



MADE IN CANADA
ROYAL EAST CANADA
Killed by Painkiller.
Belleville, Dec. 31.—A man by the name of Ernest Cronish, who had gone to Trenton and found employ-

Major H. M. Mowat, K.C., M.P., will apply to the Minister of Justice for a pardon for Joshua Swan, the Roneesville avenue barber, Toronto, who was sentenced for making alleged disloyal statements.

DEAF PEOPLE
Deafness and noises in the head can now be most certainly cured by the newly discovered "French Ointment." This new remedy goes right to the actual seat of the trouble, and effects a complete and lasting cure in a few days.

Advertisement for Hudson Bay Insurance Company, Fire Insurance, featuring the name W. H. Godwin & Sons, Agents, Kingston, Ont.

We have just received our new goods for your Christmas Cake 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 Montreal and Charles Sts.
Phone 1263.

Advertisement for Santal Midy, Catarrh of the Bladder, Relieved in 24 Hours.

Save Your Coal
James Soward's Coal Co.
Phone 155.

DR. DE VAN'S FRENCH PILLS
PHOSPHONOL FOR MEN.

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

The "Wicked" French Woman

A FRENCH woman, to the Canadian mind, is something that doesn't come earth at all except just long enough to nibble at some pate de foie gras and petits fours. She is all clothes and magnetism and je ne sais quol and chic and verve and savoir faire, with a strong mixture of savoir vivre—whatever that is. Any sane man would have a shock if they could look into a French nunition factory to-day or to-morrow or any day this year, Sundays included.

"Oh, factory girls," you say. "Well, probably they are all the same every where, but anyway the French ones don't keep their mind on their work at all. We've seen Madame Edouard play Louise and we know all about Parisian factories. But we don't mean even those who are usually regarded as factory girls. We mean all kinds. For there they are all jumbled together—artists and stenographers, florists, and housewives, modestes and school teachers, ladies of previous leisure and store clerks, house wives and hairdressers, laundresses and even milliners—Paris milliners—side by side, the chiffons removed, making high explosive shells and parts of guns.

France was much more successful than any other country in speeding up and increasing her output of munitions in the first year of the war. The women's response to their country's call was immediate, and the classes mentioned in the above list are actually one and all represented among those making the shells of war. There is hardly one process in the work that women have not got their share in.

After the first year of war, women were already beginning even to do the setting up and tool making, including the grinding of tool edges. Women's output in small work often exceeds that of the men, and on the heavy work their productive power is of practically equal value. Their hours are the same as the men, except that there is a tendency to spare the women the night work, which results practically in a day shift of women and a night shift of men.

Much of the work done by the women has seemed to involve altogether too severe a strain. But when they are asked whether it isn't "pretty hard work" the invariable answer is to the effect that "it is very hard—but think what our boys are having to do at the front." Several factories supply caps and overalls for the women, and this would give a brilliant opportunity for an intelligent observer to find out for sure what is the truth of that standard statement that "a French woman looks smart in anything—it is not what she wears, but the way she wears it." We are burning to know how she wears overalls so as to impact "that cachet" that our own farmerettes have not yet got out of them.

PHYSICAL CULTURE.

As Good For the Business Man as For the Soldier in Training.

If physical culture is needed for those who bear arms in defence of the country why should it not be applied also to the soldiers of the business and professional world, the men in the commercial trenches? If a certain number of our citizens are compelled to go through a rigid course of physical training, why should not all others be called upon to follow suit?

The soft muscled clerk, the devaluated student, the overworked business man—they need awakening. Now, in many instances they are but little more than human ciphers, 25, 50 or 75 per cent men. With a little properly directed exercise they could be fitted for the ranks of the 100 per centers. Six hours weekly, two hours for three days each week, would put the average flabby muscled, sedentary worker in the shop. It would square his shoulders, stiffen his backbone, put some energy and enthusiasm into his makeup. It would make a real man of him.

Every man who is not in training should begin now. If he cannot train with other men let him follow a system of home training. Hard muscles, strong, stable nerves, high grade endurance—in short, a physique as "hard as nails"—should be the ambition of every sensible man.—Physical Culture.

BRIGHT BOYS AND GIRLS.

The Head and Physical Marks of Intelligence in Children.

In summing up his conclusions on the relationship of intelligence to the size and shape of the head Karl Pearson is quoted in the Journal of Heredity as making these statements about the intelligence of children: "To sum up, then, while no characters in school children so far dealt with show very high correlation with intelligence, we may say that the intelligent boy is markedly conscientious, is moderately robust, athletic and popular; he tends rather to quick than to sullen temper. He is more self-conscious and quieter than the dull boy; he has a slightly bigger head and possibly lighter pigmentation than those who are less intelligent. His hair has a larger percentage of curliness. The intelligent girl is also markedly conscientious, moderately robust, athletic and popular. She, too, tends to quick rather than sullen temper. She is less self-conscious than the dull girl; she has a slightly bigger head than the dull girl, and her hair is more likely to be wavy and much less likely to be curly."

St. Sophia's Palimpsest.

