

**The Workers of the World** with hand or brain, in doors or out doors, under all conditions and in all climates, will find in **Shredded Wheat** the food that supplies all the material for building healthy tissue and good brain—a food that nourishes every organ of the body and keeps the bowels healthy and active—the one universal cereal food that appears on the breakfast table of most Canadian homes every day in the year. It is ready-cooked and ready-to-eat. For breakfast with milk or cream, for any meal with fruits. Made in Canada.

**New Fruits for Xmas Cake**

Peels, Raisins, Currants, Figs, Dates and Nuts, New Sultana Raisins, 15c lb. All pure spices. Sweet Cider, 2 quarts for 25c. Fresh Haddies and Oysters.

**J. R. B. Gage,**  
254 Montreal St. Phone 549

**URIC ACID IN MEAT CLOGS THE KIDNEYS**

Take a Glass of Salts if Your Back Hurts or Bladder Bothers.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste get four ounces of Jad Salts from any pharmacy 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 has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.

**Hockey Boots**

Lightning Hitch Quick Hitch Boys'; Men's, Women's.

**The Sawyer Shoe Store**

Many a man's hard luck is due to his efforts to avoid hard work. If a man doesn't care to be his own boss he might as well marry.

**FROM THE COUNTRYSIDE**

**Frontenac**

**GLENDOWER.**  
Dec. 4.—The lakes are frozen over. Farmers are getting their winter's wood ready. The snow has nearly all disappeared. Mr. Fairburn is having some great meetings at Verona. Some teams are drawing feed-spar from the mines to Verona. Mr. and Mrs. Allan Snider and daughter, Jenny, of Verona, were at Sanford Leeman's. Mrs. Garrison and daughter, Cobalt, are at her daughter's, Mrs. Alexander Hopkins.

**MYERS' CAVE.**  
Dec. 3.—A number from here attended the meeting in Harlowe on Monday night. Dr. Edwards, M.P., was the speaker. The roads are in bad condition after the rain on Friday. Charles MacGregor has returned home after making a business trip to Plevina and Denbigh. Mr. Sander-son, Verona, and Mrs. Kirke, Ardery, were at Joseph Parry's on Wednesday night. Mrs. Thomas Perry and son, Ebb, spent Thursday the guests of Mrs. E. Wood, Harlowe. Donald MacGregor and sister, Tena are week-end visitors at Ardoch. Mrs. K. Meeks and Mrs. James Perry called at T. Perry's one day last week. H. and Miss F. Benny spent Sunday at T. Delyea's. Mr. and Mrs. J. Jerry, Miss L. Kirke, and Miss Mollie MacGregor spent Sunday at Hillcrest. H. MacGregor is at Sunny-side. Mr. and Mrs. D. Rintoul and family spent Sunday here.

**SANGSTER.**  
Dec. 4.—A few from here are attending the fowl fair at Westport to-day. T. Barrett bought six fine fowls from Charles Fitzgerald, Glendower. T. J. Babcock is cutting wood at Thomas Young's. Charles Murphy has returned from Nova Scotia, where he spent the summer. Miss Anna O'Connor is calling on Burrige friends. Miss Lena Young at Thomas Barrett's. Mrs. John O'Connor at Thomas Burns', Burrige. Mr. and Mrs. T. Young at Tim Babcock's, Glendower. Mrs. M. J. Cochrane at R. Cochrane's, Glendower.

**INVERARY.**  
Dec. 4.—Marsh Cochrane purposes installing a grain grinding machine. Mrs. Lyman Lyon has arrived home, but is still in poor health. A few from here braved the storm and attended the High School commencement at Sydenham on Friday night. Miss Beattie Freeman very creditably sang a solo in Brock street Methodist church, Kingston, on Sunday last. M. P. Patterson is on his way home from the west. The New Model cheese factory closed on Friday last after a successful season. R. Joyner has been engaged for the ensuing year. Miss Pearl Atver spent last week at home with her brother, who is leaving this week for overseas. Miss McKnight spent the week-end at her home in Godfrey. Dr. J. W. Edwards is holding a political meeting in the village to-night.

