

Let a "For Sale" Classified Ad Help You Solve the Problem

Man-power for the industries is at a premium—for the Great Cause of National Service in a crisis of human history calls to our workers, both for duty in the battle lines and for duty in the home armies of production.

Neither the man-power nor the raw materials may be spared for the manufacture of things that are not essential. Factory production has, in many instances, been largely turned to the needs of the fighting forces.

Yet the business of the nation must go on. We must continue to do business, to make and to sell commodities, to develop trade.

Do you own something of value which you are not using? Perhaps it is some article of machinery, out of use because supplanted by something else; or an article of office equipment, no longer used; or an automobile for which you have less need now than formerly; or articles of furniture.

Your problem is to sell your unused things, thus at once supplying the need of somebody else and "turning in money" that which is worth money, yet is of little actual, present use to you.

A "For Sale" ad in the classified columns will find your buyer. And, in finding your buyer, you will "do your bit" in seeing to it that there is no waste of materials or of labor due to idle machinery, unused appliances or furniture. For "things," as well as people, must be kept employed usefully!

THOMAS COPLEY
Telephone 987.



Wood's Phosphodine
The Great English Remedy
Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain weakness, loss of energy, palpitation of the heart, indigestion, etc. Sold by all druggists or mailed in plain package on receipt of price. **WOOD'S MEDICINE CO., TORONTO, ONT., CANADA.**

Wanting anything done in the carpentry line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. 58, 10 Queen Street.

HOOD'S

Big Cuts In Prices of All Kinds of Meats
BEEF—Round Steak, 25c; Sirloin Steak, 28c; Chuck Roasts, 22c, 25c; Stew Meat, 15c, 20c.
PORK—Shoulder Piece, 20c; Shoulder Sliced, 32c; Fresh Hams, 35c.

Corner of Earl and Barrie Sts.
Phone 407—Prompt Delivery
License Number 9-5624

Special Prices

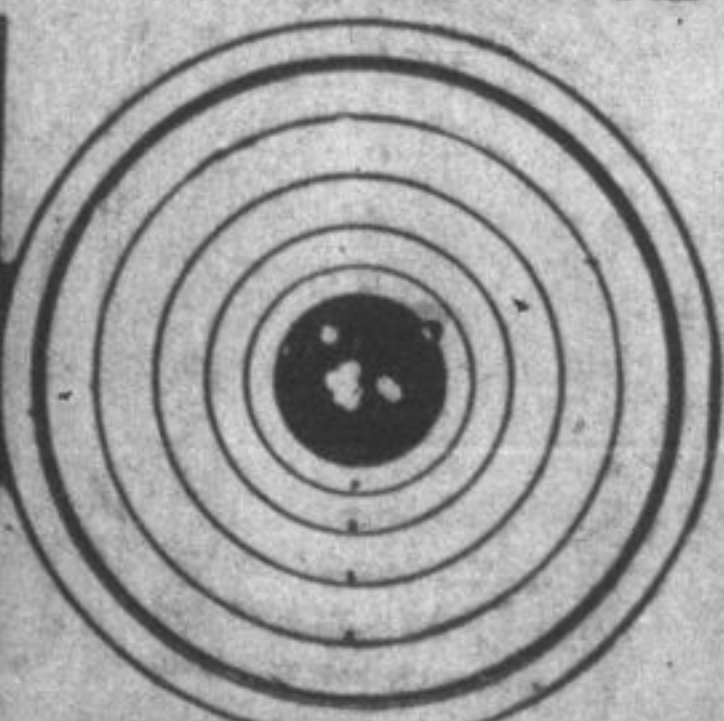


NEW PERFECTION OIL HEATERS
Safe, Durable and Economical

Regular Price \$6.00
Special Price 5.60

McKELVEY & BIRCH, LTD.
69-71 Brock Street. :: Phone 237-2060
Kingston, Ont.

