seek relief two or three times during the night.

Either consult a good, reliable physician at once or get from your pharmacist about four ounces of Jad Salts; 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 has been used for generations to clean and stimulate sluggish kidneys, also to neutralize acids in the urine so it no longer irritates, thus ending bladder weakness.

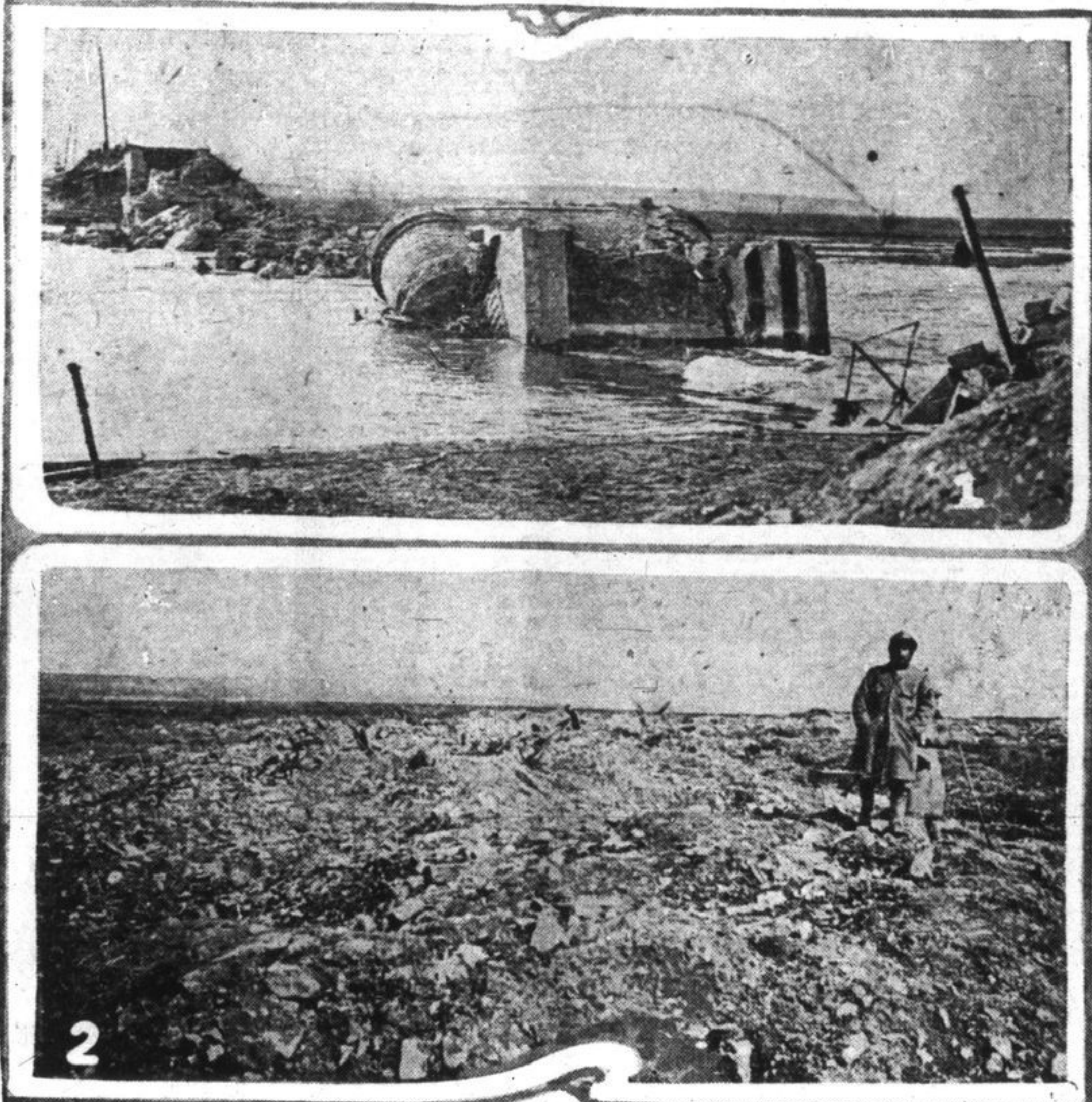
Cook's Cotton Root Compound. A safe, reliable, regulating medicine. Sold in three sizes of strength—No. 1, \$1.00; No. 2, \$2.00; No. 3, \$3.00 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Weston)

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

NOW ON SALE Snow Apples, St. Lawrence, McIntosh Reds, Wolf Rivers, Tolman Sweets. WINTER APPLES Northern Spies, Greenings, Cranberry Pippin, Pewaukee and Taiman. Special for Sale This Week. DUSTLESS CLOTHES LINE Regular price 50c, sale price .40c. 60 FOOT CLOTHES LINE Regular price 35c, sale price .25c. Cooking Eggs .50c. Fresh Eggs .55c. Eastern Dairy School Butter .50c. UNITED GROCERY 138 Princess Street, BEN LEE & CO.

