

The Confessions of Roxane (By Frances Walter.)

FAREWELL. (Copyright, 1916, by the McClure Newspaper Syndicate.) I have been thinking over the rather unkind spirit in which I have written about Kenneth's Aunt Tabitha. After all, she is just a rather crabbed old woman, who deserves kindness and a consideration from me, the wife of a favorite nephew. And I have decided that she is not half so unpleasant as I have imagined her.

HAPPIEST MAN IN CANADA HE SAYS 'It's All Because of What Tanlac Did For Me,' States Ward.

"I believe I am the happiest man in all Canada to-day and I want to tell the public it's all because of what this Tanlac has done for me," said Henry Ward, who resides at 29 Batavia Avenue, Toronto, and is employed by the Swift Canadian Company, in a recent interview. "Sometimes," continued Mr. Ward, "when I stooped over a pain would catch me in the small of my back and I could hardly straighten up again. My kidneys were all out of order and disturbed me so I could scarcely get any rest at night. My stomach was so out of fix that I couldn't eat like other people and for fifteen years I have simply suffered torture. Many a morning my back hurt me so bad and was so stiff that I couldn't raise my head and I would actually have to roll out of bed. I have gone to work hurting so bad that I could hardly drag along and felt that I would be compelled to go back home. I have had to quit work many times on account of my condition and last spring I got in such a bad shape I had to stop off for more than a week, and I can't describe my suffering. Then my legs became affected with something like rheumatism and there were sharp cramping pains going through my muscles that made my legs feel like they were drawing double. Many a night I have had to crawl out of bed, walk the floor and rub to get relief from those awful cramps, and I just tell you I was in misery nearly all the time. "This is just the fix I was in for fifteen years and while I doctored and tried nearly every kind of medicine recommended for such troubles, nothing did me any good until I began taking Tanlac. Others said so much about Tanlac helping them that I thought I might as well try it. So I did, and when I found it was doing me good I kept on taking it. I have taken six bottles now and I can say it and tell the truth, I am feeling better than I have in fifteen years. I am simply getting along fine and have gained five pounds in weight, which I think is wonderful for one of my age, as I am now sixty-four. I haven't been bothered with my stomach and kidneys since I took my first bottle of Tanlac and I believe those troubles are gone for good. All signs of the rheumatism have left me too. I'm not constipated any more and I feel stronger and more vigorous than I have in many years. I certainly am happy over my wonderful relief and I think it nothing but right that I should tell about it for the benefit of others. "Tanlac is sold in Kingston by A. P. Chown. —ADVT.

MILK CONDITIONS BETTER

NO BARNYARD ODOR NEXT YEAR, SAYS INSPECTOR BELL. Sanitary Inspector Reports General Improvement Throughout the City—Three Rag Dealers Refused Permits.

