

URIC ACID IN MEAT BRINGS RHEUMATISM

Says a Little Salt in Water May Save You From Dread Attack.

Rheumatism is easier to avoid than to cure, states a well-known authority. We are advised to dress warmly, keep the feet dry, avoid exposure, eat less meat, but drink plenty of good water.

Rheumatism is a direct result of eating too much meat and other rich foods that produce uric acid, which is absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and get it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly cold weather the skin pores are closed, thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate the uric acid, which keeps accumulating and circulating through the system, eventually settling in the joints and muscles, causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities. Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia-water drink which helps overcome uric acid and is beneficial to your kidneys as well.

KLIM

Use it regularly in place of fresh milk. IT IS PURE, GENUINE separated milk in powder form. A pound makes four quarts. 35 cents. Reduce your milk bill.

H.C. Merriman

Successor to J. A. BOYD 611 Princess Street Phone 847.

CLOTHING ON EASY TERMS

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

National Breweries

Manufacturers of the Famous

Dow's and Dawes

LIGHT ALE & PORTER

Order a Case from

The Thompson Bottling Co.

Sole Agents

For Kingston District, Tel. 304. 202 Princess St.

RETURNED MEN'S RECORDS

ISSUED BY THE SPECIAL SERVICE HEADQUARTERS.

The Public Are Given Some Interesting Information With Regard to Men Who Receive Their Discharge.

144762, Private C. E. Nicholson, enlisted in July, 1915, in the 77th Battalion in Ottawa, and trained at Rockcliffe camp before going overseas. In England the unit were stationed at Bramshot camp. Here he transferred to the 73rd Royal Highlanders and went to France with the fourth division in August, 1916. He was in action on the Kemmel front, and later at Ypres, and on the Somme. On the latter front he was slightly wounded several times, but did not leave the line, having medical treatment at the dressing station. He was in France six months. He returned to this country last September. Nicholson enlisted before joining the 77th in the original Princess Pats. His home is in Rockland.

112200, Private J. G. Jenkins, enlisted on January 25th, 1916, in the 43rd Battalion in Ottawa. This unit is one of those which comes under the category of railway troops. In England their base is at Purfleet. The 43rd remained there for four weeks before setting out for France. Jenkins was employed in the Ypres sector, and was nine months there. He returned to Canada on the 15th November last. His home is in Ottawa.

15981, Private J. Fairhurst, enlisted on August 2nd, 1915, in the 116th Battalion at Oshawa, and trained at Niagara before going overseas. In England his unit were quartered at Bramshot. Here Fairhurst was drafted to the 2nd Battalion in France, which were then lying at Estrengouh. From there they went into action on the Arras front, and the subsequent fighting up till the Vimy Ridge affair. He was wounded on April 29th and sent to Lakenham Military V.A.D. Hospital at Norwich, Norfolk, and later went to Epsom convalescent. From there he was sent to Orpington Military Hospital in Kent, as blood poisoning had set in in his foot. He was seven months and two weeks in France, returning to Canada on the 6th October last. His home is in Port Hope.

103202, Private N. Ethier, joined the 230th Forestry Battalion on February 17th, 1916, at Hull. He accompanied the unit overseas to England and worked at the camp at Virginia Water. He returned to Canada last November. His home is in Hull.

409668, Private N. B. Maidens, is being discharged from the special service to-day. He does not wish his record to appear however. His maidenly modesty forbids it. 1009064, Pte. J. H. Codd, enlisted on December 3rd, 1915, in Dalton, Manitoba, in the 226th Battalion. He trained at Camp Hughes, until the unit went overseas in the fall of that year. Codd accompanied the unit as far as Halifax, being retained there on garrison duty at Wellington Barracks. He was there during the explosion. Just what happened he wasn't very clear about; at the time he was walking about inside the building, next thing he remembers he was waking up. He found himself lying on the floor of a building minus windows and a roof. He got treatment at the already overcrowded hospital, but could not stay there, owing to lack of accommodation. On his recovery he was sent to No. 3 Special Service. His home is in Ottawa.

