

Four Good Lessons to Remember

First—Once your kidneys are affected, chronic complaints are sure to follow—if you don't remove the cause immediately.

Second—You can't neglect kidney or bladder derangements and stay healthy. Putting off will never cure. You must assist Nature.

Third—The symptoms of kidney or bladder trouble—the commonest symptoms—are: Pains in the back and sides, swollen joints, painful urination, brick dust deposits, and constant headaches or dizziness.

Fourth—The sure and safe remedy for all afflictions caused by weak or deranged kidneys is Gin Pills.

Gin Pills have been the means of restoring thousands of chronic sufferers to health and strength again. If you suffer from kidney or bladder troubles—use Gin Pills. They seldom fail to bring relief.

Read what Gin Pills did for Mr. James Stackhouse, of Toronto. Mr. Stackhouse became convinced that he was in for an attack of kidney trouble. Although subjected to X-ray treatment, the cause could not be located. Finally he was forced to leave his work and go to a hospital. His place was filled by another, as he never expected to go to work again.

Five boxes of Gin Pills put him on his feet again, and to-day he is physically fit again and ready for work.

Sold everywhere for 50c a box. A free sample on request by writing to:

The National Drug & Chemical Co. of Canada, Limited, Toronto, Ontario. U. S. residents should address Na-Drugs Co., Inc., 202 Main St., Buffalo, N.Y.

THANKSGIVING.

For great ships overseas,
For great wings overhead,
For living men at war,
For our great dead.

For faith in days to come,
For standards of old years,
For boyish, brave-heart laughter,
For hidden tears.

For hearts that, sorrow-weighted,
Feel lift them up to say,
"Go, son—my lover, go,
And speed the day."

For that great past of ours
Which built this deed at last,
For these great years, to be
Our children's past.

For strength to see the right,
For strength to draw the sword,
For Thy great gift of giving,
We thank Thee, Lord!

Margaret Widdemer, in November Good Housekeeping.

The women of the Milford Institute intend to furnish a ward in the new hospital in Picton in memory of the boys of the township of South Marysburgh who make the supreme sacrifice. The amount required will be about \$200. Their plan is to canvass the township giving every person a chance to subscribe.

A spinster's ideal man is one who will say the word.

Took Severe Cold

ON HIS LUNGS
COUGHED PHLEGM and BLOOD

On the first appearance of a cold or cold, do not neglect it, but get rid of it at once before it has a chance to grow worse, and gets settled on the lungs, causing bronchitis, pneumonia and other serious lung troubles.

Dr. Wood's Norway Pine Syrup will cure the cough or cold on its first inception and perhaps save you years of suffering.

Mr. C. F. Stratyckuk, Canora, Sask., writes: "Last winter I took a most severe cold on my lungs and was coughing up phlegm and blood most of the time. I had the cough for over two months, and took a great deal of different medicines, but found no relief from them. At last a friend advised me to take Dr. Wood's Norway Pine Syrup, which I did, and it gave me great relief in a very short time, and to-day I am enjoying good health again."

The marvelous results that Dr. Wood's Norway Pine Syrup has achieved in its cures of coughs, and colds has caused many so-called "pine" preparations to be put on the market, which do not contain any pine whatever. See that you get the genuine when you ask for it.

Put up in a yellow wrapper; three pine trees the trade mark; price 25c and 50c. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

DR. DEVAN'S FRENCH PILLS A regulating pill for women. 25c a box or three for 75c. Sold at all Drug Stores, or mailed to any address on receipt of price. THE SCARBOROUGH DRUG CO., St. Catharines, Ontario.

PHOSPHONOL FOR MEN. Restores Vitality; for Nerve and Brain; increases "grey matter"; is Tonic—will build you up. 25c a box, or two for 45c. At drug stores, or by mail on receipt of price. THE SCARBOROUGH DRUG CO., St. Catharines, Ontario.

"Sold at Mahood's Drug Store."

Relieves CATARRH of the BLADDER and all Discharges in 24 HOURS

SANTAL MIDY

Each capsule bears the name of MIDY.

SPECIAL SALE OF TEA AND RAISINS

3 lbs. Raisins for .25c
3 lbs. Green Tea . \$1.00
Belleville Cider.

At The **Bon Marche Grocery**

Cor. King and Earl Sts.
Phone 1383.
Ottawa Food Board License No. 8-27-48.

HEARD ON THE SIDE

Citizens are still talking about the big peace celebration, and there is no doubt but what they will continue to talk about it for many a day. They certainly will never forget the scenes of that memorable day.

The Whig has been complimented on all sides for the splendid edition of Monday, which contained all the news from overseas and the "write-up" of the local doings. The Whig at all times endeavors to give its readers the very best possible service, even if the staff has to work night and day. Monday's news certainly called for extra effort.

Signs on the street say, "Lend your money." The Portsmouth philosopher, while celebrating the great news struck out the "L" in lend, and left it "end"—meaning the end of the war, but not the end of the Victory Loan campaign. Buy Victory bonds to-day.