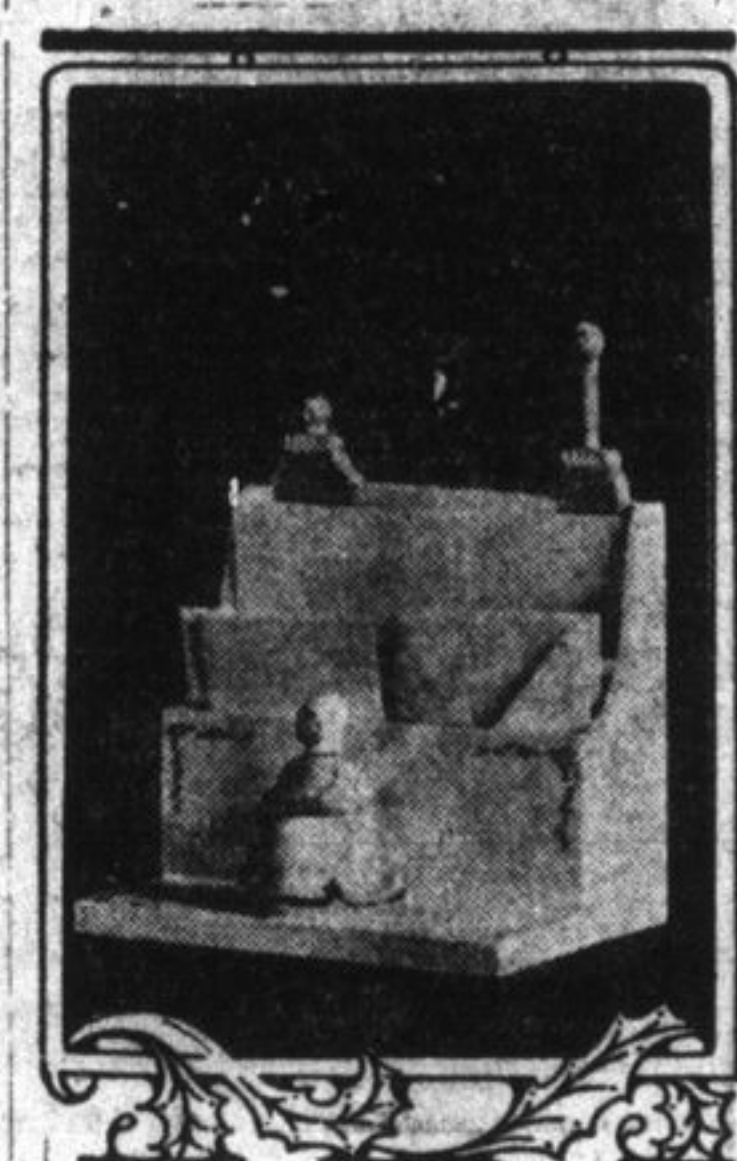
The Board of Health met on Thursday afternoon and discussed the milk situation with Inspector G. W. Bell, who stated that he intended to guarantee to the people that in the coming year there would be no barnyard taste to their milk. The inspector is watching the milk supply carefully and making tests regularly. He said that the Dairy School will not now test milk unless twenty-five cents a sample is paid. Dr. Williamson, medical health officer, intimated that the Dairy School came under an agreement made between the city and the School of Agriculture, in connection with Queen's University, and was bound to make all tests free. The city clerk will make enquiry into the matter. The Board considered applications from several dealers to store rags and junk. A number of complaints had been registered against three of the dealers, and it was decided that Max Rosen, L. Wiskey and A. Spizman would not be permitted to store rags, etc., on the premises they are now occupying. They will have to seek quarters elsewhere. Sanitary Inspector Timmerman reported that the yards of the city were in even better condition than a year ago. There was a general improvement in all sanitary conditions throughout the city. He reported sixty-six houses within the restricted sanitary area that had not installed the required improvements, and also mentioned several streets in which there were no drains, and recommended that steps be taken at once to serve these streets. Mayor Hughes presided at the meeting, and the other members present were Dr. A. R. B. Williamson, Dr. L. Crowley and E. Cain.

Christmas Gifts That Are Sure to Please

A CHRISTMAS gift that can't be used and enjoyed is a disappointment. The average man or woman would rather receive a post card with a cheerful "Merrie Christmas" on it than a gift that is just perfunctory. The war has made us all alert this year for the cheer and welfare of our



Body-Building Power of Bovril taken.



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boys on the sea and in the army. So why not knit the young patriots gray wool sweaters and those excellent long-wristed mittens, with finger tips missing not to impede their work at the riggings and behind the guns?

Illustrated is a desk set for father, hobby or sweetheart. If you are clever you can sew it out of thin pine and enamel it beautifully, filling it with good paper, pens and stamps. Or you can make the frame of stiff cardboard and cover it with any attractive paper that matches his den or library. Handmade lingerie is always a test of affection. So make sister an undervest made of crepe de chine. One yard and a quarter of a good quality of



Body-Building Power of Bovril taken.

ROYAL VINOLIA TOOTH PASTE. It's so easy to lose your teeth—and it's so hard to replace them! Save them. Use Royal Vinolia Tooth Paste and you will enjoy the pleasure of a clean mouth and of glistening, handsome teeth. You will avoid the great inconvenience and expense which it always costs to replace your teeth.

Use other Royal Vinolia Toilet Specialties and experience the same delight. Vinolia Liril Soap made entirely from sweet oils. Royal Vinolia Face Cream, 25c; Vinolia Face Powder 50c and up, in a variety of odors.

At the best drugists. VINOLIA COMPANY LIMITED. Soap Makers to H.M. the King. London TORONTO Paris.

The Body-Building Power of BOVRIL

In feeding experiments on Human Beings carried out by a well-known independent British Physiologist. When Bovril was added to the normal diet it produced an increase in flesh, bone, and muscle equal to 10 to 20 times the amount of Bovril taken. You are therefore sure of being nourished if you take Bovril. No increase in price since the War.



ROYAL VINOLIA TOOTH PASTE

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At the best drugists. VINOLIA COMPANY LIMITED. Soap Makers to H.M. the King. London TORONTO Paris.

Because We Bought Early We Are Ready To Give Good Value

You can always buy a cheap suit—cheap, but you are getting no more than you are paying for.