JAMES BOA BREAKS REVOLVER RECORD

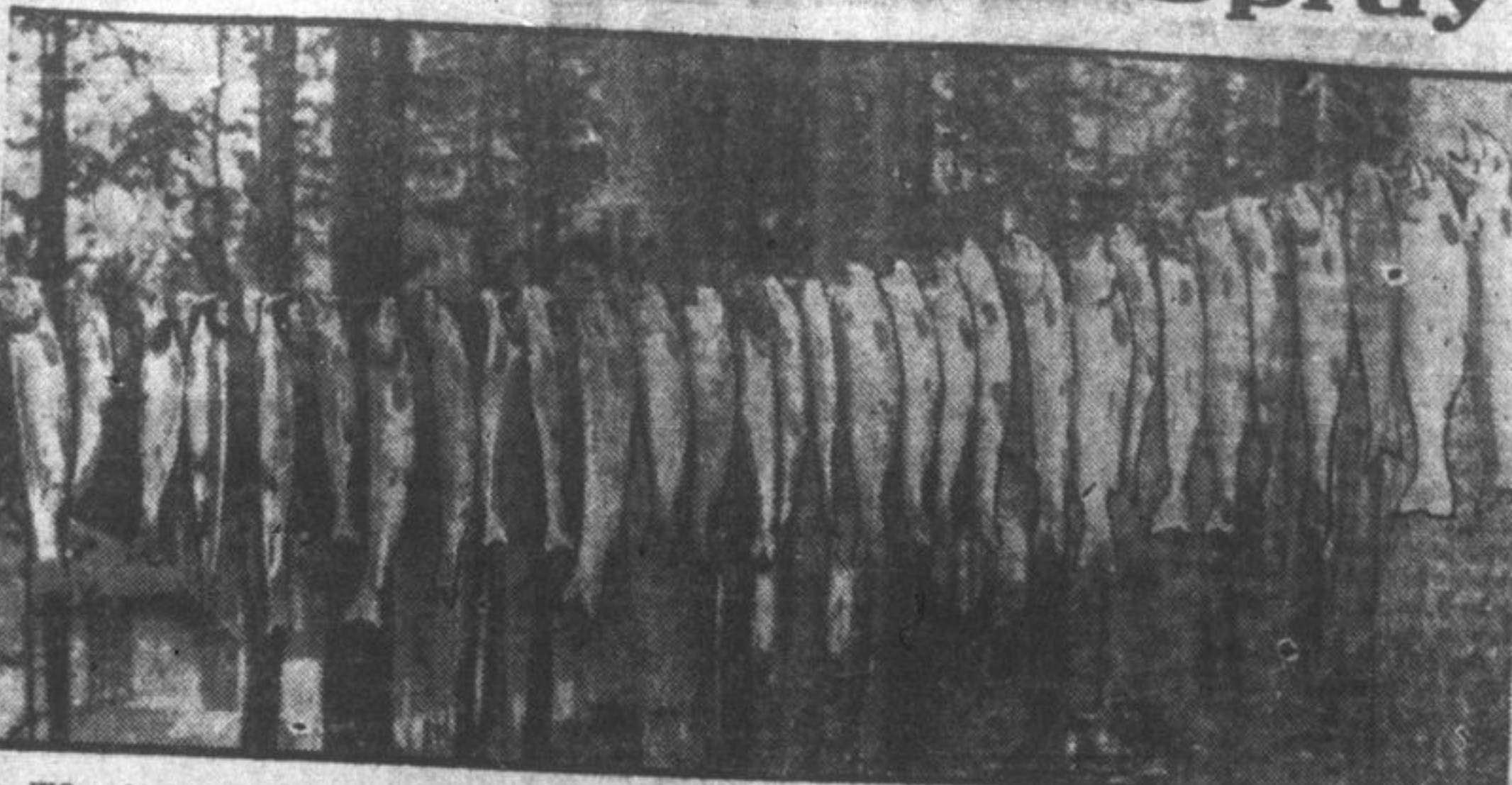


In the first of a series of matches between our rivals, The Toronto Revolver Club and a picked team of experts from the M.A.A. Revolver Club, James Boa, a member of the latter team, made the remarkable ten shot score of 97, breaking the previous club ten shot indoor record, which had stood at 95 since 1907.

What makes this record remarkable is that it was shot under the strain of a team match, and Mr. Boa is to be congratulated on his remarkable nerve control and great skill with the revolver.

The previous 10 shot indoor record was made by K. D. Young in 1907, and has been equalled on two occasions by F. Dumfries and E. G. Brewer. Mr. Boa has set a standard that will be very hard to duplicate; he is receiving congratulations from all his friends.

Big Trout in the Spray



TWO and three-quarter dozen fighting fish, speckled and gleaming from the ice-cold waters of the Spray River, near Banff, and none were eight ounces in weight. They were heavy on the line when they first took the hook and surged and charged and sulked and grew maddened to be landed, and they grew maddened heavier by the time they had all been caught and then carried four miles back to the buggy which we had left by the falls where the first fish on the string had lain beneath the great rocks that scored the green eddies of the roaring river, and would only come forth when drawn by stout silk and trusty gut.

And the whole trip was not a long one, as fishing goes. We tied our horse at the next bridge below the falls and left him placidly munching oats while we crossed the river and took to the precariously narrow pack-trail that twisted and climbed and dropped and went higher across and around the great lower ramparts of Mount Rundle. We dallied at the mising eddy and drew forth three fish. We climbed three hundred feet in a half-mile walk and paused at the entrance of a steep, smooth gully of granite which led to a tremendous pool of crystal water past which the foam-flecked current dashed. In its thousand feet of length the gully would take from us the altitudinous advantage of our climb, but we slid down to the tempting water, trusting to good luck and strong spikes to get us back to the trail.

