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VINOL CREATES STRENGTH

Positive—Convincing Proof

It is all very well to make claims, but can they be proven? We publish the formula of Vinol to prove the statements we make about it.

Cod Liver and Beef Peptones, Iron and Manganese Peptonates, Iron and Ammonium Citrate, Lime and Soda Glycerophosphates, Cascarin.

Any doctor will tell you that the ingredients of Vinol as published above, combine the very elements needed to make strength.

All weak, run-down, overworked nervous men and women may prove this at our expense.

There is nothing like Vinol to restore strength and vitality to feeble old people, delicate children and all persons who need more strength.

Try it. If you are not entirely satisfied, we will return your money without question; that proves our fairness and your protection.

Mahood's Drug Store, Kingston. Also at the best druggist in all Ontario towns.

THOMAS COPLEY
Telephone 987

wanting anything done in the carpentery line. Estimates given on all kinds of repairs and new work; also hard wood floors of all kinds. All orders will receive prompt attention. Shop 50 Queen street.

Sage Tea Darkens Hair to Any Shade

Don't Stay Gray! Here's an Old-time Recipe that Anybody can Apply.

The use of Sage and Sulphur for restoring faded, gray hair to its natural color dates back to grandmother's time. She used it to keep her hair beautifully dark, glossy and attractive. Whenever her hair took on that dull, faded or streaked appearance, this simple mixture was applied with wonderful effect.

But brewing at home is mussy and out-of-date. Nowadays, by asking at any drug store for a bottle of "Wyeth's Sage and Sulphur Compound," you get this famous old preparation, improved by the addition of other ingredients, which can be depended upon to restore natural color and beauty to the hair.

A well-known downtown druggist says it darkens the hair so naturally and evenly that nobody can tell it has been applied. You simply dampen a sponge or soft brush with it and draw this through your hair, taking one strand at a time. By morning the gray hair disappears, and after another application or two, it becomes beautifully dark and glossy.

Wyeth's Sage and Sulphur Compound is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.

Returned Soldiers

For the purpose of assisting returned soldiers the Legislature has provided for the formation of an association called "The Soldiers' Aid Commission of Ontario." The Head Office is at No 116 College St., Toronto. Hon. W. D. McPherson is the Chairman and Mr. Joseph Warwick is the Secretary. All communications intended for either of them should be addressed to No. 116 College street, Toronto. W. F. Nickle, Esq., K.C., M.P. of Kingston, is a member of the above-named Commission, and represents it locally at Kingston and in this neighborhood.

The Kingston Branch is located at the Board of Trade Rooms, Kingston. Telephone No. 701.

The public are cordially invited to co-operate with us in securing suitable employment, and in doing other helpful work for Returned Soldiers and their dependents.

Classes for Vocational Re-Education of Returned Soldiers who have been so disabled as to prevent them from resuming their former occupations have been provided, and every Soldier who regards his disability as of such a nature as to entitle him to the benefit of these Classes is requested to make application to Mr. James H. Macnee the under-mentioned Secretary, or to Mr. W. W. Nichol, Vocational Officer for Ontario, at the Head Office, No. 116 College St., Toronto, when full particulars will be gladly furnished and arrangements at once made for a Board to enable those entitled to obtain courses of instruction in the subjects suitable to their particular disability. In addition to getting instruction free, the support of the soldier and his family or dependents during the period of re-training and for one month after it is completed, is provided for according to scale.

Cases where assistance for the families of soldiers is required are daily reported to us, and subscriptions to the Relief Fund will be thankfully received. Subscribers to this Fund are assured that payments from same are made only after careful official investigation of the merits of each case, and particulars will be furnished on request to subscribers as to the disposition of their donation. All donations should be made payable to the order of "The Soldiers' Aid Commission of Ontario, and forwarded to Joseph Warwick, Esq., 116 College St., Toronto, and in each case an official receipt will be issued therefor. Donations will be expended as far as possible in compliance with the expressed wishes of the donors.