A good suit will cost you a little more but you are getting the extra value and more—in the style, fit, and workmanship—and the knowledge that you are well dressed.

There's sound economy in buying good clothes.

ART CLOTHES. COOK CROSE & ALLEN LIMITED.

D. S. Collier, 214 Princess St.

We Sell Goods for What They Really Are. New goods coming in daily. Shelled Almonds, Shelled Walnuts, New Dates, New Figs, New Peels, Turkish Delight, Velvet Marshmallows. Baker's Grocery. Phone 1010. Princess and Frontenac Sts.

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

ATTENTION! United Grocery 138 Princess St.

First shipment of government fish to arrive this week. Call and get particulars. Also a large shipment of the famous Chinese Lilies. SPECIAL THIS WEEK: Martin's Potato Flour, regular price 25c, sale price... 22c. Corn Starch, regular price 15c, sale price, 2 for... 25c. 500 lb. choice dairy butter, 47c lb. Overalls, Boots, all sizes. See our window for Christmas candies, stockings and chocolates.

United Grocery. BEN LEE & CO.

Hockey Boots



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

The Sawyer Shoe Store

TOO NERVOUS TO SLEEP

Nerves Wrecked by Accident—Was Afraid to Go in a Crowd or to Stay Alone—Tells of His Cure. London, Dec. 14.—Much sympathy was felt in this city for Mr. Dorsey, who met with a distressing accident when his foot was smashed in an elevator.

The shock to the nervous system was so great that Mr. Dorsey was in a pitiable condition for a long time. He was like a child in that he required his mother's care nearly all the time. He feared a crowd, could not stay alone and could not sleep because of the weakened and excited condition of his nerves.

Detroit doctors did what they could for him, but he could not get back his strength and vigor until he fortunately heard of Dr. Chase's Nerve Food.

It is no mere accident that Dr. Chase's Nerve Food proves to be exactly what is needed in so many cases of exhausted nerves. It is composed of the ingredients which nature requires to form new blood and create new nerve force. For this reason it cannot fail and for this reason it succeeds where ordinary medicines fail.

Mr. Lawrence E. Dorsey, 23 Stanley street, London, Ont., writes: About three years ago I got my foot smashed in an elevator in Detroit, which completely wrecked my nerves. I doctored with the doctors there, but they did not seem to be able to help me. My nerves were in such a state that I could not go down town alone, or go any place where there was a crowd. Sometimes my mother would have to sit and watch over me all night, and sometimes I could not get any sleep at all. But one day last winter I commenced using Dr. Chase's Nerve Food, and before I had completely used the first box I could see a difference in my condition. I continued using these pills for six weeks. The result was splendid. I feel so much better, can sleep well at night, can go out on the street and attend gatherings like the rest of people. I am so pleased to be able to tell you what Dr. Chase's Nerve Food has done for me, and to recommend it to other people.

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

SPECIAL PRIZES AWARDED

For Exhibits at the Kingston Fair Last September. Following is a list of the special prizes awarded exhibitors at the Kingston Industrial Exhibition:

- James Henderson, R. R. 1, Kingston, being the biggest prize-winner in horses, wins the rosette donated by Joseph Hawkey, ex-Reeve of the township of Kingston, now doing his bit in France. This rosette was awarded the 21st Battalion in transport competition in France, 1916. James Henderson also wins the bronze medal donated by the Canadian Bank of Commerce, Kingston, for being the largest prize-winner in horses. Special prize for best draft foal 1917, one pair of horse blankets, donated by Simmons Bros. won by Rutledge Bros., Sydenham. Special prize \$10, given by C. Donoghue, Ontario street, to G. H. Wil-mot, R. R. 1, Kingston; 2nd, C. A. Kincaid, R. R. 1, Kingston. Special prize \$5, donated by W. F. McBroom, Princess street, city, for grade herd cattle (bull purebred)—James Henderson, R. R. 1, King-ston. Special prize \$10, given by John McKay, Ltd., for best dairy calf heifer—James Henderson and Grant Grimshaw, Wolfe Island, each \$5. Sheep, special prize \$10, given by John McKay, Ltd., city, for ram, one ewe two shears and over, one yearling ewe and one ewe lamb—S. G. Hogle, Violet. Special prize, silver cup donated by the International Stock Food Co., to be awarded to the largest prize-winner in live stock—James Henderson, R. R. 1, Kingston. He has been the successful winner for two years in succession, and retains the cup permanently. Special prize \$10, given by the society to the largest prize-winner in pigs—A. Potter, Moscow, Ont. Special prize, coal oil Perfection heater donated by John Morris, representing the Imperial Oil Co.—C. H. Curtis, Picton, he being the largest prize-winner in water-fowl. Special prize \$10, given by Warwick Bros., Princess street, to the largest prize-winner in vegetables—Joseph White, Portsmouth. Special \$20, by Ald. H. W. Newman for the best half bushel of potatoes—1st, Cooke Bros., Cataragui, 10; 2nd, Keith Hall, Bath road, a boy 16 years old attending the Collegiate Institute, city; 3rd, Joseph White, Portsmouth. Special prize \$5, by G. G. Publow, dairy school inspector for Eastern Ontario, for best cheese, colored or white—James Sprott, Cataragui, Ont. Special prize \$10, by William Jackson, for the best pyramid of cheese—James Sprott, Cataragui.

