

**Harmless Means  
Of Reducing Fat**

Many fat people fear ordinary means for reducing their weight. Here is an extraordinary method. Extraordinary because it is perfectly harmless no dieting or exercise are necessary. Marmola Prescription Tablets are made exactly in accordance with the famous Marmola Prescription. A reduction of two, three or four pounds a week, is the rule. Procure them from any druggist or if you prefer send 75 cents to the Marmola Co., 864 Woodward Ave., Detroit, Mich. for a large case.

**THOMAS COPLEY**  
Telephone 987.

Waiting 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. Shop 10 Queen street.

**Wood's Phosphorine.**  
The Great English Remedy Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, depression, loss of energy, palpitation of the heart, falling memory. Price 21 per box, six for 85. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New simplified method free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Widan.)

**TWO WINNERS  
Buy Victory Bonds**

To Keep the Huns Out.

**Then Buy Metal  
Weather Strips**  
To Keep the Wind and Snow Out.

**J. R. C. Dobbs & Co.**  
Tel. 819 41 Clarence St.

**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, 30c; Shoulder Sliced, 32c; Fresh Hams, 35c.

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

**FALL SUITS \$22 to \$38.00**

**Fall OVERCOATS \$18 to \$30**

Just received from England, Officers' Trench Coats, oiled, silk lining and removable wool lining.

**John Tweddell**

Civil and Military Tailor 181 Princess Street

**Willard**

**Wise Ones Do It**

Consult us about the care of your battery for the winter.

**WILLARD SERVICE STATION**  
19 Brock Street.

**Stove Pipes**

These Pipes are made from Heavy Canada Plate They are Highly Polished and Oiled to prevent Rusting

OUR PRICE

**23c. Per Length**

**McKELVEY & BIRCH, LTD.**

69-71 Brock Street. Phone 237-2060

Kingston, Ont.

**GANANOQUE**

(From Our Own Correspondent.)  
Nov. 29.—Pte. William Gregory, who enlisted and went overseas early in the war, returned to Gananoque this week.

The reflection of a big fire to the south of this town in the direction of Clayton could be plainly seen on Wednesday evening.

Rev. and Mrs. W. S. Lennon, Mrs. A. H. Mabee, Mrs. B. O. Britton and Mrs. C. H. Hurd motored to Kingston to represent the W.M.S. of Grace church at the district convention in Princess street church yesterday.

Miss Muriel Britton, King street, is spending a short time in Brockville, guest of her brother-in-law and sister, Rev. Canon and Mrs. H. H. Bedford Jones.

Mr. and Mrs. Thomas Driscoll, who recently removed from Howe Island to the farm formerly owned by George S. Cowan on the front road, opened up their new home to their friends and relatives for a dance on Wednesday.

Mrs. George Gilles, of Clover Bar, Alta., is spending a short time in town the guest of her brother and sister-in-law, Dr. and Mrs. H. A. Parker, Church street.

Andrew J. Sword, who has been located for some time past in Kingston, spent a short time this week with his wife and family, Charles street.

Mrs. William Lewis, spending the past few weeks in town with her mother, Mrs. J. J. Moore, Charles street, left for her home in Montreal on Wednesday.

**CASTORIA**

For Infants and Children

In Use For Over 30 Years

Always bears the Signature of *Chas. H. Hitchcock*

**EXPLAINING MISCONCEPTIONS  
REGARDING VOCATIONAL  
TRAINING.**

(Continued from Page 1.)  
citizens, only three hundred refused the opportunity offered them.

In the United States also there seems to exist a great misconception of the work of the civil re-establishment and re-education department, and that department, like the Canadian one, is often besieged with inquiries. In an issue of the Vocational Summary, there appears an answer under the heading of "Clearing Up a Point." It explains exactly the same situation as that which confronts the Canadian authorities. It says:

"There appears to exist in the minds of many people a total misconception of what vocational education really is, as applied to disabled soldiers and sailors. The federal board for vocational education, which is charged with the duty of re-educating the injured men, is constantly receiving communications from people who have this, that or the other supposed art or craft which is offered as being just the thing to teach the poor, dear, wounded soldiers. These suggestions run all the way from making artefact out of sealing wax, making paper flowers, and gilding pine cones, to constructing alleged ornaments out of putty. The authorities do not intend to teach any such rubbish. The education to be given will, in the main, be in highly specialized occupations, which are good paying, recognized and many callings, which have a definite, useful place in the business world and a steady demand for such work or the products thereof."

