

Hopes Women Will Adopt This Habit As Well As Men

Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood.

Instead of the thousands of sickly, anemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nervy wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels, the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headache, biliousness, nasty breath, rheumatism, colds and particularly those who have a pallid, sallow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle and is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation.

CLOTHING ON EASY TERMS

Ladies' Suits, Dresses and Furs, Gentlemen's Suits and Overcoats, N. Morris, 374 King St.

Good Coffee!

Try a pound of our special Blend Coffee. Fresh ground while you wait, with the Hobart Electric Mill, 40c lb. Sample given on request.

J. R. B. Gage,

254 Montreal St. Phone 540

Closely Related

There's a closer relationship between feed, poultry and dollars than you may suspect. Right feed means better birds, quicker returns and more money. For bigger dividends on your poultry, let us supply your feed. The kind you need is here, and our advice is free for the asking.

W. F. McBROOM 42-44 Princess Street.

ALLENBURY'S FOODS

ALL SIZES SARGENT'S DRUG STORE Cor. Princess and Montreal Sts. Phone 41.

Which Child Is Yours?

If your child is backward in school, be sure his or her eyesight is able to stand the strain. "Our Examination Tells."

J. J. STEWART, OPT. D. EYESIGHT SPECIALIST OPPOSITE POST OFFICE

California Fancy Walnuts

1 lb. Packages. Libbys Sliced Hawaiian Pineapple, new fruit just arrived. New Canned Blueberries.

Crawford's Grocery,

"Good Things to Eat" Phone 26

QUEEN'S DEFEAT BATTERIES

IN INTERMEDIATE O.H.A. GAME BY 6 TO 5.

An Hour of Fast Hockey — The Collegians Won Out in the Last Forty-five Seconds of Play.

Like a baseball game that is "won in the ninth," the Queen's second team took the opening intermediate O.H.A. game away from the Depot Batteries here on Monday night by a score of 6 to 5. In the last forty-five seconds of play, it was an hour of the fastest hockey ever seen in Kingston, and the greatest enthusiasm is predicted at future games as a result of that contest.

The game was characterized by heavy body-checking. The fans have had two junior games in which the youngsters scorned using their little weight. In Monday night's fixture both sides saw this was absolutely necessary and rarely a minute passed without seeing some of the players rolling on the ice in falls that came through heavy body-checking.

The crowd was one of the most enthusiastic seen here in some time. There were also hundreds of students who gave the Queen's yells at every opportunity.

One feature of the contest was the working out of the new substitute rule. More definite instructions should be given as to when the men may be changed. It is said that in Toronto the ruling is understood to mean that substitution may take place only when the puck is out of play. Here the game is stopped at any stage to make the change. There was a little confusion at one time over a penalized player being mixed with a substitute, but this was straightened out satisfactorily.

The first period was very fast and though Queen's came out with the long end of the score the betting was clearly in favor of the soldiers. The Batteries went out to win and fought hard. It was a period of fast, clever stick-work, and few passes, which with six-man hockey does not work out as well as with seven men on each line-up. Purvis made his first register in a beautiful drive down the ice, boring in through the soldiers' defence and making a nice shot. These tactics are what won Queen's the victory, as they were practised time after time, and in many cases being successful or very close to being so. Purvis brought down the second to Stinson, who made the lucky shot. Just at this period the game was interrupted by

Score Detail. First Period: 1-Queen's, Purvis... 5.05 min. 2-Queen's, Stinson... 5.45 min. 3-Batteries, Derry... 11.35 min. 4-Batteries, Derry... 13.00 min. 5-Queen's, McQuaig... 19.10 min. Second Period: 6-Batteries, Williams... 4.35 min. 7-Batteries, Hughes... 13.35 min. 8-Batteries, Coombes... 19.25 min. Third Period: 9-Queen's, Purvis... 9.10 min. 10-Queen's, Purvis... 19.15 min. 11-Queen's, Stinson... 19.30 min.

The Food System The Source of Life

Any Derangements of Liver or Kidneys That Interfere with Digestion and Assimilation of Food Rob and Deplete the Body.

St. Catharines, Ont., Jan. 15.—It matters not how good your appetite, how you relish your food, or how much you eat, so long as there is anything to interfere with proper digestion and assimilation of the food by the body, strength and vigor will gradually decline and weakness and debility take place.

The most frequent cause of disordered digestion is sluggish action of the liver, kidneys and bowels. The whole alimentary canal, through which the food, passes on its way through the body, becomes choked and clogged, and the system is poisoned and diseased.