40136, Corpl. C. Butler, enlisted on August 4th, 1914, in the 1st Battery, C.F.A., in Ottawa. After training at Valcartier he accompanied the unit to England and was stationed on Salisbury Plain, and later at Devizes in Wiltshire. In February of the following year he went to France, where he was in action at Fleurbaix, Ypres, Festubert, Givenchy and Ploegsteert, where he was wounded on November 26th. He was sent to the American Hospital at Wimereux, in France, and later to England to the Manor House, Folkestone, Yarrow Military Hospital in Broadstairs, and Epsom Convalescent Hospital. He was ten months in France, and returned to Canada on August 1st last. His home is in Preston, Lancashire.

454830, Pte. B. Stevenson, enlisted on July 7th, 1915, in the 59th

KINGSTON JUNIORS WON

DEFEATED DE LA SALLE IN SNAPPY GAME BY 7 TO 4.

In One Of The Best Exhibitions Put On in Kingston This Season—Fast Hockey Played Throughout the Match.

The Toronto team which proved to be one of the best witnessed here this season, Kingston Juniors on Friday night defeated De La Salle team of Toronto, in the third round of the Junior O.H.A. series here to-night by a score of 7 to 4. There was a crowd on hand, including a select party from Toronto, and enthusiasm was at a high pitch.

The Toronto team had the same line-up as in the game with Peterboro. It took the locals one period to get started, but after that they clearly outclassed by both skating ability and stick work as well as team play. Brown and Gratton were exceptionally good. McKelvey was hurt and this weakened the local's defence but Connell took care of this trouble. The first period was a pretty exhibition. Both teams worked hard, the local squad taking the offensive, and although on several occasions they had the puck around the Toronto team's goal, they could not get "the breaks." The Irish squad pushed them back every time. Cain had the honor of putting in the one tally of the stanza for the visitors, and this he managed to get through on a long shot from centre ice. He pulled this trick off during the early stage, and from that time on it was nip and tuck with the two teams, and the first period ended 1-0 with the fans declaring that they were sure in for some game. Both teams showed the pep that made it most interesting for the spectators.

The Kingston youngsters continued their drive in the second period and showed what continued effort could do, but their opponents also kept up hockey of a stellar variety and honors were divided. The play was fast, Kingston drawing first blood when Elmer found the nets after some nice combination work.

The Toronto bunch were playing like a machine at this stage and made the next two scores, Green and Dye taking the honors. The locals then got warmed up and the better of the argument for the rest of the period, chalking up three more, ending the second period 4 to 3 for Kingston. Of the local's four goals, Elmer and Brown scored two each. McKelvey got hurt in a clash near the end of this period and had to be carried off. Dye was injured in the third period when he was pushed up against the side. He has been suffering from a bad leg this season and it was hurt as a result of this mixup. He may not be able to play again.

The game was delayed some time at one stage when the ralling on one side of the rink gave way and a number of spectators tumbled out on the ice. Luckily, no person was badly injured.

There were very few penalties. Gratton decorated the boards a couple of times for the locals, while Green and Travers for the visitors were given a rest. Gratton played check-up for the game for the locals. In the second period, Connell the local goal tender, had a very busy session, as he had a dozen or so dangerous shots to ward off. Brown, the Kingston right-winger, was probably the best player on the ice. Vair was severely criticised and blamed by the fans for allowing Dye's continual lagging.

The return match in Toronto Wednesday night should prove a battle royal.

Following is the line-up and the summary:

De La Salle—Goal, Koster; right defence, Cain; left defence, Spring; centre, Green; right wing, Dye; left wing, Travers; substitute, Ingolby.

Kingston—Goal, Connell; right defence, McKelvey; left defence, McLaughlin; centre, Gratton; right wing, Brown; left wing, Elmer; substitute, Spoor.

Referee—"Steve" Vair, Toronto.

