

The Good Judge's Verdict

is that with the superior class of equipment that the Judge-Jones Milling Company have been fortunate in securing, it is their duty to turn out in the way of Flour and Cereals something a little better than people have been accustomed to using.

An Inside Bath Makes You Look And Feel Fresh

Says a Glass of Hot Water With Phosphate Before Breakfast Keeps Illness Away.

Physicians the world over recommend the inside bath, declaring this of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels do.

Men and women are urged to drink each morning, before breakfast, a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and purifying the alimentary canal before eating more food. Those who wake up with breath coated tongue, nasty taste or have a dull, aching head, sallow complexion, acid stomach; others who have bilious attacks or constipation, should obtain a quarter pound of limestone phosphate at the drug store. This will cost very little, but is sufficient to show the value of inside bathing.

21ST TEAM GETS CUP

The British Whig Trophy Awarded on Goal Average. A meeting of the city and district Football Association was held at the Y.M.C.A., on Friday evening, and the executive awarded the British Whig Challenge cup to the 21st team. The 21st and the Shipbuilders were tied when the games were stopped by the weather, but the 21st were declared the winners upon their goal average. The cup which was won by the Vocational team early in the season now goes to the 21st.

Police Constable Frederick Clark will go to Petworth to-night, having received word of the serious illness of his mother.

CANANOQUE

(From Our Own Correspondent) Dec. 12.—In the I. O. O. F. Assembly hall on Thursday evening a dance was held under the auspices of Prof. Laing of Ottawa and drew out quite a fair patronage.

Capt. and Mrs. Thompson held a farewell entertainment and social evening in their meeting hall on Garden street, on Wednesday evening. There was a goodly attendance. Capt. and Mrs. Thompson will leave in the near future for Montreal. Albert McLean, Oak street, is confined to his bed quite seriously ill.

The Christmas fair and sale of articles suitable for Christmas presents held yesterday afternoon and evening in the lecture hall of Grace church under the auspices of the Young People's society, was largely attended.

Mrs. Charles Picard, Elm street, an aged and respected resident of this town passed away at the family home yesterday afternoon after an illness of some duration.

The ladies' lodge of No. 4 of the Amalgamated Association of Iron Steel and Tin Workers of North America, sprang a surprise on Morton Clow who since its institution has been in charge of the organization. A large number assembled at Mr. Clow's home on Thursday evening and presented a neatly worded address of appreciation, accompanied by a handsome pair of gloves.

The lady stenographers of Cananoque, to the number of about thirty tendered a complimentary banquet to a fellow stenographer, Miss Portia Lloyd, who for some time past has been in the office of the Ontario Steel Products Co. at the Brophy House on Wednesday evening. After the supper a handsome blood stone ring was presented to Miss Lloyd as a souvenir of the occasion, and as a slight token of regard on the eve of her departure to take up a position in the new branch of that company recently opened in Oshawa.

A very well attended sale of fancy work, home made cake and candy was held at the home of Rev. Mr. Long, Garden street, in aid of the Pittsburg south circuit.

A.D.M.S. Staff to Go?

On December 31st the military hospitals that are under the administration of the A.D.M.S. are to be transferred over to the Department of Soldiers' Civil Re-establishment. This is interpreted to mean that the staff of the A.D.M.S. will be demobilized, as all of the hospitals will pass over into civilian hands. Lieut.-Col. R. J. Gardner, A.D.M.S., has filled the office of A. D. M. S. since the beginning of the war.

Impressed With Premier Drury. R. F. Elliott, and the other Kingston delegates on the Eastern Ontario deputation that waited upon Premier Drury on Friday morning. When interviewed Mr. Elliott, and Mayor Newman expressed high opinions of the new premier, who made a strong impression upon all of the deputations, and he received seven in all on Friday.

Must Pay Interim Alimony. On Friday, Judge Lavell ordered Frederick Reynolds of the township of Kingston to pay his wife, Nellie Reynolds, the sum of \$500—seek until such time as her case for alimony was decided by the supreme court. C. A. Smith represented the plaintiff while A. E. Day looked after Mr. Reynolds' interests.

Police Court Breivites. Three drunks were offenders in the police court on Saturday morning. Two were fined \$10 and costs each. The third was fined \$10 and costs for being intoxicated, while an extra fine of \$50 and costs or three months was imposed on him for having liquor in a place other than a private dwelling.