25 ACCLAMATIONS.

Ten are Unionists, and Fifteen are with Laurier. Ottawa, Dec. 13.—In twenty-five out of two hundred and thirty-five constituencies there will be no contest next Monday. The retirement of G. H. Vernon, Liberal opponent of Hon. F. B. McCurdy in Colchester-N.S., makes the twenty-fifth acclamation. Ten are Unionists and fifteen supporters of Sir Wilfrid Laurier. Candidates may retire any time up to election day, but those who have withdrawn this week will still have their names on the ballot papers.

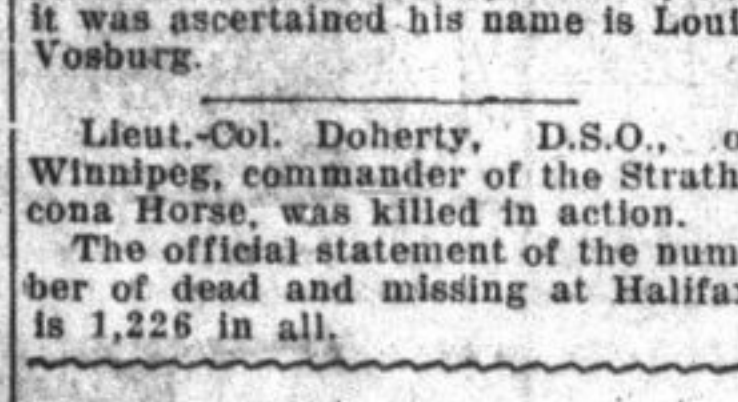
HOLDS UP CANADA.

Australian Premier Says Canada Done Better Than Commonwealth. Sydney, N.S.W., Dec. 14.—Premier Hughes in a speech at Melbourne said that Canada had done better than Australia and yet she deemed it necessary to introduce conscription. She realized she had not done enough and sought to retrieve her reputation. She had sent more men to the front than Australia, and unless Australia also adopted conscription Canada would place such a gap between her measure of assistance to the Empire and Australia that the Commonwealth will be ashamed to make comparisons between the efforts of the two Dominions.

Suspected Spy Arrested.

(Canadian Press Despatch) Halifax, Dec. 14.—A suspected spy was arrested on board the relief steamer Northland from Boston. He gave the name of Henry French, but it was ascertained his name is Louis Vosburg. Lieut.-Col. Doherty, D.S.O., of Winnipeg, commander of the Strathcona Horse, was killed in action. The official statement of the number of deaths in Kingston, now doing his bit in France. This rosette was awarded the 21st Battalion in transport competition in France, 1916.

“One Meatless Meal a Day” is a good food slogan for war time, or any time—better make it two meatless meals a day—it would mean health and strength for the nation. But be sure and get the right substitute for meat in a digestible form. Shredded Wheat Biscuit is the ideal substitute for meat. It is 100 per cent. whole wheat prepared in a digestible form. Two or three of these little loaves of baked whole wheat make a nourishing, satisfying meal at a cost of only a few cents. Delicious with milk or cream or fruits of any kind. Made in Canada.



GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

In effect Sept. 30th, 1917.

Table with columns: Trains will leave and arrive at City Depot, Foot of Johnson Street, Going West, and Going East. Lists various train numbers and times.

CUNARD LINE

Passenger Service BETWEEN Halifax and Bristol. For particulars of sailings and rates apply to Local Agents, or The Cunard Co. Limited, General Agents, 30 King Street East, Toronto.

General Kaleidros promptly arrested one of a committee of Bolshevik naval representatives sent to talk with him by the Maximalist commissioner of the Black Sea fleets.