Dr. Chase's Kidney-Liver Pills have been wonderfully successful in exactly this class of disease, principally because they act directly on the kidneys, liver and bowels, regulating and invigorating their action, and restoring them to health.

Mrs. E. Husband, Moore St., St. Catharines, Ont., writes: "I was seriously afflicted with indigestion and stomach trouble for sixteen years. Finally I became so bad that I could scarcely eat anything without suffering terrible distress. Gradually I grew weaker and more emaciated, and though treated by three doctors and a specialist, I received no benefit. After a time a pain began in my right side, which medical men said was liver trouble. I never got relief until I began the use of Dr. Chase's Kidney-Liver Pills, and they helped me at once. By using about a dozen boxes I was entirely cured. I owe my cure entirely to this treatment, and I make this statement with the hope that some poor sufferer may benefit by my experience."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c a box, 5 for \$1.00, all dealers, or Edmondson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.

CHILDREN HAD WHOOPING COUGH

Whooping cough, although specially a disease of childhood, is by no means confined to that period, but may occur at any time of life.

It is one of the most dangerous diseases of infancy, and yearly causes more deaths than scarlet fever, typhoid or diphtheria, and is more common in female than male children.

Whooping cough starts with sneezing, watering of the eyes, irritation of the throat, feverishness and cough. The coughing attacks occur frequently, but are generally more severe at night.

On the first sign of a "whoop" Dr. Wood's Norway Pine Syrup should be administered, as it helps to clear the bronchial tubes of the collected mucus and phlegm.

Mrs. George Cooper, Bloomfield, Ont., writes: "It is with pleasure I can write and tell you that there never was a better cough medicine made than Dr. Wood's Norway Pine Syrup. Our children had whooping cough last winter, and that is the only thing that seemed to help them. It loosens up the phlegm so that they could raise it easily. I will never be without it."

Dr. Wood's is 25c and 50c a bottle; put in a self-sealing wrapper; three pine trees the trade mark; manufactured by The T. Millburn Co., Limited, Toronto, Ont.

ANOTHER STORM SETS IN

JUST AS RAILWAYS WERE RECOVERING FROM SUNDAY BLOW

Party "Held Up" at Harrowsmith Arrived in City Over C.P.R. Train Early Monday Night—Snow Plow Had Hard Task Getting Through Drifts.

Just as the railways were recovering from the big storm of Saturday night and Sunday, the Weather Man started in with another one, and if the storms keeps up all day, the steam and electric railways may again be put out of business.

The C.P.R. got a train in at 8.15 o'clock on Monday night, and on board were W. F. Nickle, M.P., Lieut.-Col. R. J. Gardiner and a large party who had been "held up" at Harrowsmith since Saturday. Altogether there were about seventy passengers on the train, and they were a tired lot, and very glad to get back in the city again.

In view of the terrible storm, the railway company certainly did well to get the train in on Monday. The snow along the line is piled high, and the snow plow had a hard fight "around Murvale, the blockade was about the worst of any point. The passengers held in the city since Saturday were forced to remain over another night. They stayed in the railway coach at the station, and were kept comfortable. The company sent the snow plow out early on Tuesday morning and the passenger train started out at 10.15 o'clock.

The Grand Trunk also recovered from the big storm on Monday afternoon, when a train arrived from Toronto about 5 o'clock. The train left Toronto at 9.15 o'clock, and in view of the terrible storm made good time.

The local street railway line was in good working order late Monday afternoon but the snow on Tuesday caused more trouble. The company is doing its best to keep the line open.

Theatrical News

"Nothing But the Truth."

For those who would like to know what the Toronto critics thought of "Nothing but the Truth" the following will appeal: "Nothing but the Truth," the new farcical comedy by James Montgomery, is this week's offering at the Royal Alexandra Theatre. Comedy that is really clever is rare these days, and last night's audience welcomed this clever farce with its witty dialogue and its exceptionally good actors. Every member of the cast was especially good and suited to their various roles.

"Nothing but the Truth" tells of the efforts of a business man to obtain \$10,000 by betting that he can tell the absolute truth for twenty-four hours at a stretch. His efforts to win the bet are ludicrous, and though telling the truth, he nearly loses his sweetheart, his friends, and his position. In the end everything turns out all right, but the series of blank truths he has to tell provide the fun of the evening. Every few farces have been so cleverly written, for it is the naturalness of the whole situation that appeals to the audience, while the players do not obtrude themselves on one. "Nothing But the Truth" is a series of laughs, and will provide an evening's amusement even to the most tired theatre-goer. This clever attraction with its carefully selected company comes to the Grand Opera House next Thursday evening, Jan. 17th.

