



Save food

If you cut down your food by one-fifth how can you still obtain the same amount of nourishment as before? The problem looks impossible, but it is not so in fact, for if you get more nourishment from the food you do eat you will solve it.

Take a concrete instance. If there are 5 units of nourishment in bread when you buy it, you expect to get 5 units when you eat it. As a matter of fact you do not get that at all, because a good deal of the nourishment is not absorbed by the body. To take a rough and ready simile, if you put coal on a fire in the evening, and leave the fire overnight, you will find that a good deal of the coal is unburnt in the morning when the fire is out. This is much what happens to food in the body, and the "unburnt" food is wasted.

There is a simple way to reduce this loss, a way tested and approved by the highest scientific authorities. It is to take Bovril.

It has long been an accepted fact, proved by independent scientific investigation, that Bovril has a body-building power equal to from 10 to 20 times the amount taken. This is now confirmed in a very striking way in the following report from the "Medical Times":

"The addition of a small teaspoonful of Bovril to the diet as a peptogenic before meals leads to more thorough digestion and assimilation and thus saves food."

"The diet may be then cut down from 10 to 1 and the body still be adequately nourished."

Extract from the review by the "Medical Times" of the investigations on Food Economy conducted by Dr. J. Campbell, while Food Expert to the Metropolitan Campaign for Food Economy.

Help to save the Nation's food and still keep yourself well fed by taking a cup of Bovril as soup ready meals, or by using a little Bovril in your cooking.

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Task of Mine-Sweepers Is Filled With Perils, But It Has Fascination

THE correspondent of The London Daily Mail, Jack-staff, writing on mine-sweeping and its fascinations and perils, says:

"There is just a hint of Sisyphean labor about mine-sweeping. Throw back your minds to your school books and you will recall that Sisyphus, unhappy wight, had to keep on continuously rolling a stone uphill. Although this job kept Sisyphus so busy that he had no need to go in for 'physical jerks' (fifteen minutes a day immediately after the morning tub; see handbook) in order to keep up his muscle, it did not apparently do anybody else the least bit of good."

"Therein it differed vastly from mine-sweeping, which must be scheduled among the most useful operations of the war. Where a resemblance does come in is in the fact that an area once swept will not stay swept. After the ships have gone over it they must turn back and start again, and so ad infinitum."

"The procedure is something like this: One mine-sweeper in the course of combing over a particular stretch of sea comes across a mine field. With great care they destroy this, rooting up and smashing every 'bulb' that has been planted in it. As soon as they have done so out creeps the wily Hun in a submarine and lays a fresh lot of mines. Sometimes the new field is put down so soon after the previous one has been removed that it seems as if the Hun must have been going along in the wake of our 'sweepers' when he laid it."

"In most cases mine-sweeping falls to the lot of trawlers manned by fishermen or other R.N.E. ratings. Nobody else could do the work quite as well as the men who are inured by long experience to the vagaries of the trawler, which in bad weather displays the virtues of every other type of ship and the virtues of none. At one minute she imitates a submarine just starting to dive, the next she tumbles clumsily over the crest of a wave and brings up in the trough with a thump that makes all her bones rattle."

"At another time she will stand awfully on her heel and after making a curious swinging motion with her bows burrow headlong into an oncoming roller. With wind and sea about her decks are no place for a timid man nor for the queasy stomach, either. Even experienced sailors accustomed to big ships alone go down like very landmen."

"The trawlers carry on their rough and dangerous task in pairs. Between them stretches a long wire hawser, and with this they sweep minutely the area assigned to them. No matter how wildly their craft may be beating about, how cold the weather or how stormy the sea, all hands except the engine-room people must be on deck while the wires are out and at their posts ready for whatever may happen. And plenty does happen. Mines caught in the sweep have to be destroyed as the surest way of rendering them harmless."

"Much else may have to be done, too. Above all, eyes must be kept lifting for periscopes, as there is a chance that at any moment a submarine may start shooting 'tin fish' at the vessel. Or they may perchance bump on a mine. No lookout can

avail against this, though the danger of such a mishap is smaller than it used to be. Nevertheless, the knowledge that a thing like this may happen at any moment does not help to make life more cheery for the crew. Death, in fact, stands by and grins in their faces all the time they are at work. And it is a great tribute to their nerve that they take his grim presence so calmly and 'carry on' with their duty as steadily as if they were free of his grisly company."