All services are free of charge. For further particulars as to our work, please write or telephone any of the following officers:

James H. Macnee, Secretary-Treasurer, Telephone No. 701.
His Worship Mayor Hughes, Chairman, Telephone No. 427.
W. F. Nickle, Esq., K.C., M.P., Hon. Sec.-Treas., Kingston, Telephone No. 23.

It is in times of sickness that we most keenly appreciate the blessings of good health.

You will find more to help you break your resolutions than you will to keep them.

THE FIGHTING MEN OF INDIA

Bring Strange Problems of Food And Religion to Europe.

A SATISFACTORY SOLUTION

OF THE PROBLEMS WAS EFFECTED BY THE BRITISH.

The Indian Troops Had to Receive Special Food and Also Certain Religious Dispensations.

ONE of the commissariat problems of the war, which has been solved satisfactorily, was the question of "Native meat," or the ration of meat for the Indian troops serving in Europe. The solution has been found in the institution of "Native butcheries." A native of high caste in India would, of course, not eat any meat that even the shadow of a European had passed over. In coming to France the Native troops have, however, been granted certain religious dispensations, not only with regard to food, but, in the case of Hindus, in being allowed to leave the boundaries of their own country. Doubtless a dip in the Ganges, for those who survive the war and return to India after it is over, will put matters right again! Nevertheless, their caste rights as to food are as strictly observed as the exigencies of active service allow. The goats and sheep, chiefly Corsican and Swiss, purchased for their consumption, are sent up in a truck to railhead alive, and are slaughtered by men of their own caste in a butchery arranged for the purpose, generally in a field or some open place in close proximity to the railhead. The Mohammedan will eat only goats or sheep slaughtered by having their throats cut, and the Hindu by their being beheaded. The latter method is carried out in the abattoir by a native butcher with the aid of a cavalry sword at one fell swoop, and of the two methods is certainly to be recommended as being the most rapid and instantaneous death. I need hardly add that the Native butchery is always looked on as an object of awe and interest, if not of excitement, by the French inhabitants, and none the less by the English soldiers, who consider it a tremendous joke.

The Natives do not object to their meat being handled by English soldiers, or to it being brought to them in the same lorry which also perhaps carries British ration beef, although the cow is a sacred animal to the Hindu and in the form of beef is naturally distasteful. The only point is that the goat's meat or mutton intended for their consumption must not actually come into contact with the beef, and this is arranged for by a wooden barrier between the two erected in the interior of the lorry. On one occasion, however, the native rations for a certain regiment had just been dumped on the side of the road, and were being checked by the Dafadar, or Native quartermaster-sergeant, when at a critical moment an old sow, followed by her litter, came out of a farm gate and innocently ran over the whole show. A lot of palaver followed amongst the Natives, and there was no alternative; they would not have these rations at any price, and back they had to be taken to be exchanged. The pig is, of course, abhorrent to the Mussulman. One story in connection with the rationing of the Indian cavalry whilst in the trenches at Ypres in the summer of 1915 may be of interest. The cow being a sacred animal to the Hindu, it became necessary to replace the usual tins of bully beef by a suitable substitute. With this end in view, quantities of tins of preserved mutton were sent up for consumption by the Hindu personnel. The tins in which it was packed, however, unfortunately bore the trade mark of the packers, Messrs. Libby—a bull's head—and in consequence of this the Hindus would not have it that their contents could be anything but beef, until their own Native officers convinced them that such was not the case.

The organization for rationing Native troops is such that they are able to be fed in accordance with the rites of their caste, surely a not unimportant factor. There are various special articles.