EXTRA CHOICE PRESERVING PEARS By the peck and the snow and Macintosh Red apples and fresh mixed nuts. Thompson's Grocery 294 Princess Street, Phone 287.

TWO SORROWFUL SCENES AFTER DESPERATE BATTLES AT THE FRONT



The two exclusive photos give a very good idea of the tremendous power exerted during a modern battle. It will be a long time after peace is declared before this section of France will again show the fertility it once abounded in. No. 1 shows the wreck of a bridge. No. 2 shows the battle field after the troops had swept onward.

From The Countryside Frontenac

ST. LAWRENCE, WOLFE ISLAND. Nov. 27.—The recent cold spell has left the roads in a very bad condition. A number of the young people are practicing for a concert in No. 13 school. An enjoyable time was spent at the home of George Woodman last Friday evening. Dancing and games were indulged in till the early hours of the morning. R. Larush landed a load of coal here from the city last Thursday. W. G. Woodman has purchased a large quantity of hay in the neighborhood lately. School is progressing favorably under the management of Miss Nellie Goodfriend. G. V. Altario has installed a new grist mill. Quite a number of the young men were exempted on the island. Frank Briceford shipped a large quantity of cattle from here last week.

PAINS OVER LEFT KIDNEY Warned This Captain That The Kidneys Were Responsible for His Pains and Aches — Freed of Pain and Suffering by a Well-known Medicine.

Hereford Que., Nov. 30.—Captain Peabody is well known all through this section, and his cure by use of Dr. Chase's Kidney-Liver Pills has aroused great interest in this great medicine. The Captain had been suffering for a long time, and could never get any relief until he began using Dr. Chase's Kidney-Liver Pills. Captain A. Peabody, Hereford, Que., writes: "For years I suffered from indigestion, rheumatism and neuralgia. Lightninglike pains would shoot all through my body, and I also had severe pains over my left kidney and through the hips. I doctored for years and tried all kinds of remedies, but the only result was money spent without relief. At last I read in Dr. Chase's Almanac of his Kidney-Liver Pills and decided to try them. One box made such a change that I sent for five more. Before I had finished them the pains in my kidneys and hips had disappeared, and I was clear of those sharp, shooting pains through the body. I like these Pills occasionally to keep my bowels regular, and would not be without them, as I have them to thank for my cure. "I can also speak highly of Dr. Chase's Catarrh Powder and Linseed and Turpentine. The former cured my catarrh in the head, which caused my head to ache. I am completely cured of this now, and breathe freely as when a boy. The Linseed and Turpentine proved of great benefit for a bad cough which bothered me continually for three winters. Last winter I took one bottle of the Linseed and Turpentine, and have not been bothered with a cough since." Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto. Don't be talked into accepting any cheap substitute just as good. Imitations and substitutes only disappoint.

Drysdale, enumerator for this polling sub-division, and Philip Plotz, collector of taxes for this municipality, have been calling on the electors and ratepayers in this vicinity lately. The young men of military age have been much away in Kingston or Renfrew for medical examination or in Plinton to obey the calls of the local exemption tribunals.

VETERAN SOLDIER DEAD. Thomas Brown Fought in the Civil War, Aged 102. Jasper, Nov. 29.—Thomas Brown, aged 102 years, Jasper's oldest resident, died on Saturday. The deceased had resided with his daughter, Mrs. David Ireland for many years and was well known in Kitley Township. Mr. Brown was a veteran of the American Civil War where he was wounded and from which he has drawn a pension of one dollar per day for years.

Two Fingers Blown Off. Brockville, Nov. 29.—Peter Thompson, a young man residing at Rossmore, Prince Edward County was the victim of a painful accident. He was endeavoring to extract the contents of a loaded gun which had become jammed when it exploded with the result that two fingers of his right hand were blown off and the hand badly lacerated. The victim was brought to the Belleville hospital where his injuries were attended to after which he was taken home. Thompson is well known in Belleville, having been for some time a clerk in the Anglo-American hotel previous to the enactment of the Ontario Act.

Locating the Plunder. Brockville, Nov. 29.—James Rodderick, arrested on a charge of theft has been assisting Chief Burke in locating the articles stolen from residents of the town. C. E. Baynes Reed's bicycle was located in Morris town; W. E. Brown's bicycle in Morris town; Eck Kilborn's motorcycle near Ogdensburg; a fur lined coat belonging to "Ted" Eyles was located below Morris town; a rifle belonging to a Mr. Brownbridge who resides near Kingston was located in Morris town; and boats belonging to Mr. Eyles and Mrs. Crawford were located up the river a short distance from town.