"How many tens of thousands of mines the unassuming heroes of this branch of the navy have destroyed during the war probably nobody can say. But it is very certain that were it not for the mine sweepers there would be no safety in home waters for any of our ships, be they men-of-war or trading 'bottoms.'"

Labor in England.
The immediate course of the labor movement in England will be greatly influenced by the Fabians, the intellectual socialists, who have had a subtle and pervasive influence upon the party. Bernard Shaw, George Lansbury, Philip Snowden, Mr. and Mrs. Sydney Webb, and a number of other brilliant minds will go far toward directing the thought of labor leaders, even though unable to convince the country at large.

The great outstanding fact in the British labor movement, however, and the one that should come as a special message to the labor leaders of this country, is the attempt to draw the line, not between wage-earners and other earners, but between all earners, whether of brain or of hand, and the spenders. To the extent that all producers of wealth can be made to see that their interests are opposed to those of non-producers, the way will be prepared for a final settlement of the social and industrial problem.—The Public.

GENERAL CURRIE SPEAKS.
Says Passchendaele Was Canadians' Hardest Job.

Lieut.-General Sir Arthur Currie gave an interesting story to the Paris representative of The Montreal Star in a special interview at the opening of the new year. General Currie said that the corps had had an exceedingly busy year, and since their formation had never been out of the line. The men had had a long series of successes, and that was the biggest factor in keeping up their morale. The situation at Passchendaele was such a critical one that the Commander-in-Chief had to make absolutely sure that it would be taken. Two attempts had already failed, and it had been pronounced impracticable; but the taking of the ridge was absolutely essential to ensure the success of future operations.

It was a great tribute to the Canadians that the Commander-in-Chief had confidence that Canada would be successful in accomplishing this task. They were sent there to do the definite job, and they did it with the knowledge that they would not be left to spend the winter in the Flanders mud. It was by far the hardest job the Canadians had ever tackled. It came on the tail of a battle which meant lack of communications and great, in fact almost insurmountable, difficulties in getting up guns and ammunition. The gunners, laying these down, was carried on pack mules, and trails had to be made for these mules, otherwise they would have sunk up to their heads in mud. The trails were made of brush, wood and plank boardings, all the work of laying these down was carried on under direct observation from the enemy and constant shell-fire. Four miles of double-planking and four miles of light railway were constructed with a total disregard of the danger and the number of casualties which were recognized as the necessary sacrifice which must be made to avoid still greater ones.

"We paid a price," said General Currie, "but it had to be done. We have had a wonderful year—Yimy, Avion, Fresnoy, Lens, Hill 70. The last most successful fighting we ever did from the point of view of the German casualty list as compared to ours, which was only a third of the enemy's. Now the men are resting and enjoying to the full their comfortable billets, and all the arrangements made for their amusement, full of good humor and satisfaction and courage."

Proud of it. A leading politician, apropos of the Luxemburg, Bernstorff, von Igel and other German exposures, said the other day: "Germany seems to approve the unexampled weakness of her sons. She reminds me of the old man at the club."

"An old man sat reading a newspaper in a club while a group of young fellows talked excitedly about the marvelous power for lying possessed by a certain Jack Courtenay. When their talk ceased the old man cleared his throat and said: 'Gentlemen, I have just heard you decide that Jack Courtenay is the biggest liar in Canada. I am his father.'"

"A young man, very red in the face, started to apologize, but the old boy said: 'No, no; don't apologize. It isn't necessary. I merely wanted to say, gentlemen, that if you consider my son Jack the biggest liar in Canada, it's very evident that you have never met my other son.'"

German Out-pigs the Pig.
Having tried a substitute for almost everything, the Germans, we are told, are stopping short of nothing in their attempt to make certain new foods take the place of those made scarce by the war. The latest report says that a sausage dealer in Berlin has been fined \$500 for selling sausage made of macerated rubber, finely ground hair and gelatin. His camouflage product contained no liver, no flesh, and no fat. At that, it was probably as digestible as the real sausage on sale in this country.—Popu.

A colored philosopher says that there is less luck in a rabbit's foot than in a chicken foot—providing the rest of the fowl is attached.