The difficulty appears to be that many of these well intentioned advocates of gilded peanut hulls and such things do not know either what occupational therapeutics and vocational education are, or the part they play. The former is given to divert the patient's mind, to exercise some particular set of muscles or a limb, or perhaps merely to relieve the tedium of convalescence. Occasionally these activities have little, if any, practical value beyond the immediate purpose they serve; nor are they intended to have any other value.

But even in occupational therapy the idea now is to give that sort which will be preliminary to, and dovetail with, the real vocational education which is to begin as soon as the patient is able to go further along. If, for instance, the patient was formerly a sheet-metal worker, and is now debarred from the use of physical strength, he is started, perhaps, as a designer or architectural expert in cornice, sheet metal and architectural work. His practical knowledge is thus built upon and focussed in a speciality suited to his capabilities. Instead of making futile little baskets, or weaving mats that would have no sale except as a camouflage for downright charity, he is furnished with a set of instruments, a bed drawing board, some text-books, and given able instruction. The weeks in bed or in a wheel chair are utilized practically. When he is able to go into the shops, he is well along as a technician, and ready for further intensive training.

So it is with all other lines. The business of re-education is, first of all common sense and practical. The idea is to turn out thoroughly trained men for men's jobs at men's pay, despite any physical handicap which may have rendered the men useless in their former callings.

**AT SHARBOT LAKE.**

Death of Mrs. Oscar Chambers, Formerly Church Organist.

Sharbot Lake, Nov. 27.—The death of Edna May Warren, wife of Oscar Chambers, and only daughter of Mr. and Mrs. Joseph Warren, Oso, occurred in Springwater, Sask., Friday, the 22nd of November. The deceased until the time of her marriage a few months ago, resided in Oso, and her early demise at the age of twenty-one has saddened the whole community. Mrs. Chambers succumbed to influenza. Two brothers, besides the sorrowing young husband and parents, are left to mourn the loss of a loving sister. They are Joseph Warren, jr., Springwater, and Master James Warren, at home. Much sorrow is felt by the congregation of Christ church, Oso, where the late Mrs. Chambers was formerly actively engaged in church work. For a number of years she was their faithful organist, and was also the first organist of the recently-built Anglican church at Springwater. There will be a memorial service in Christ church, Oso, Sunday afternoon, December 8th.

The members of St. Andrew's Sunday school held a successful children's box social last Tuesday evening.

Mrs. Sowden and little daughter, Toronto, are the guests of Mrs. Arthur Shanks. Rev. Herbert Pringle left on Thursday for Kingston to attend the sessions of the Frontenac Rural Deacons in St. George's Cathedral. Mrs. Wescott, Alexandria Bay, N.Y., is visiting Mr. and Mrs. H. J. Thomson. Mrs. Meighen left last week to spend the winter in Kingston.

Rev. T. W. Savary, rector of St. James' church, Kingston, will hold missionary services in this mission next Sunday.

Mrs. Alice Tweddell, traveller and novelist, may be an independent candidate at the coming election in England.

**BRONCHIAL ASTHMA.**

Mrs. Graf Says Vinol Cured Her. Darlington, Pa.—"I suffered from bronchial asthma so badly I would often have to sit up half of the night or lean over the back of a chair, and so weak I could hardly walk across the floor. I had spent lots of money for different asthma medicines without help—but Vinol helped me so I sleep well, and am so well and strong I am doing all my work on the farm."—Mrs. Emma Graf.

Vinol is a constitutional remedy which contains beef and cod liver peptones, iron and manganese peptones and glycerophosphates. We strongly recommend Vinol. Mahood's Drug Store and at the best drug store in every town and city in the country.

**TO VISIT BOY'S GRAVE.**

Lord Shaughnessy Leaves for England in Few Days.

Montreal, Nov. 29.—Lord Shaughnessy leaves in a few days for England. His purpose is to meet there his son, Capt. W. J. Shaughnessy, who went overseas with the 19th Battalion from here and has served at the front.

Later he will visit the grave of his son, Lieut. Fred. Shaughnessy, who was killed in action. When in England he is not likely that Lord Shaughnessy will attend any of the sittings of the House of Lords, which he has not visited since he took the oath of member.

**ALLIED LEADERS IN LONDON.**

They Will Meet Next Week to Advise on Peace.

(Canadian Press Despatch.) London, Nov. 29.—A meeting of allied leaders in London next week will be preliminary to the peace conference, the Daily Express says. Col. House and Premier Orlando of Italy, will be here with the British and French statesmen.