Atta is coarse ground flour, very similar to that of which so-called "standard" bread is made at home. Of it the Natives make chupattis, which are round flat cakes of baked dough. Dhal consists of dried pease. Ghi is a kind of butter, which, judging from its smell, would appear to be rancid. Gur is simply brown sugar or molasses. It may be mentioned that the Native meat ration is very small. The Natives are not meat-eaters in the accepted sense of the word, and their small ration they invariably "curry" with the ration of ginger, chillies, turmeric and garlic, which are the raw ingredients of curry powder. Not infrequently also they are issued with ration of rice and also dried fruits.—Lieut. A. M. Bealson.

A MESSAGE TO MOTHERS.

General Mewburn Pays Tribute to Noble Women.

The following Christmas message to Canadian mothers from Major-General S. C. Mewburn, C.M.G., Minister of Militia and Defence, was issued from Ottawa:

"Mothers of Canadian Soldiers.—As the Christmas season, dedicated by the immemorial custom of our race to domestic joys and the happiness of children, approaches, the thoughts of your countrymen turn to you. Many family circles are incomplete, and at many firesides there is the sadness of irreparable loss. The sacrifices which our country has made upon the altar of freedom and of justice are in the largest measure your offering, sanctified by your suffering, ennobled by your resignation, made precious by your tears. To you, then, I say that that sacrifice has not been in vain, for it has contributed to the sure and certain victory of right over might, of liberty over intolerable oppression, of things lovely and of good report over things abominable and unspeakably evil.

"Is there not, therefore, cause for just and solemn pride that your sons were not found wanting when the testing time came, but were foremost among men of valor and high spirit, eager to bear their part in the most momentous struggle in the history of the world?

"These men who left the shores of Canada were your sons; bone of your bone, and flesh of your flesh. Their sacrifice is your sacrifice, their suffering has been your suffering, and their honor is your honor. To you the nation offers its homage, gratitude, and respect.

"The war is not yet over, though we have cause to be thankful for battles won, and for many signs that the enemy is weakening under our blows. The end is certain, but the only path to victory is that of fortitude and patience. To weaken now is to lose all. The blood of our brothers cries out to us from the ground, and the heroism of our gallant soldiers who hold our place in the battle line demands that we falter not, but that we do even as they, and endure until the end.

"Canadian mothers, may this Christmas time bring happiness to your homes and peace to hearts that are sad; but may it also bring a high resolve that we will face every privation and exert every effort in order that this our most righteous cause, the cause of all the free peoples of the world, in which our honor and our interest are equally engaged, may be brought to a glorious conclusion.

"'S. C. Mewburn."

Great Disasters of History.

Outside the toll of life claimed on land and sea by the great war the catastrophe at Halifax was by far the greatest disaster in many years. Numerous explosions have occurred in munitions plants of this continent and in Europe, the most disastrous of which on this side was at the Eddystone plant of the DuPont Powder Company, at Chester, Pa., in April last, in which 112 persons lost their lives.

The Halifax disaster is the most tragic explosion, in the number of lives lost, in the last quarter century. Indeed, few catastrophies of any nature exceed it in the number of dead. Among them are the Messina earthquake, in 1908, when approximately two hundred thousand lives were lost; the Mont Pelee volcanic eruption on the Island of Martinique, in 1902, when forty thousand persons lost their lives, and an earthquake in the interior of Italy, in 1915, when thirty-five thousand dead was the toll.

The Iroquois Theatre fire in Chicago, in 1903, claimed 575 lives, while the sinking of the excursion steamship General Slocum, in the East River, New York, in 1904, left a death list of about 1,400. In 1906 the earthquake and fire in San Francisco took the lives of approximately 1,000 persons, while the loss of the steamship Titanic, in collision with an iceberg, in 1912, resulted in a toll of 1,503 dead.

In 1914 the steamship Empress of Ireland went down in the St. Lawrence River, with the loss of 1,027 lives. Then followed the sinking of the Lusitania by a German torpedo, and the steamship Eastland, in the Chicago River, in 1915, with death lists respectively of 1,198 and 812.

In October, 1917, it was reported that 4,000 persons had lost their lives in munitions explosion in Austria, but the report never has been confirmed.