A Black Ant and a Common Coachman hit the water simultaneously. A Nipigon trout, the product of transplanted roe, slid up from the bottom of eleven feet of water like a streak of silvery steel and struck the Ant with a vigorous anxiety that brought a shiver to the angler and angry resistance from the fish. A hungry cut-throat sliced a path from his sheltering boulder and 'stunned the coachman in the bone of his upper jaw, thus pleasing another fisherman who checked his whirling reel and watched the bending rod with gleeful care.

If you know how the fish lie in the Banff Park you need lose little time in vain casting. The game waits at sheltered behind rocks; or it conceals itself behind some protective stone that juts into swift water from

the bank and there, in the restful eddy waits and watches the current dashing past, ready to dash out on any delicate morsel of food that is brought along with the flood. So needs only fish the pools and the shoulders, and if there is not a strike after a dozen casts it is good judgment to move on for the fish have moved on.

We followed these directions and fished quite a stretch of beautiful river. We had left our horse at noon, we were at the first lumber camp at two o'clock, and we had fished the big holes in the canyon by three o'clock. At that time, morally certain that we had better quit fishing in self-respect because we had caught an honest day's string we counted the prizes, and found thirty-three spotted beauties. So hungry and tired and fully content we walked back the broad highway on the west side of the river and rejoined our steed four miles away. Then, in another hour, we sat in the great dining room of the C. P. R. hotel and ate enormously of delicious trout, fresh from the chef's hot skillet. The only experience that can equal a fishing trip is another one.—L. V. K.

Facts About Spanish "Flu"

SPANISH influenza has become so prevalent in the United States that some military camps have been closed to visitors in an effort to check its spread. It is also common in Canada, but fortunately in both countries it is not virulent enough to be an immediate cause of death, except in very rare instances. It is chiefly to be dreaded because it weakens the resisting power of the body and permits deadly organisms to overpower the citadel. Pneumonia, for example, often follows influenza, and it is to be guarded against rather on account of what it may lead to than for the disorder or illness its causes in itself. In districts where there is that overcrowding of the population due to poverty, influenza may prove a veritable scourge, but this, too, is partly explained by the ill-nourished condition of those whom it claims as victims.

Influenza is often spoken of as a new malady, as though it were a triumph of the twentieth century like the airplane and the phonograph, but the truth is that it is probably as old as written history, and was accurately described by medical authors some hundreds of years ago. It is contemporaneous with colds, and it is difficult to say when the cold and the influenza begins, for, roughly speaking, the one may be considered merely a perverse or serious development of the other. The idea that influenza is modern is due to the fact that it is only noted when appears in epidemic form, when everybody is more or less suffering, either from the malady itself or from its manifestations in others. Most of us can remember when we first heard of the Russian influenza, and probably have retained the notion that it was a germ from Russia. Similarly the idea that the Spanish influenza is a Spanish production is as wide as it is unwarranted.

We call it Spanish influenza as we called it Russian influenza before, and Egyptian influenza at another time for no other reason than that epidemics of violent colds had been reported from Spain, Russia or Egypt before they were noted in this country, but they were developed in Canada by Canadian conditions of weather. Just as they were independently developed in Europe and Asia and Africa. The words la grippe are merely the French equivalent for influenza, and our general practice seems to be to call the moderate cold when it occasions only moderate inconvenience, grippe when it means a week in bed and influenza when the malady is general. The word influenza appears to be of Italian origin, and was no doubt fastened on the disease in the belief that its appearance was influenced by its appearance which would in itself indicate a rather respectable antiquity for it. No doubt certain seasons are more likely to produce a general outbreak of severe colds, grippe or influenza than others, and abrupt variations in temperature, and especially wet weather, are the favored conditions.

Dr. Alvah Hunt Doty, for sixteen years health officer of the port of New York, and an expert on quarantine sanitation, says, in the New York Tribune, that the means to be taken to avoid Spanish influenza are precisely the means that should be taken to avoid catching cold. Nothing acts more quickly as a contributing cause than cold, wet feet, and a large percentage of those who suffer from colds of any kind give a definite history of undue exposure. It is not to be supposed that the germs of influenza are created by the cold, but merely that the resisting power of

Why Hair Falls Out

Dandruff causes a feverish irritation of the scalp, the hair roots are loosened and then the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of Dandruin at any drug store for a few cents, pour a little in your hand and rub several applications of it over the scalp. The hair stops coming out.