Brilliant cavalry raids by General Denkin's cossacks in rear of the region of Kamyschin, and Belzen resulted in twenty-five hundred prisoners being taken.

NEWS OF THE DISTRICT

Clipped From the Whig's Many Bright Exchanges. Rev. H. W. Wright, Smith's Falls, has accepted a call to Victoria Ave. Baptist Church, Hamilton.

Robert Imeson has sold his farm on the Smith's Falls road to John Armstrong, Port Elgin.

Mr. and Mrs. Gordon Matthews, of Trenton, are leaving shortly for a three months' trip to the Coast.

Mrs. L. Fitzmartyn and her family, Newburgh, expect to move to Calgary the middle of next week.

Mr. McColl has sold his residence on Henry street, Trenton, to Mr. Malloy, who is moving from the country.

Mrs. William Craig died at her residence in Arnprior on the 7th inst., at the age of seventy-eight years.

Mr. Harry Gallinger, Playfair, sold a seventeen months' old hog to Chas. Hollinger, that balanced the beam at 570 pounds.

George B. Farmer has sold the stone dwelling opposite the Methodist church, P.O. to R. M. Imeson, North Elmley.

Mrs. James Young, Carrying Place joined Mrs. H. C. Hayes, of Detroit, Mich., to spend the winter in Southern California.

F. W. Spody, Picton, leaving for Toronto, was presented with a fob and locket by Prince Edward Lodge A.F. & A.M.

James Sheridan, formerly of Dalhousie, who has just returned from Manitoba, has purchased Collin McNicholl's farm on the Scotch Line.

Bert Livingstone is the new mail carrier in Picton, Rural Route No. 8. Herman Burr retires after seven years' service on this route.

On Dec. 3rd, at the Methodist parsonage, Coneseon, the marriage was solemnized of Frederick Weeks, Melville and Mrs. Sophronia Murphy, Coneseon.

W. A. Johnson, Picton, died on November 30th, aged sixty-two years, after three weeks' illness from heart trouble. His early life was spent in Bloomfield.

A real estate deal was concluded recently at Bishop's Mills, when W. Kinghorn, purchased the McRobert's farm, and W. Stewart purchased C. Wright's farm at Algonquin.

Mrs. Robert Talifer, Humboldt, Sask., and two little sons, Walter and Lloyd, arrived in Napanee, on Wednesday and will spend the winter with her parents, Mr. and Mrs. A. E. Paul, at Elm Lodge.

The death occurred at a hospital in Detroit, Mich., on Dec. 4th, of Mr. Edward John Manion. He was born in the township of Bathurst, the youngest son of the late Capt. Manion, a veteran of the Crimean war.

Rev. William Johnston, while crossing the street at the foot of the Anglican Church hill, Tuesday, was run into by boys on bob sleds, and badly injured. He will be confined to the house for a few days.

While leaving the R. M. hospital, Almonte, Dr. Hauly, slipped on the steps and fell, inflicting a severe scalp wound and he was rendered unconscious until discovered some twenty minutes later. The wound required a number of stitches.

Budget From Bath. Bath, Dec. 11.—Frank Mellow of Napanee, spent the week-end at George Davy's. E. N. Jory of Toronto spent a few days at Thomas Burn's. Merton Mellow has returned from a business trip to Toronto.

Hiram Covert is visiting his daughter, Mrs. D. McBride, at Valleyfield, Que. John Simpson of Cataract is spending a few days at Dr. Northmore's. The public library has moved into its new quarters, the place formerly occupied by Mrs. Wallie Ryle's grocery store. The funeral of Hiram Walker's infant child took place last Saturday morning. Mrs. John Forester is visiting her daughter, Mrs. George Stevenson at Windward. Mrs. William Calver spent a few days in Kingston last week. Max Calver has returned from a successful season on the steamer Brockville. John Barriage has recovered from his recent illness.

Just Practice. It was a dark night at Camp Grant. Footsteps of a horse were heard approaching. "Halt! Who's there?" barked the rookie. "Regimental commander." "Dismount, colonel, and advance to be recognized." The colonel dismounted and came over to the rookie, who presented arms with a snap. "Proceed, colonel," he said. As he laboriously got back on his horse, the colonel asked, "By the way, who posted you here?" "Oh, anybody," replied the sentry. "I'm just practicing."—American Legion.