GAS, HEARTBURN, INDIGESTION OR A SICK STOMACH

"Pape's Diapepsin" Ends All Stomach Distress in Five Minutes.

Time it! Pape's Diapepsin will digest anything you eat and overcome a sour, gassy or out-of-order stomach surely within five minutes.

If your meals don't fit comfortably, or what you eat lies like a lump of lead in your stomach, or if you have heartburn, that is a sign of indigestion.

Get from your pharmacist a fifty-cent case of Pape's Diapepsin and take a dose just as soon as you can. There will be no sour risings, no belching of undigested food mixed with acid, no stomach gas or heartburn, fullness or heavy feeling in the stomach, nausea, debilitating headaches, dizziness, or intestinal griping. This will all go, and, besides there will be no sour food left over in the stomach to poison your breath with nauseous odors.

Pape's Diapepsin is a certain cure for out-of-order stomachs, because it takes hold of your food and digests it just the same as if your stomach wasn't there.

Relief in five minutes from all stomach misery is waiting for you at any drug store.

These large fifty-cent cases contain enough "Pape's Diapepsin" to keep the entire family free from stomach disorders and indigestion for many months. It belongs in your home.

CHILDREN HATE PILLS, CALOMEL AND CASTOR OIL

If Cross, Feverish, Constipated, Give "California Syrup of Figs."

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Beware of counterfeits sold here. See that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.

The Sultan's Treasures.

It is believed that in certain vaults at Constantinople there lie many hidden treasures of immense value belonging to the Sultan of Turkey. A throne of beaten gold, adorned with quantities of rubies, pearls, diamonds, and emeralds set in mosaic, is perhaps the most dazzling object in the treasury. Selim the First brought it from Persia early in the sixteenth century. There is a second throne of ebony and sandalwood, encrusted with mother-of-pearl, gold, rubies, emeralds, and sapphires.

Nowhere in the world are there precious stones to compare with the two great emeralds found here; one of which weighs two kilograms and is as large as a man's hand, and the other of which is only a little smaller.

There are diamonds, turquoises, rubies, emeralds, and pearls by the half-bushel. Formerly the jewels were kept in drawers, but when last seen they were in bowls, each of which held two gallons.

In describing a luncheon that she attended in the harem of the present Sultan Miss Grace Ellison, author of "An Englishwoman in a Turkish Harem," tells of diamond flowers that stretched from shoulder to shoulder of the High Controller of the harem and of earrings made in the shape of birds, holding in their beaks a pearl as large as a cherry. The Sultan's granddaughter, a child of twelve years of age, she pictures as having her hair in a knot on the top of her head inside a diamond crown, the front of her dress covered with diamonds, and her hands encased in gold mittens studded with rubies and diamonds.

No museum in the world can boast a richer collection of armour, scimitars, shields, pistols, saddles, sandals, canes, and the like, all jewelled or wrought of gold.

Ancient Thessalonica.

Salonica, in the days when St. Paul addressed his Epistles to the Thessalonians, was not modern, for it was built about 315 B.C. on the site of an older city called Therme, and was named by its founder after his wife, a sister of Alexander the Great. It has always been a place of importance, as it is the chief harbor of Macedonia, and was a point on the ancient highway from Rome to the East. With a few fine buildings, like the old mosquet which had been in turn a temple of Venus and a Christian church, it has always been a collection of houses largely of wood and therefore highly inflammable in the extreme continuous heat of summer.

An Illuminated Number.

On one side of a new electric porch light are grooves into which figures can be slipped to make it serve as a house number either by day or night.

Face Nothing But Running Sores FROM ECZEMA

No rest day or night for those afflicted with that terrible skin disease, eczema, or, as it is often called, salt rheum.

With its unbearable burning, itching, torturing day and night, relief is gladly welcomed.

There is no remedy like Burdock Blood Bitters for giving relief to such sufferers; no other remedy has done, or can do so much for those who are almost driven to distraction with the terrible torture. Apply it externally and it takes out the stinging, itching and burning, and promotes a healthy healing.