First Period: 1—De La Salle, Cain . . . . . 7.50

Second Period: 2—Kingston, Elmer . . . . . 2.10 3—De La Salle, Green . . . . . 7.50 4—De La Salle, Dye . . . . . 8.10 5—Kingston, Brown . . . . . 8.20 6—Kingston, Brown . . . . . 9.15 7—Kingston, Elmer . . . . . 10.10

Third Period: 8—Kingston, Gratton . . . . . 2.10 9—De La Salle, Dye . . . . . 11.20 10—Kingston, Elmer . . . . . 12.30 11—Kingston, Gratton . . . . . 14.40

STOLE FROM POOR BOX.

And Will Spend a Term in the Portsmouth Penitentiary.

Arthur Dubois, of a Montreal battalion, pleaded guilty at Ottawa to stealing ninety-five cents from the poor box in St. Francois D'Assise church at Hintonburg on Wednesday last, and was sentenced to Portsmouth penitentiary for two years, less one day.

Great Clearing Sale.

Prevent 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.

To Reside in Kingston.

The auction sale at the home of W. J. Franklin, Joyceville, held on Wednesday, of stock and implements, brought \$9,452.25. Mr. and Mrs. Franklin are taking up residence at 223 Alfred street.

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OUR STORE WILL BE CLOSED MONDAY

\$2.95

Ladies' Kid and Gun Metal Calf Button Boots with cloth tops. Sizes 3 to 6. Regular \$4.00; clearing

\$2.95

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.

Get your chocolates here. We have a fresh stock of Beaumont—an exceptionally good line—and Neilson's—enough said. Also a supply of Saturday Specials at 30c a lb.

Prouse's Drug Store.

Talking Machines

All makes of talking machines cleaned, repaired, adjusted. Parts for all machines supplied. Expert workmanship. Prices reasonable.

JOHN M. PATRICK

140 Sydenham Street.

Our Big February Furniture Sale BEDDING—Cold Blast Odorless Pillows, 6 lbs. pair—Only \$3.50. MATTRESSES—All Wool, built in layers, assorted ticks—Only \$10.00. Hercules Woven Wire Springs, cable edges, best grade, No. 91—\$4.50. Brass Bedsteads in Velvet, ribbon finish, two inch post, in all sizes, \$18.00. REID'S QUALITY—REID'S LOW PRICES.

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Government Standard Flour

Made by Kingston Milling Co. Limited

Is Eminently Satisfactory To All Users. HUNGARIAN—For Bread. WHITE ROSE—For Bread and Cake. CROWN—Winter Wheat Pastry. For Sale by All Dealers.

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MARY GARDEN

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The Northern Life Assurance Company of Canada

Has found 1917 to be a year of SPLENDID PROGRESS As the following figures show

Table with 3 columns: Description, 1917, 1912. Rows include Assets at 31st December, Income for year, Surplus, 31st December, Policies issued and Revived, Insurance in force 31st December, Policy Reserves, 31st December, Paid to Policyholders.

The Company is extending its organization, and is prepared to offer advantageous terms to competent producers. A copy of the last Annual Report will be mailed on request.

Head Office: LONDON, ONTARIO

OUR BEST

Advertisement comes from our hundreds of satisfied patrons. "ASK ONE" and "YOU" will come to us for your EYE GLASSES.

We examine your eyes and make your glasses.

J. J. Stewart, Opt. D.

Opposite Post Office, Clarence and Wellington Sts. "Maker of the Better Glasses." Kingston.

Notice!

In the babel of doubt, discussion and dissension which has resulted from the ruling of the Fuel Administration, this old established grocery wishes to announce its position to its hundreds of friends and patrons in a clear, unflinching voice: Whatever the Government or Mr. H. C. Nickle decides is necessary to do to help the common cause, we shall do cheerfully.

The order to close Monday is accepted in the same spirit and although a food store we will be closed ALL Monday.

Crawford's Grocery, "Good Things to Eat" Phone 26