It is true, of course, that many people whose health is not robust are liable to escape influenza and other ills if they were not brought into contact with people suffering from them. The germ of influenza is spread usually by victims coughing or sneezing in a loud and abandoned manner and thus spraying the surrounding atmosphere with minute particles containing germs. It might well be that the cougher or sneezer is unaware of the risk to which he is subjecting those near him, for he might be in sound health himself and yet well qualified to infect others. In fact, if only the sick could infect others they would soon be little sickness in the world. The truth is that the whole are just as likely to be carriers of various diseases as those whose health is undermined by them. They recklessly expose themselves to all sorts of infection, and because they themselves never suffer as a result, come to the conclusion that it is impossible for them to be a source of danger to others. But, from whatever source the infection may come, the best way to avoid it is to keep the general health of the body good and let the benevolent white corpuscles in the blood worry about the rest.

Pity the Farmer!

The distressful condition of the Ontario farmer is indicated in the fact (vouchsafed for by the district paper) that the value of farmers' automobiles parked during a recent garden festa in the village of Brownville exceeded a quarter of a million dollars.

Little Po-cep.

Robt. Sanderson, a farmer of the Moncton district, N.B., has lost twenty odd sheep from his flock during the past six weeks and no explanation can be found for their disappearance.

The Orange.

The orange was originally a pear-shaped fruit, but not much larger than a cherry, and it is said that its evolution is due to twelve centuries of cultivation.

One Benefit.

First Soldier (to wounded comrade)—Both arms wounded, eh? Gee, you have a cinch! You won't have to bother saluting any more uppish officers for a long time.

The Arrprior fire brigade, composed of 26 men, this week tendered their resignation as a body to the town council and the resignation has been accepted for Nov. 30th.

GET RID OF HUMORS AND AVOID DISEASE

Humors in the blood cause internal derangements that affect the whole system, as well as pimples, boils and other eruptions. They affect all the organs and functions, membranes and tissues, and are directly responsible for the readiness with which some people contract disease.

For forty years Hood's Sarsaparilla has been more successful than any other medicine in expelling humors and removing their inward and outward effects. It is distinguished for its thoroughness in purifying the blood, which it enriches and invigorates. No other medicine acts like it, for no other medicine is like it.

Get Hood's Sarsaparilla today. Insist on having Hood's.

Citizens' Candidate For Mayor

In response to the request of a large number of citizens I offer myself as a candidate for Mayor for 1919. My record for the past six years as an Alderman is well known and if it merits approval I will be thankful to receive your vote and influence.

Alderman N. E. O'CONNOR



Wise Ones Do It
Consult us about the care of your battery for the winter.

WILLARD SERVICE STATION
19 Brock Street.

CHILDREN'S FURNITURE FOR XMAS.

Kiddie Koops, Iron Cribs, Carriages, Rockers, Dolls' Carriages, Toy Sets, Baby Walkers.



Largest stock and lowest prices.

R. J. Reid

Phone 577

Leading Undertaker

THE ADVENTURES OF THE "AVERAGE" FAMILY

Chapter V.—Thursday

DURING the course of the forenoon on Thursday Mr. Caller fixed; they would round up the "bunch" and arrange an impromptu "hop" for that night in the "Average" home. When Billy heard of it at lunch he hurried through his meal and rushed down town, stopping off at LINDSAY'S on the way to his work. As he was in a hurry he asked for the manager of the Phonograph department, and said:—"We're having a little 'hop' up at the house to-night, and we've only got one or two dance Records. I'm in a hurry, and I haven't the time to select any, but I want 6 or 8 good selections. Will you pick out 4 good dance Records—Fox Tots, One-Steps, and Waltzes—and send them up this afternoon? I'll pay for them now." "Sure," was the answer, "we'll have them up there by 3.30." As soon as the "bunch" turned up that night the fun commenced. "The beauty about this 'hop' to-night," said Alice Goodneighbor, "is that I can dance, too. Usually my job is to sit at the piano all evening and supply the music." Everybody danced. Even Mr. Average insisted in having a waltz with Mrs. Average—they hadn't danced once in the last ten years.



That Thursday night "hop" in the "Average" home was but the beginning of a winter's round of fun.

There is absolutely nothing that will bring so much consolation, recreation, and merriment into the average home as a Sonora or a Grafonola. Come to LINDSAY'S to-morrow and select yours. Easy terms of payments can be arranged. SONORAS FROM \$42.50 UP. COLUMBIA GRAFONOLAS FROM \$80.00 UP.

Ask to hear Record A6077

C. W. LINDSAY, Limited

121 PRINCESS STREET
MONTREAL, OTTAWA, QUEBEC, BROCKVILLE, BELLEVILLE AND THREE RIVERS.