It is indeed funny what you hear sometimes while going the rounds of the city. A Whig representative going through the market on Saturday last heard a farmer calling down a lady because she was offering him a half dozen or so coppers in payment for some produce.

"What's that you are giving me," said the farmer, who appeared to be annoyed at the thought of getting a lot of coppers, whereupon the market lady walked away and refused to make the purchase. She did just what any sensible lady would do. What difference did it make to the farmer how he was paid, so long as he got his money? Some people are ready to kick at anything.

There has been too much dangerous speeding of autos on the streets again, and another campaign on the part of the police is now the order of the day. There was much dangerous speeding on Monday, but it was overlooked on account of the great war news, and the celebration, but there are some cases on tap for other days when the speed laws are alleged to have been violated.

Hats off to the Chinamen in Kingston. The Victory Loan committee reports that every Chinaman in the city has subscribed to the Victory loan. Chinese restaurants should be more popular than ever now.

Now the war is over, the housewives will be looking for lower prices on the market. The reconstruction, according to their view, calls for some consideration of the price of foodstuffs.

Citizens are still asking the question, "What will be done with the Kaiser?" A really new suggestion has yet to be put forth. If an old saying is true, the Kaiser's ears must be burning all right. Everyone would like the chance of making it real hot for him.

The police records show that the celebration on Monday was a strictly sober one, but everyone was in good spirits just the same. Old John Barelycorn was conspicuous by his absence in this celebration. There were days when he took a prominent part in all the "doings."

The peace news on Monday morning had Ald. Newman's daylight-saving scheme beaten a mile. Even the alarm clocks had to take a back seat on this occasion.

Local merchants and industries are being praised for the splendid Victory Loan advertisements they published in the newspapers. They were certainly most appealing, and are bringing forth good fruit. There's nothing like printer's ink to make a thing boom.

With the epidemic and the war celebration calling off their studies, the "kiddies" are wondering what will happen next to give them a holiday, but they will have to get down to hard work in order to make up for lost time.

Some Kingston girls, so enthused were they over the news of peace, that they stole a number of flags off automobiles and house decorations. Stealing is stealing, no matter under what circumstances.

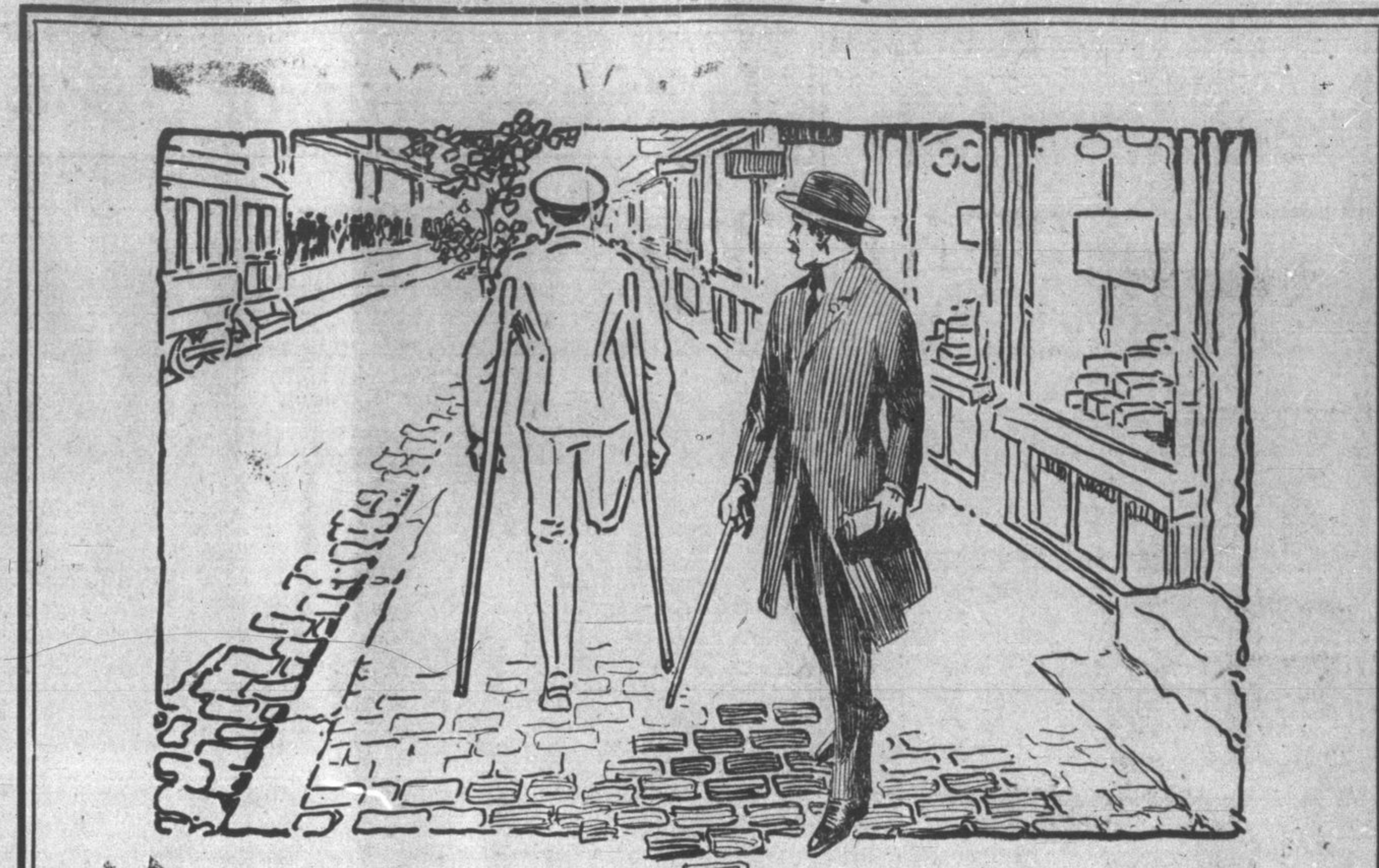
Some good citizens are puzzling their brains to know how the newspapers will be able to publish now the war is over. They should not worry, for there is always something interesting for the newspapers to give the readers. The great trouble with newspapers is finding space for all the news of the day.