Take it internally and it gets at the source of the disease in the blood, and completely and permanently drives it out of the system.

Miss Mary V. Chambers, Anagance Ridge, N.B., writes. "I used Burdock Blood Bitters for eczema. I had it when an infant, but it left me. Two years ago it came back. I used doctors' medicine, but it did good only while I used it. At last my face was nothing but a running sore. I saw in the paper what B.B.B. did for people. I took it, and today I am free from that terrible disease.

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

CHILDREN IN WAR TIME.

Future Citizens Become Valuable Asset of Country.

War work for babies which resulted in lowering the infant death rate in Great Britain, France, Belgium, and Germany is described by Dr. Grace L. Meigs in a paper on infant welfare work in war time which the bureau has just made available for general distribution.

The special features of the work have varied in the different countries. In England there has been a striking increase in the number of health visitors employed to help and to instruct mothers in the care of their babies and young children. An act providing for Government aid to local agencies had, as it happened, been passed in July, 1914.

"The local Government board (the central supervising and administrative body) has taken the stand that in war time, in spite of the general need for economy, no economy should be exercised in this direction. There is evidence that in a good many communities, on account of the lack of money and private support, the authorities or voluntary agencies have been slow to increase their work or to undertake new work. These difficulties the local government board has largely overcome. It has gone on with the greatest determination towards its acknowledged goal—to have systematic supervision through the work of health visitors for all babies born who need care."

The available information for German concerns only the first eighteen months of the war. Dr. Meigs refers to the emphasis placed on enabling mothers to care for their own children. A special committee of the Red Cross, for example, was organized in Berlin for the care of mothers and infants The committee had a fund for needy mothers which it used for those mothers who brought their babies regularly to an infant-welfare station and who took care of them in their own homes.

The outstanding feature of the work in Paris seems to be the increased provision for maternity care; and in Belgium, the establishment of canteens for the feeding of mothers and of young children.

Dr. Meigs speaks of the important part played by the military separation allowances which are granted by foreign governments to the wives of enlisted men, either, as in Great Britain and Canada, to the wives of all soldiers, or, as in France and Germany, to the wives who are in need because the family's wage-earner has been called to the colors.

Furthermore, in each of these countries except Belgium a maternity benefit from Government funds, provided before the war to certain mothers, has now been extended to include either the wives of all enlisted men or all women who are receiving the military separation allowance.

The chief preventive measure for protecting babies is to insure their intelligent care and nursing by healthy mothers in their own homes. Nothing should be considered more important in war time than the strengthening and extending of preventive work already established for infant and maternal welfare.

Who Opened Lusitania's Safe?

When the Lusitania was torpedoed by a German submarine off the coast of Ireland, with the loss of 1,100 lives, she carried with her, among other rich freight, a consignment of diamonds in transit from New York to London, upon which the Union Insurance Company of Bangor, Me., carried a risk of $13,000.

The company promptly paid the claim, and entered the $13,000 in its loss account. But, it now appears, long after the great disaster, the insurance company received a London draft for the full amount of its risk, with the information that the diamonds had been recovered.

An Irish fisherman, upon hauling his trawls, found that he had hooked the most valuable fish in his career—a small package, which bore plainly enough the address of a firm of London jewelers, and which upon examination was found to contain diamonds—the gems upon which the Bangor Insurance Company, among others, carried risks. The fisherman got his due amount of salvage, and the diamond merchants were glad to return the insurance money.

The puzzle is: Having presumably been locked up in the purser's safe, how did the diamond packet get loose so that it came up on the fisherman's trawl?

Marry or Pay Penalty.

Any male or female person who after having reached the age limit has not contracted marriage, or any married couple who after living together for a certain number of years has not had any child or children born to them, shall pay a certain amount of contribution to the government, if the bill presented by Representative Ponciano Morales from the second district of Isocos Sur is enacted into law in the Philippines.