Premier Borden and Hon. N. W. Rowell speak in Renfrew on Saturday.

Don't Diet Yourself TO CURE DYSPEPSIA IT ISN'T NECESSARY. The sufferer from dyspepsia and indigestion who has to pick and choose his food, is the most miserable of all mankind. Even the little he does eat causes such torture, and is digested so imperfectly that it does him little good. What dyspepsia needs is not dieting, or artificial digestants, but something that will put their stomachs right so it will manufacture its own digestive ferments. For forty years now Burdock Blood Bitters has been making weak stomachs strong, and curing cases of dyspepsia and indigestion that other remedies were powerless to reach. It restores the stomach to a normal healthy condition so that the food no longer causes distress, but is thoroughly digested and assimilated and goes on its way making rich, red blood. Mrs. Henry Shaw, Campbellton, N.B., writes: "I was for five years troubled with a weak stomach, and could not eat any food that would agree with me. I tried different medicines, but could not get cured. A friend advised me to take Burdock Blood Bitters. I took four bottles, and now I am in perfect health." B.B.B. is manufactured only by The T. M. B. Co., Limited, Toronto, Ont.

Lennox and Addington

VENNACHAR. Nov. 27.—The snow storm last week has made very good sleighing. John Fluke, Plover, drove a drove of cattle from here yesterday for the Toronto market. George Beble, Oswego, N.Y., visiting his parents, Mr. and Mrs. Charles Bebebe, Felix Rudberg has moved his family back on his farm. Alfred Holpoe has returned from New Ontario, where he has been engaged in the mines. Rev. and Mrs. George Alton and daughter, Eva, Kingston, are renewing acquaintances here. Stanley Gregg made a business trip to Lennox this week. Mrs. Robert Gregg, who has been on the sick list, is somewhat better. Miss Gladys Bebebe, Eagle Hill, and Albert Faulk, Denbigh, were week-end visitors at G. M. Bebebe's.

ENTERPRISE EAST. Nov. 27.—The pleasant weather of the past few days has been followed by a snowstorm covering the ground to a depth of about five inches. A number from here attended the hall in Centreville on Friday night. Miss Florence McDonald, Kingston, has returned home after spending the past week with her sister, Mrs. J. B. Fisher here. Miss Grace Foster

CASTORIA For Infants and Children In Use For Over 30 Years Always bears Signature of Chat. H. Fletcher

THAT NIGHT COUGH

Could anything be more trying or more exhausting? Peps will end it! The Pine vapor breathed down the air passages when a Peps is dissolved in the mouth relieves the irritation, soothes the inflamed place and stops the cough. Mr. John Dousset of Little Current, Ont., says: "I was troubled with an irritating cough that kept me awake at nights. Nothing I took gave me relief until I used Peps. This wonderful breathe-able remedy, however, has entirely rid me of the cough." For asthma, bronchitis, laryngitis, sore throat and colds use Peps. All dealers. 50c. box.

PEPS "Ranks with the Strongest" HUDSON BAY Insurance Company FIRE INSURANCE

FRESH LAKE ONTARIO WHITE-FISH AND TROUT All Kinds of Fresh Fish. Dominion Fish Co.

"I DON'T SUFFER ANY MORE" "Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind.—"From the time I was eleven years old until I was seventeen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."—Mrs. HAZEL HAMILTON, 822 South 15th St. When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, is it not reasonable to believe that it is an article of great merit? If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE In effect Sept. 30th, 1917. Trains will leave and arrive at City Depot, Foot of Johnson Street.

Table with columns: Train No., Mail, Local, Intern'l, L'd., Arr. City, Arr. City, Arr. City. Includes routes to Buffalo, London, Detroit, Chicago, Bay City, Sarnia, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston, and New York.

CUNARD LINE Passenger Service BETWEEN Halifax and Bristol For particulars of sailings and rates apply to Local Agents, or The Robert Redford Co. Limited, General Agents, 50 King Street East, Toronto.

OVER-GAITERS In All the New Colors From \$1.50 to \$3.00. The Sawyer Shoe Store 212 Princess Street. Phone 159.

We have just received our new goods for your Christmas Cakes and Fudding. New Peel, New Raisins, New Currants, New Walnuts, New Almonds, Choice Oranges and Grapes, Mixed Candies and Chocolates and Nuts. E. H. BAKER Cor. Montefort and Charles Sts. Phone 1263.

Life Buoy Rubbers for Everybody If you want real Rubber Satisfaction, buy the famous Lifebuoy Brand. THEY FIT THEY WEAR White, Grey and Brown Rubbers for Women. J.H. Sutherland & Bro. The Home of Good Shoes.

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

A Few Suggestions for Xmas Presents Robt. J. Reid The Leading Undertaker and Furniture Dealer, 230 Princess St. Motor and Horse Ambulances. Phone 577.