**Calls on Liberals to Retire.**

(Moore) Law, Nov. 29.—Hon. Walter Scott, a signed editorial in the Globe, withdraws his support from the Union administration and calls upon the Liberal members of the Government to retire from it. According to Mr. Scott's thinking, "Messrs. Calder, Carvell, Creer, Mewburn, Rowell etc., will 'come out' from among them' without loss of time or—they may as well, so far as I am concerned, stay with their Tory associates for 'keeps.'"

**Hurrah! Dance all Day!  
My Corns All Gone!**

It's a corker, the best wrinkle ever devised, and one that's safe, sure, dependable and painless.

Corn troubles are over, foot lumps fade away fast, you get just what you need once you paint the sore spots with old reliable Putnam's Corn Extractor.

Substitutors have endeavored to penetrate its secret of marvelous curative power, but after nearly 50 years it's still by far the best of all corn remedies. Use no other, sold everywhere in 25c bottles.

**New Arrival of  
Goodwillie's Preserves**

In glass, Raspberries, Strawberries, Cherries, Peaches, Pears and Apples.  
We recommend Dailley's Sweet Cut Coffee, 1 and 1/2 lb. tins, Belleville Elder.

**Bon Marche Grocery**  
Phone 1844  
Canada Food Board License No. 8-5749.

**ACIDS IN STOMACH  
CAUSE INDIGESTION**

Create Gas, Sourness and Pain How To Treat.

Medical authorities state that nearly nine tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach, and that some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food sours, causing the disagreeable symptoms which every stomach sufferer knows so well.

Artificial digestants are not needed in such cases and may do real harm. Try laying aside all digestive aids and instead get from any druggist a few ounces of Bisurated Magnesia, and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid, and there is no sourness, gas or pain. Bisurated Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and is the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

**We Positively  
Pay**

Highest Prices For  
Second-hand Bags

Of All Descriptions, Also

Scrap Iron,  
Copper,  
Brass,  
Paper, Etc.

**A. SPEIZMAN,**  
69 Queen Street, Phone 2211

**Y. M. C. A. Membership Drive  
DECEMBER 2-9  
KEEP FIT**

Join  
The  
"Y"



Join  
The  
"Y"

It is the duty of every boy, every young man, and every older man to "Keep Fit"

A MEMBERSHIP TICKET IN THE Y.M.C.A. HELPS KEEP YOU FIT IN A PHYSICAL, MENTAL and MORAL WAY

Show your appreciation of this Association and identify yourself with it. DO

IT NOW

Membership age 10 to 100 years. Fees \$3.00 to \$6.00 per year. Soldiers—All privileges free.

Discharged men—Free membership ticket

**Men, Women and  
Children**

**Get Well Dressed Now and  
Save Doctors' Bills.**

**Our Remarkably Low Prices on All  
Merchandise Will Enable  
You To Do So**

**A SPECIAL SELLING OF MEN'S  
SUITS AT A REMARKABLE  
PRICE FOR SATURDAY.**

These suits are made from all-wool worsteds and tweed materials; the styles are pinch back and semi-fitting; the patterns are grey check, brown and blue serges.

Prices from \$15.00 to \$25.00

**BOYS' HEAVY WINTER OVER-  
COATS.**

In Irish Frieze Ulsters and Heavy Tweeds, in dark grey, brown and blue; sizes from 26 to 34.

Prices, \$7.45 to \$12.00

**WINTER OVERCOATS.**

We have a splendid range of Men's Heavy Double-breasted Irish Frieze Ulsters with or without belt. These handsome Overcoats are all interlined, made in brown and gray shades, in all sizes.

Prices ranging from \$12.75 to \$19.50

**MEN'S BOOTS.**

In patent, gun metal, dongola and tan calf, with or without Neolin sole; sizes 5 to 11.

Prices \$4.95 to \$7.45

**WOMEN'S BOOTS.**

An extraordinary offering of high cut Boots, in tan calf, with or without Neolin sole, also a nice assortment of color combinations, in all sizes.

Prices ranging from \$4.95 to \$8.75

**A SPECIAL CLEARANCE IN LADIES' COATS, SUITS, SILK AND  
SERGE DRESSES and BLOUSES AT REMARKABLY LOW PRICES FOR  
SATURDAY.**

**Louis Abramson,**

The Up-to-the-Minute Clothier and Furnisher, 336 Princess Street