Travelers who have visited the great Mohammedan mosque of St. Sophia in Constantinople tell of the visibility of inscriptions made in the interior of the building when it was a Christian church. These had been painted over by the Moslem conquerors, but time defeated their purpose of total effacement, says the Christian Herald. Over the entrance is the inscription in Latin, "I am the door; by me if any man enter in he shall be saved and shall find pasture." The bricks in the great dome in the interior reveal this inscription: "Deus in medio ebris; non commovebitur. Adinavit eam Deus vultu suo." The translation may be found in Psalm xlvii, 5. In these facts are of interest in view of the present tottering condition of the Moslem power.

WEIGHT OF THE FEET.

Greater When You Are Asleep Than When You Are Awake.

Your feet weigh more when you are asleep than when you are awake. At least that is the conclusion of a scientist who has experimented with the question. These tests were conducted in a most interesting manner. The subject was laid on a long plank, which was then placed upon a cross-tree, and the plank remained at a level without any effort upon his part. By the moment that he went to sleep it began to incline downward at the end opposite his head.

This experiment was repeated with a number of persons belonging to both sexes, and in every case the result was the same. In no instance did the sleeper's head incline toward the ground. This phenomenon is explained by the fact that the head is drained of surplus blood when a person is asleep, and the blood naturally flows towards the extremities of the sleeper. Immediately this makes the head lighter in weight, the difference being sufficient to upset the balance of a man resting in the position described.

A Theodora Thomas Retort.

A characteristic story is told of one of the first rehearsals of the college choir of the Cincinnati College of Music, at which Theodora Thomas had reminded some of the sopranos sharply for inattention. "He treats us as if we were members of his orchestra!" exclaimed an indignant singer to her next neighbor. Thomas overheard the remark and let it pass for the moment, but at the close of the rehearsal, as the performers were leaving the stage, he passed the lady in question and, turning to her, said very quietly, but with that biting sarcasm which those who knew him did not care to excite, "Madam, you will have to sing a great deal better than you do now before I shall treat you as I treat the members of my orchestra!"—Memoirs of Theodora Thomas.

Origin of the T Rail.

Robert Livingston Stevens, sailed from New York to Liverpool before the advent of the ocean steamer. In those days the passage took two months, and Stevens passed many a hour, jack-knife in one hand and a piece of wood in the other, brooding over a problem that had often worried him—how to run a railroad without stone stringers for tracks. He wanted to get an iron rail that would "hold" and would take the place of the thin strips fastened to the chair of the roadbed. Just before he reached England his whittling revealed to him the solution of his problem, and that solution took the form of a T rail with a broad base that could be applied direct to a solid wood support. That T rail is still in use on all the railways of the world.

Baths For the Canary.

Under normal conditions most birds probably bathe daily, and canaries in captivity should be allowed the same opportunity. When individual birds obstinately refuse to enter the water gentle spraying usually will induce them to bathe. Small china dishes that are not too deep make good bathing pans. When a bird becomes accustomed to one dish it usually will refuse to bathe in another one of different shape and color. In winter the water should be warmed until tepid. Even in warm weather too cold water is not advisable. If the room, ordinarily warm, becomes cold temporarily, birds should not be allowed to bathe.

During molt the birds should be given not more than twice each week. When breeding the female canary should not be allowed to bathe from the time the eggs hatch until the young are three or four days old.—United States Department of Agriculture Bulletin.

A Leap into Fame.

How many actors have begun their stage career as leading men? Probably Sir Johnston Forbes-Robertson is the only instance. One night when Sir Johnston was a young man of twenty-one his father, who was an art critic and journalist, went to see W. G. Wills' "Mary Stuart," and after the performance Wills accompanied him to supper. In the course of conversation the dramatist asked his host how he thought "Mary Stuart" was played. "Very well," the leading part was played, "but you would do it fifty times better." "The very thing!" cried Wills. "Will you try, Johnston?" The young artist modestly assented, went with Wills next day to rehearsal and a week later made a sensational debut. Since then he has always been a leading man.—London Standard.

A Small Boy's Invention.

Sir Hiram Maxim began to invent almost as soon as he could limp. When but a small boy he invented a sort of sextant made of wood, with sights, a piece of thread with a bullet at the end and an indicator for the thread to swing along. On a dark night he took his instrument outside, and while he sighted it to the north star his little sister read the indicator. "Forty-five, Hiram!" she called out. This means they were living in 45 degrees north latitude. The observation proved to be perfectly accurate.

ONE WAY TO WOO SLEEP.

Travel in Memory Some Road You Knew Well in Childhood.

It is hard for me to remember now that my knowledge of the sleepy road, gained so many years ago, came only through the chance bit of advice dropped by a wise, kind, weary old doctor as he shuffled at midnight down the corridor of the silent hospital, says the Atlantic Monthly.

Whatever was the errand of life or death, he had called him in such haste, he had time to stop and give me a friendly word, although I, a snaf and incorrigibly sleepless patient, was sitting bolt upright among the pillows in defiance of all his orders and was staring wide eyed into the hot, pain haunted dark.