"Robinson Crusoe."

F. Stuart-Whyte's super-extravaganza "Robinson Crusoe" will be given its initial production at the Grand on next Friday, January 18th, where it will continue on Saturday also. In preparing this piece for the Canadian public Mr. Whyte has chosen the middle course between the "old country" pantomime and the American revue. In developing the famous story Mr. Whyte has followed the original text in a large measure and then added a series of incidents that Daniel Defoe never dreamed of bringing the action up to the minute and the costumes beyond that. In Mr. Whyte's fascinating version of the piece there are eleven swifly moving scenes, each one more beautiful than its predecessor. Miss Zara Clinton will assume the time role, supported by a company of forty of the cleverest singers, dancers, comedians and comedians that careful choosing could procure from England, America and Canada.

(Continued on page 8.)

Some men are born great and then proceed to slump.

WINTER GOODS!

Our Stock of Moccasins, Snowshoes, Overshoes, Overgaiters, Leggings, Hockey Boots, is the largest and most complete in the city.

"ALL AT RIGHT PRICES"

Abernethy's Shoe Store

At the recent large sales of Raw Furs, the prices have advanced materially on practically all furs, and this means that all furs for next season will be advanced in price.

Take advantage of our present low prices.

Campbell Bros

Kingston's Oldest Fur Store.

Nyal's Emulsion of Cod Liver Oil

Will Build up Your Lungs, and

Diamond Cold Tablets

For the Cold in Your Head.

Prouse's Drug Store.

Phone 82.

LEADS SERBIA \$2,000,000.

Brings Total Credits Up to \$4,238,400,000.

Washington, Jan. 15.—Total credits to the Allies were raised to \$4,238,400,000 when Secretary of the Treasury McAdoo authorized a loan of \$2,000,000 to Serbia, making Serbia's total \$6,900,000.

Great Clearing Sale.

Prevost, Brock street, has made a great reduction in ready-made clothing and gent's furnishings to make room for his spring goods. Special value in boys' overcoats from 5 to 10 years, in blue and gray at \$3.50 each—could not be bought wholesale for the above price.

KINGSTON EVENTS

25 YEARS AGO

A dog killed a great many sheep belonging to Green Bros., butchers. The dog was captured and the owner will have to pay for the sheep.

Capt. John Ewart will give up the command of the schooner Albacore to Capt. Samuel Phillips.

John Smenton found a big bar of iron in a salmon trout. He got the fish from Georgian Bay, and thinks the bar must have been forced down the trout's throat.

PURE BLOOD MAKES HEALTHY PEOPLE

Hood's Sarsaparilla removes scrofulous sores, boils and other eruptions, because it drives out of the blood the humors that cause them. Eruptions cannot be successfully treated with external applications, because these cannot purify the blood.

Hood's Sarsaparilla makes rich, red blood, perfects the digestion, and builds up the whole system. Insist on having Hood's. Get it now.

WINTER GOODS! Our Stock of Moccasins, Snowshoes, Overshoes, Overgaiters, Leggings, Hockey Boots, is the largest and most complete in the city. "ALL AT RIGHT PRICES" Abernethy's Shoe Store

Buy Furs Now At the recent large sales of Raw Furs, the prices have advanced materially on practically all furs, and this means that all furs for next season will be advanced in price. Take advantage of our present low prices. Campbell Bros Kingston's Oldest Fur Store.

HURRAH The Problem Solved. Reduce the High Cost of Living. By Buying Fresh Fish of All Kinds at UNITED GROCERY, 138 Princess Street. HAILBUT SALMON WHITE FISH SWEETS HERRING HERRING SHRIMPS PILLETS KIPPERED HERRING. Delivery to All Parts of the City. United Grocery. Ben Lee & Co. 138 Princess St. Phone 267.

City Dairy PASTEURIZED MILK AND CREAM. Visit This Dairy and Decide for Yourself. Satisfaction Guaranteed. Official Test by U. S. Smith. Milk tested 5.2 Butter Fat. Phone 2083 14 JOHNSON STREET

OVERSHOES! Now is the time to enjoy real comfort with a pair of Overshoes. Men's one, two, and four buckle styles, from \$2.25 to \$4.00. Women's buckle Overshoes, \$2.50 and \$3.00. Women's Highcut Button Overshoes, with high heel, \$4.00. Girls' Overshoes, 2 buckle, sizes 11 to 2, \$2.00. J.H.Sutherland & Bro. The Home of Good Shoes.