This bill has for its object to require and oblige all those persons who are of age to contract marriage in order that they may help enlarge the population of the islands. As a matter of fact, many people of this kind purposely evade marrying to escape maintaining a family and work for their living.

Japan's Colonial Policy.

Korea is the largest of Japan's colonies, and since its acquirement the same policy of assimilation has been pursued that has worked so well in Formosa. It is a colonial policy wholly original with the Japanese, and the chief publicists of the Empire thinks it much superior to French and British methods. In Korea natives have been appointed to important posts of honor, schools have been erected and competent teachers supplied. Sanitation has been introduced into all the cities; street railways have been laid down in Seoul and modern hotels have been built in the large cities. Loyalty is thus assured.

BABY'S OWN SOAP

Best for Baby

Best for You

THE particles of pure vegetable oil which are rubbed into the open pores of the skin with the creamy fragrant lather of Baby's Own Soap renew the life of the skin—help nature along. It assures a soft, white, healthy skin and its use delights both young and old. Baby's Own is for sale almost everywhere.

Relieve Your Liver

When your liver is out of order, your head, stomach, bile and bowels suffer with it. That is why a bilious attack is often serious. Ward it off with a few doses of

BEECHAM'S PILLS

which gently arouse a sluggish liver, and renew the activities so necessary to good health. They never produce any disagreeable after-effects. Their prompt use is beneficial to the system, and will

Prevent Bilious Attacks

Worth a Guinea a Box

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

Get it from your dealer or from us.

Outfit consists of one Durham Duplex Domino Razor with white American ivory handle safety guard, stropping attachment and 7 Durham Duplex Blades, packed in a genuine red leather Kit

Every reader of this paper may secure THE $5.00 DURHAM DUPLEX DOMINO RAZOR FOR $1.50 DURING THE LIFE OF THIS ADVERTISEMENT

DURHAM DUPLEX RAZOR CO. Ltd., 43 Victoria, St., TORONTO, ONT., CANADA.

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FIRE INSURANCE

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PERCY J. QUINN, Manager, Ontario Branch, Toronto

W. H. GODWIN & SONS AGENTS, KINGSTON, ONT.

Says Acid Stomach Causes Indigestion

Excess of hydrochloric acid sours the food and forms gases.

Undigested food delayed in the stomach decays, or rather, ferments the same as food left in the open air, says a noted authority. He also tells us that indigestion is caused by Hyper-acidity, meaning, there is an excess of hydrochloric acid in the stomach which prevents complete digestion and starts food fermentation. Thus everything eaten sours in the stomach much like garbage sours in a can, forming acrid fluids and gases which inflate the stomach like a toy balloon. Then we feel a heavy, lumpy misery in the chest, we belch up gas, we eructate sour food or have heartburn, flatulence, water-brash or nausea.

He tells us to lay aside all digestive aids and instead, get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast and drink while it is effervescing, and furthermore, to continue this for a week. While relief follows the first dose, it is important to neutralize the acidity, remove the gas-making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices.

Jad Salts is inexpensive and is made from the acid of grapes and lemon juice, combined with lithia and sodium phosphate. This harmless salts is used by thousands of people for stomach trouble with excellent results.

Good deeds always sound better when narrated by the one who did not perform them.

A Little Better Than the Rest

You may have been looking for a change in your pancake flour. We have it. Teco self-rising pancake flour. Somply delicious when served with maple syrup and a cup of our steel cut coffee.

Baker's Grocery
Phone 1016.
Princess and Frontenac Sts.

Save Your Coal

James Soward's Coal Co.
Phone 155.

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1 No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address THE COOK MEDICINE CO. TORONTO, ONT. (Formerly Windsor)

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The Problem Solved.
Reduce the High Cost of Living.

By Buying Fresh Fish of All Kinds at UNITED GROCERY, 138 Princess Street.

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SALMON COD
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Delivery to All Parts of the City.

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