FACING THE CAMERA.

Don't Dress Up and Don't Pose When Having a Picture Taken.

"There are many things I would like to say to the woman who intends having her picture taken," said a famous photographer the other day. "Many women come to me and say: 'Of course you prefer taking actresses. Those women who never have time but to give an occasional glance in their mirrors!' This is entirely a mistake. The conscious pose never makes a satisfactory portrait. I would say emphatically to the woman who goes to have her photograph made not to rehearse her pose and facial expression beforehand."

"I always find it difficult to impress on the woman coming to my studio that clothes and jewels are of absolute no account in a photograph. If a woman comes to be photographed in the clothes she is used to wearing she will feel at ease and therefore look her best. "One of the curses of our present day civilization is the ever changing question of fashion. How much more civilized were the Japanese, who realized that the kimono was perhaps the most perfect dress for women at all times—only varied it with different brocades and girdles. The photograph that concerns itself with clothes is soon out of fashion, and no matter how good a picture the face has been obtained, the picture is grotesque in a few years because the clothes are passé."

The Professor Worried.

The absent minded professor from the university town was in Indianapolis attending a convention. While in the city he took a tour of the larger department stores. In one of them he read the sign over the door of the elevator: "This car express to fifth and sixth floors. Up only." Absently he read the sign again. Then the car door opened. "I would like to know," he asked the elevator boy, "if this elevator goes only up, how on earth did you get down here?" The elevator boy grinned, frowned, scrutinized the man closely and then said in a dignified voice, "Oh, I just came down."

Putting the Cat Out at Night.

The practice of turning the cat out of doors at night is as cruel as it is unnecessary. No animal is fonder of warmth and comfort, and the pet's happiness certainly is not increased by a night spent outside in cold and dampness. If as much energy was expended in keeping the cat indoors as too often is expended in putting her out, how great would be the boon to human nerves and unfortunate wild things! All feelings are normally nocturnal, and it is at night, if ever, that a curb on their activities is needed.—Lee S. Crandall, in "Pets."

True Economy.

There are great joys in practicing true economy in the right spirit. True economy, you see, is not abstinence from necessary things—not at all. The joys of true economy are for those who make the most of what they have, who, finding what may be theirs, proceed to the extraction of the greatest benefit from what is within reach.

Too Much Flirting.

First Coed—Why, Doris, how tired your eyes look! Tired One—Yes, my dear; I rolled them too much this evening.—Syracuse Orange Peel.

No Time For Her.

Physician—Your case is such, madam, that time alone will effect a cure. Mrs. Randall—Then it is hopeless, for I never have even five minutes.—Life.

He Knew Her.

Mrs. Gabbie—I met Mr. Brown to-day while I was shopping. Her husband—That so? What did you have to say? Forty thousand military and naval votes cast in North America have been received in Ottawa. The Ross rifle factory at Quebec has re-opened and soon 150 rifles a day will be turned out.

Fond of Good Coffee? of course!

Advertisement for Seal Brand Coffee, featuring the text: "But why not make it BETTER Coffee? Coffee at its BEST, in fact— SEAL BRAND COFFEE. Send for our booklet 'Perfect Coffee—Perfectly Made', it solves the problem. CHASE & SANBORN MONTREAL."

Advertisement for Beautiful Bust and Shoulders, featuring the text: "Beautiful Bust and Shoulders are possible if you wear a scientifically constructed Bien Jolie Brassiere. The dragging weight of an unconfined bust stretches the supporting muscles that the contour of the figure is spoiled. The dragging weight of an unconfined bust stretches the supporting muscles that the contour of the figure is spoiled. The dragging weight of an unconfined bust stretches the supporting muscles that the contour of the figure is spoiled."

Advertisement for Dr. J. Collis Browne's Chlorodyne, featuring the text: "D.J. Collis Browne's Chlorodyne THE ORIGINAL AND ONLY GENUINE. The Most Valuable Medicine ever discovered. The best known Remedy for COUGHS, COLDS, ASTHMA, BRONCHITIS. Diarrhoea, Dysentery & Cholera. Effectually cuts short all attacks of STAMMS, Checks and arrests those too often fatal diseases—FEVER, GROUP and AGUE. The only palliative in NEURALGIA, GOUT, RHEUMATISM. Chlorodyne is a liquid taken in drops, graduated according to the quantity. It invariably relieves pain of whatever kind; creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail; increases the food supply, and can be taken when no other medicine can be tolerated."

Advertisement for AS YOUR GROCER FOR Charm Tea IN PACKAGES. Black, Green and Mixed. Packed in Kingston, by GEO. ROBERTSON & SON, Limited.

Advertisement for Children Cry for Fletcher's CASTORIA. The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of Dr. J. C. Fletcher, and has been made under his personal supervision since his infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment. What is CASTORIA? Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrup. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its base is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend. GENUINE CASTORIA ALWAYS Bears the Signature of Dr. J. C. Fletcher. In Use For Over 30 Years The Kind You Have Always Bought.