When Where What

Saturday Feb. 23rd Anderson Bros. Kingston Special Sale of Swift's Well-known Quality Products

On above day we will feature a SPECIAL SALE of the well-known Quality Products of Swift Canadian Co., Ltd. Each item listed below is a LEADER in its own line, and the PRICES will appeal to every housewife. At present prices the BEST is CHEAPEST, and SWIFT'S is the BEST.

Premium Ham	Fresh Pork Loins	No. 1 Rolls Cooked Beef Tripe	Sunday Sausage	Jellied Beef Tongue	Froz. R. Grade Lambs
Premium Ham, Skinned	Premium Pork Loins, No. 1	Prem. Ckd. Sk'd. Hams, light and lean	Superior Pork Sausage, S.C.	Jellied Pork Tongue	No. 2 Cow Chucks
Premium Bacon	Fresh Montreal Shoulders light	Prem. Ckd. Skin on, Hams, light and lean	XX Sausage S.C.	Jellied Pork Hocks	No. 2 Cow Short Loins
Premium Clear Backs	Fresh New York Shoulders, light	Fresh Pork Livers	Premium Frankfurts S.C.	Jellied Beef Whole	No. 2 Long Cow Loins
Premium Rib Backs	Fresh Boston Butts	Frozen Beef Hearts	XX Sausage H.C.	Tin Headcheese	Frozen White Fish
Premium Clear Backs in casings	Boneless Shoulder Butts, fresh	Empire Cook'd Skinned Ham, light	Regular Franks, L.C.	Headcheese	Libby's Asparagus Tips
Premium Dried Beef Insides	Empire Picnics Boned, Rolled and Tied	Empire Cook'd Skin on, Ham, light	Empire Franks, S.C.	C. & S. Pickled Pork Feet	Standard Peas
Empire Ham	Fresh Picnics	Baked Shoulder with dressing	Prem. Bologna large	S.L.B. Pure Lard	Early June Peas
Empire Bacon	Fresh Ham	Baked Shoulder without dressing	Regular Bologna, large	Arrow Borax Soap	Pumpkins
Empire Briskets	Fresh Leg Pork	Cooked Shoulders, Gen., lean	Prepared Cooked Specialty	White Laundry Soap	Golden Wax Beans
Empire Clear Backs	Fresh Clear Bellies	Baked Ham with dressing	New England Cooked Specialty	Tomatoes	Fancy Corn
Empire Rib Backs	Fresh Pork Spare Ribs	Baked Ham, without dressing	Ashland Cooked Specialty	Classic Cleanser	Corn
Empire Picnics	Pork Tenderloins	Brookfield Sausage	Prem. Minced Specialty	Class A-5 Royal Rock Chickens	Sliced Simcoe Boots
Empire Rolls	Pork Hocks	Brookfield Sausage	Baked Luncheon Loaf	Class M-4 Fowl	Whole Simcoe Boots
Smoked Cottage Rolls	Beef Tongues, S.C.	Brookfield Sausage	Baked Luncheon Loaf with Cheese	Brookfield Cr'y Butter	Libby's Canned Kraut
Sweet Pickled Ham			Baked Luncheon Loaf with Cheese	Banner Eggs	Acme Canned Salmon
Sweet Pickled Clear Bellies				Large Colored June Cheese, paraffined	Racodale Sliced Beef in glass
				Shop Steers	Contract Cattle

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The man who says he wants but little here below in the first to kick when he is informed that no coal will be handed over to him.
A newly married man gets back to lodge by degrees.

GRAND TRUNK RAILWAY SYSTEM
LOCAL BRANCH TIME TABLE
IN EFFECT JAN. 6TH, 1918.
Trains will leave and arrive at City Depot, Foot of Johnson Street.
Going West:
No. 19 Mail 12:20 a.m. 12:57 a.m.
No. 13 Express 2:55 a.m. 3:35 a.m.
No. 27 Local 9:45 a.m. 10:17 a.m.
No. 1 Intern'l. Lid. 1:41 p.m. 2:12 p.m.
No. 7 Mail 3:09 p.m. 3:40 p.m.
Going East:
No. 18 Mail 1:40 a.m. 2:17 a.m.
No. 16 Express 2:55 a.m. 3:35 a.m.
No. 6 Mail 12:20 p.m. 12:52 p.m.
No. 14 Intern'l. Lid. 7:53 p.m. 1:58 p.m.
No. 28 Local 8:48 p.m. 7:27 p.m.
Now in effect 1/16/18, 19 run daily.
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