Hot Water Each Morning Puts Roses in Your Cheeks

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which, if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer you are told to drink every morning upon arising a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and and purifying the entire alimentary tract, before putting more food into the stomach.

Girls and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headache, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store, but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

Women who desire to enhance the beauty of their complexion should just try this for a week and notice results.

MUCH GOOD IN CHRISTMAS DINNER

BEFORE sitting down to your Christmas dinner you should read this through. Then you will be able to eat the roast beef or turkey and plum pudding without any misgivings as to the consequences. The Christmas dinner, according to a well known medical authority, is, after all, a simple affair, and its ingredients are in general of the most wholesome kind. Roast beef or turkey and plum pudding represent in plain terms the constituents of what is from a physiological point of view a complete diet, presenting all classes of reparative material demanded by the great processes of nutrition. It contains a balance of proteins, fats, carbohydrates and mineral salts which go to make up healthy tissue.

The plum pudding in particular is a complete food in itself, and the only risk of the Christmas meal is taking an excess of the good things which it provides. Fortunately people nowadays do not need to be told to guard against excess.

The gospel of temperance in regard to both eating and drinking has been preached most effectively by the medical profession, and laymen are numerous enough who possess a sensible acquaintance with simple physiological facts to guide them. This knowledge, however, is not a fetter to their liberties, nor does it diminish their joy.

Indigestible dishes are not, as a rule, the feature of the Christmas dinner table. It is difficult to select anything more digestible than turkey, roast beef or Christmas pudding eaten in balanced quantities. There are plenty of other meats and sweets which are far more trying to the digestive apparatus than these. During the Christmas festivity, having regard even to the finest requirements of the functions, it is possible to be merry and wise together, a line of conduct which is in complete allegiance to physiological orders.

Cheer Up For Christmas!

Be cheerful. Christmas, true to its custom, is again with us. Another year has ranged itself with those that have gone before, as happens annually. Cheer up! The laws of nature are still in working order.

Christmas is generally considered an occasion for cheer. "Merry Christmas" is the slogan of the day, usually with the appendage "Happy New Year." It is also the time you receive a large number of things you don't want, in exchange for the same number that you would rather have kept. It is also the time father carries the box of cigars mother gave him out to the woodshed, removes the bands, places them on cigars of his own and gives what they originally contained to the ash man.

Be careful just the same. Think of the excellent chance you had to pass on the white elephants kind friends presented you with the year before. You probably think you had to buy a lot of presents. Well, the more you gave away the more you received.

Cheer up! You don't live in that western town of 400 inhibitants who are all related and where every family has to play Santa Claus with a moving van to remember all the others.

There are any number of things to be cheerful about. If you are rich, be cheerful! Think of all the things you can buy. If you are poor, remember all the things you can't and won't have to bother selecting. If you have a good appetite, you are lucky to be healthy; if you haven't, remember all you are saving in butcher and grocery bills. You can be cheerful about everything if you only look at it right end to.—Louis B. Capron in Albany Knickerbocker Press.

EASTERN ONTARIO'S PROSPERITY IS PHENONEMAL

BUT IT DOES NOT ARISE FROM ANY SLACKNESS IN THE WAR.

Every Industry is Working to Capacity, Farming, Manufacturing, Mining, Etc., Are Breaking All Previous Records For Prosperity.

The district around Kingston is primarily occupied in dairying. There is some mining, notably in the production of feldspar, talc and iron pyrites, and in the city itself there is of course a considerable amount of manufacturing.

From every industry comes the same report. They are working to capacity. Prices are high and demand heavy. As in other parts of Canada, it would be difficult to find an unemployed man in this district just now. Many industries are calling for help, others are working overtime. Several of the manufacturers of Kingston have had to enlarge their plants to take care of the greater business that has come to them. The farmers have increased their herds of dairy cattle, have improved the standard, have extended their equipment in every way. New silos and cheese factories and creameries have risen all over this part of the province.

The wholesale merchants have restocked their ware-rooms, the retailers have refilled the shelves which, at the first shock of war, they were afraid to do, no man knowing what the morrow might bring forth.

The new prosperity in Eastern Ontario may have begun with the war contracts or perhaps with the record prices which farm products were bringing. Perhaps it was both. Perhaps it was merely a manifestation of the general prosperity which is evident all over the country. The outstanding fact it that Eastern Ontario, and Kingston with it, is prosperous.

Confidence in Future.

This has inspired them with confidence for the future. All kinds of prognostications are being made elsewhere ranging from the wildest optimism to the very depths of pessimism. Kingston goes on its way unafraid. It was facing crises when the great majority of its commercial rivals were unexplored forest or prairie. It has tested its business men too often to doubt their ability to bring the city prosperously through any crisis. It knows its unequalled resources, its advantages of location, its splendid transportation facilities by rail and water. It knows its inherent strength in all these essentials to stability too well to doubt the future.

There is a general feeling in the city and throughout the district in which it is situated that the present phenomenal prosperity is merely the precursor to something infinitely bigger. Kingston is only on the threshold of her prosperity and her growth.

To Winter at Trenton.