This is in brief how the people of Portsmouth heard the peace news on Monday morning. A friend in Kingston told "Jack" Kennedy over the telephone. "Jack" then tolled the bell in the Church of the Good Thief, the caretaker then tolled the bell on the school campus. These two bells aroused the night engineers at Rockwood and Mowat hospitals, and they did their "bit" by blowing their whistles and by this time the entire population of the village was awakened.

PEACE CELEBRATOR KILLED.

Former Reeve of Morris Township Met Death Under Car. Blyth, Ont., Nov. 14.—N. A. Taylor, former reeve of Morris Township, was instantly killed while returning to his home from a peace celebration through his car turning turtle. He was fifty years of age and leaves a widow and daughter.

Four Austrians Jailed. Brockville, Nov. 14.—Four Austrians hailing from Galt, were each fined \$200 and costs in the police court here for a violation of the Ontario Temperance Act. In default the quartette went to jail for three months. They were caught on a Grand Trunk train returning from Montreal with 20 gallons of alcohol in their possession. The inspectors who made the arrest had information that the men had been bootlegging on an extensive scale.



"I wonder what he thinks of me?"

Another wounded soldier!

Never have I noticed so many on the Streets as there seems to be to-day.

I wonder why that chap gave me such a searching look? If he thinks I am a slacker he's wrong. I'm not able to fight; but I have done my duty. Here's my honor-button on my coat to prove it.

I've bought ten Victory Bonds—put nearly all my savings into them. Not quite all—that hundred I have left must be kept to buy Christmas presents.

Christmas Presents!

I wonder if this would be the best way to spend that money

Let's see; I could take that hundred dollars and pay it as a deposit on four \$100 bonds—then pay the other \$300 in instalments.

But that would leave me nothing to buy Christmas presents.

I have it!

This year I'll give Victory Bonds as presents.

But would the wife like that? Would she like a Bond as well as the gift I was going to buy her?

Why she'd rather have a Bond, if she knew it might save one poor boy from being crippled like that lad there.

And the three children, every one of them has been at me to buy a bond.

I could pay the other \$300 in instalments—by being a little more careful of my expenditures. And the wife will gladly help.

I'll do it.

I'll take that hundred dollars to buy four more bonds. I wonder why I didn't think of that way before.

Let every Canadian do some serious thinking along these lines to-day.

You have only three days left to set yourself right with the boys who fought and toiled, suffered and died—for you.

To-day may be the biggest day in your life.

You've never known a day that compares with it in opportunity to serve your country, for this loan must be overscribed.

Canada must show both friend and foe that she is in this fight to win.

Buy VICTORY BONDS

Issued by Canada's Victory Loan Committee, in co-operation with the Minister of Finance of the Dominion of Canada.

Can't sleep! Can't eat! Can't even digest what little you do eat!

One or two doses

ARMY & NAVY DYSPEPSIA TABLETS

will make you feel ten years younger. Best known remedy for Constipation, Sour Stomach and Dyspepsia.

25 cents a package at all Druggists, or sent to any address postpaid, by the

U. S. ARMY & NAVY TABLET CO., 260 West Broadway, N.Y.

Insist on Getting CHARM TEA

In Packages Only
Black, Green, Mixed. At all Grocers.

Some men are born lucky and some men are lucky to have been born at all. It is foolish for a man to boast of being boss in his own house when his wife is present. The phrase "single blessedness" was coined by some anonymous old bachelor. Any girl would gladly give up a chaperon for the privilege of calling some chap her own.