**LELAND.**  
Dec. 4.—Jack Frost has left marks of his visit on the lake and it is now in excellent condition, consequently the order of the evenings are skating. Mr. Carson, assisted by Mrs. Bartell, is holding revival services in the church this week. Kenneth Banks who has been ill with pneumonia, is recovering, while Doris Young, ill with the same disease, is still under the doctor's care. Mr. Throop conducted services in the schoolhouse Sunday morning. The preaches here every week now, and the Monday night services are much appreciated by the people. Misses Mary Kellar and W. Thompson spent the week-end with Mrs. E. Andrew's. Miss Florence Armstrong spent a few days with friends at Inverary. Every one is busy preparing for the Christmas tree which is being held in the school house the 20th of this month. All the young men have been successful in their application for exemption with the exception of one. A few from here attended the political meeting at Inverary Monday night. The coming election is causing great excitement throughout this district. Mr. and Mrs. W. H. Kennedy, spent the day in Sydenham this week. Mr. and Mrs. Howard Lake motored back to J. Sills on Sunday. Mrs. Kibby and Miss Darling were recent guests at Mr. W. H. Kellar's. Mr. and Mrs. E. Timmerman have left for Desert Lake where they will spend a few days prior to their return to Cobalt. Mr. and Mrs. Clark Young spent Saturday in Battersa. Mr. and Mrs. H. Kellar were at Henry Johnson's one day this week.

**MORTON.**  
Dec. 3.—Mrs. J. Coon has gone to the States to visit her sister. B. Somerville and family, who have spent the past summer at Cramworth, have moved back to the village. Mrs. H. Sly spent a few days last week the guest of her brother, C. Dewalt, Porfari. The recent thaw has spoiled sleighing. Mrs. E. Roan-tree and Mrs. Anna Roan-tree, Berrington, are spending a few days in the village. Mr. and Mrs. O. Jones

Chantry, was in the village one day last week. Mr. and Mrs. Samuel Simpson and Mrs. Burns Simpson, Jones' Falls, were here on Saturday calling on friends. Mr. and Mrs. Burnard Burch and Miss Blanch Teaples, Opinicon, spent Sunday the guests of Mr. and Mrs. A. E. Stevens.

**Lennox and Addington**

**CENTREVILLE.**  
Dec. 3.—The sudden winter weather has drove the farmer to the woods for their winter wood. The boys are kept busy going to be examined and to the Exemption Tribunals. The young men held a successful party in the hall on Nov. 23d and had a nice little sum to send to the Chaplain's Overseas Fund. The Red Cross Society held a party also on Friday night, but owing to the inclemency of the weather the crowd was not as large as it would have been otherwise. The remains of the late John Dwyer, who died in the Hotel Dieu on Thursday were placed in the vault here on Saturday. P. Kearns has sold his farm to George Wilson, while Alfred Milligan has purchased the farm lately owned by G. Wilson. Mr. and Mrs. J. Fairbairn have returned from a visit at Lakefield.

**BABY'S OWN SOAP**



To help the tender skin of an infant is the Baby's Own Soap standard. For four generations, it has won unstinted praise and today Baby's Own is the recognized leader for nursery and toilet. Its pure, creamy, fragrant lather softens and heals, and its daily use is a renewed delight. It's Best for Baby and Best for You. Sold almost everywhere—but insist on Baby's Own.

ALBERT SOAPS, LIMITED Mrs. MONTREAL

**"Lend us a hand, Mate!"**

We are deep-sea sailor folk. We are the men who sail and fight His Majesty's battle-ships. We are the men who go down to the sea in merchant ships. We combat storm and wave, ice-floe, shipwreck and submarine, that the Empire may not receive its death blow on the High Seas. We do this for little wage. We do it without a thought of our own safety. Nor can we provide for our loved ones if the hungry sea swallow us or the whining shell blast us into the Beyond—and there is none else to look after them.

Help the man who never quits—

**Sailors' Day, Dec. 8**

Time and time again the British and Canadian Sailor is torpedoed but we find him hurrying to ship anew as soon as he reaches Port. The German submarine drowns or shells him when it can—for the German knows that his arch foe, the British Sailor, will beat him in the end.

Dust under the Teuton heel would the Empire be to-day but for the British Navy. And how could our boys at the front be fed and munitioned but for that dauntless, unsung, underpaid, hard-driven hero—the merchant sailor.

You have many demands on you, we know, but the Navy League of Canada asks you to help the sailor, Sailors' Day, December 8th.

**Be Fair! Be Generous! Be Quick!**

Millions have been given to the Soldier—practically nothing to the Sailor—

The Daughters of the Empire are assisting the Navy League by taking subscriptions on Sailors' Day, December 8th.

If the Convasser misses you won't you generously mail your subscription to

LT.-COL. CECIL G. WILLIAMS  
Secy. Ontario Branch - Navy League of Canada  
34 King St. W., Toronto