Trenton, Dev. 12.—A fleet of boats will again winter in Trenton. The steam barges James W. Follette, Cabotia and Robert R. Rhodes of the Canada Shipping Co. arrived some time ago. Then the John B. Ketcham, a steel boat, came up from Kingston, also the tug Florence, barge Frank D. Ewen and steamer Rideau Queen of the Trent Navigation Co. Now that the ice has been broken by these boats coming in three others are expected, the tug Margaret Hackett and barges Zapotec and Gladys H. Extensive repairs, amounting to $75,000, will be made during the winter.

FARM WORK MUST GO ON!

Men and women are needed on the farms of Canada to-day. It is our patriotic privilege to help feed our Allies. But it is hopeless to try to do the heavy work involved if the Kidneys require attention.

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Won't Shrink Woollens — *All grocers*

British made, by Lever Brothers Limited Toronto 29

After Santa's Visit

THE SINGING of CAROLS

CAROLS were sung every year in England from time immemorial until in 1525 the people were prohibited from singing on account of the serious illness of the king. For this reason the Christmas of 1525 is remembered as the "still Christmas." In 1562 Christmas carols of a more solemn nature were introduced. By the Puritan parliament Christmas was abolished altogether, as much for political reasons as for the hatred for the Roman Catholic church, but after the restoration, when the Stuarts again gained the throne, the Christmas carols exhibited a hearty, cheerful and even jovial character.

A writer in the Gentleman's Magazine, an English publication, in 1811 tells of the following experience on the North Riding of Yorkshire:

"About 6 o'clock (on Christmas morning) I was awakened by sweet singing under my window. Surprised at a visit so early and unexpected, I arose, and, looking out of my window, I beheld four young men and six young women welcoming with sweet music the blessed morn."

This practice of greeting the neighbors on Christmas morning with songs is still maintained in several parts of England, and the singers are called "waits." The word, probably meaning "watchers," at first was applied to court pages, then to town musicians and has now become restricted to the singers of the carols on Christmas morning.

Don't expect engraved testimonials to your loyalty if you go back on your friends to gratify strangers.

If the man you are talking to looks at his wife it's time to shut up.

Christmas In Newfoundland

OF the American countries, none perhaps has more picturesque Yuletide rites than little Newfoundland. Even in summer Newfoundland is seldom a tourist land—the men who come to fish or hunt aren't apt to overthrow native customs—and in the winter strangers to the "outpost" towns are few and far between, wherefore a Newfoundland Christmas remains today much as it was when the first settlers to England's oldest colony came.

There were the old time chimney and the great open fireplace—the fishermen are largely of English descent, and so there is the burning of the Yule log.

During Christmas week, for example, such fishermen as were not busied doing their "fishing for the church"—that's to say, dropping their nets and bringing their catch to be sold for the benefit of the village curate—were wont to dress up as mummers. Bands of these strollers would meet at the homes of the different employers of fishermen, and there were festivities, ending in dancing.

It took one back in fancy to the old feudal times in England, for the employers are to these fishermen as so many lords, whose slightest request is their law. Once a year at Christmastide the discipline is relaxed, and the lowly fisherman might even enter the homes of their masters and make merry.

There on a settle, beside the fire, sits the fiddler dispensing music for the occasion. Host and hostess stand before the table and provide the good things. There are Scotch whisky, port wine, rum—drinks first, always; then cake and bread, a whole ration of bacon—other dainties galore. Every home in Newfoundland holds open house this day.

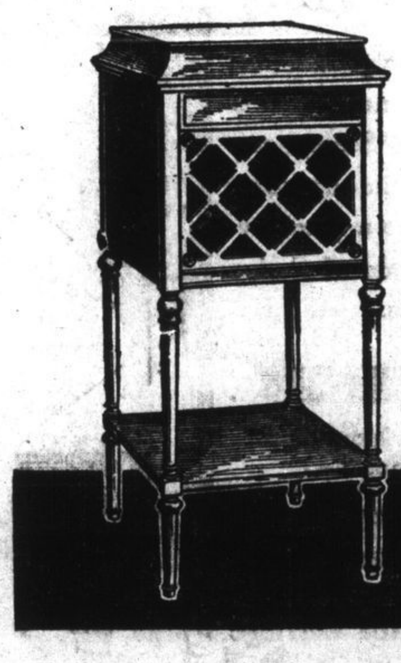
After the feasting the older folk withdraw to one side to tell tales of their lives on the seas. Now and then the parish priest drops in to wish all the compliments of the day. The young folk proceed to dance or to plan and devise costumes for the dances to follow. Every evening there is some frolic or entertainment "on" in the towns, and as the days go by each of the mummers appears garbed in a fantastic costume.

But it is not all indoor fun that they hold in Newfoundland through Christmas week, bitter cold though it be. There are outdoor parties and singing contests, etc.

Along with the fishing for the church, as already described, it is quite the custom in the "outport" towns for all the villagers to "chip in" and present the parish priest with a giant load of wood.—Felix J. Koch

The sea is the image of the soul; in it storm and calm alternate, and there are monsters and treasures in the depths.

Words of a silent man are never repeated in court.



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