Did Not Cheat Him Much. "The never-ending struggle between capital and labor reminds me," says the Man-about-Town, "of a suspicious-looking customer who was boasting to a grocer of the cheapness of ten pounds of sugar that he had bought at a rival shop. 'Let me weigh the package,' said the grocer. The other assented, and the package was found to weigh only eight pounds. The man looked perplexed for a moment and then said: 'Oh well, I don't think he cheated me much; for while he was getting the sugar I pocketed two tins of condensed milk.'"

Dwarf Tree 200 Years Old. A species of Greenland fir, believed by scientists to be nearly 200 years old, is growing on the Shank farm in Bull's Bog Valley, near Humberstone, Pa. The unique tree is less than three feet high, but its branches have a spread of fifteen feet and a circumference of about sixty feet. It resembles a collection of shrubs, and is one of the largest specimens known.

Tricky Athenian Milkman. In Athens goats are marched to the housekeepers' doors and milked before the eyes of patrons. But this system does not prevent adulteration. The milkman wears a leather coat with wide sleeves. Around his waist is a rubber bag filled with water, and a tube runs down his arm. As he milks he presses the tube, and milk and water flow silently together into the milk pail.

Lieut.-Col. J. C. Stewart, who has been in the city a couple of days, returned to Ottawa on Saturday. Many a young man doesn't propose for the reason that he is afraid the girl will say yes.

A Throne Room in Mogul India

NOTED that the throne on which the King, Shahjahan, was seated stood in front of, and near to, the palace of the women, so that as soon as he came out of his door he reached the throne. It is like a table, adorned with all sorts of precious stones and flowers, in enamel and gold. There are three cushions—a large one, five spans in diameter, and circular, which serves as a support to the back, and two other square ones; one on each side; also a most lovely mattress; for in Turkey, and throughout the whole of Hindustan, they do not sit upon chairs, but upon carpets or mattresses with their legs crossed. Around the throne, at a distance of one pace, are railings of gold, of the height of one cubit, within which no one enters except the king's sons. Below the throne, several feet lower than it, a space is left, sufficient for the secretary (7 wasir) and the greatest officials of the court. This space is surrounded by a silver railing. Near it stand "grusberdars" (gurs-bardars)—that is to say, the bearers of golden maces, whose duty it is to carry orders from the court to princes, nobles, and other officials, also the "grusberdars" (gurs-bardars) with silver maces, who convey the orders of the court to the governors, generals, and other princes. These are placed with their backs to a railing of wood painted vermilion which surrounds the space. The hall in which stood the royal seat is adorned with twenty highly decorated pillars, which support the roof. This roof stretches far enough to cover the spaces enclosed within the silver railing, and is hidden half-way by an awning of brocade. Further, a canopy over the king's head is upheld by four golden pillars. Outside the wooden railing is a great square, where, close to the railing, stand nine horses on one side and nine on the other, all saddled and equipped. Near to the pillars are day that the king gives audience and there they make their obeisance. Behind the horses already spoken of were four handsomely adorned elephants, and in the square a considerable number of soldiers stand on guard. At the end was a great hall where were stationed the players on instruments, and these, upon the king's appearing to give audience, played very loudly, to give notice that the king was already in the audience hall.

The silence preserved was astonishing, and the order devoid of confusion. For this purpose there are officials, whose business it is to see that the people are placed in proper order. Some of these officials held gold sticks in their hands, and these came within the silver railing. The others carried silver sticks, as they took great heed that throughout the court nothing was done that could displease the king.—From "A Peeps at Mogul India" (tr. and abridged from the "Stories of Mogor" of Niccolao Maccusi, by William Irvine).

Charlie Chaplin in Russia. It is pleasant to hear something amusing by way of news from Petrograd; and into that category falls the statement that on the streets of the Russian capital one may meet young men with a peculiar sort of walk, which reveals, as one comes to know it better, that they are trying to walk like Charlie Chaplin. For though the old social order has crumbled and chaos rules until such time as one knows not what new social order may be established, the motion-picture theatres continue to amuse their audiences, and Charlie Chaplin is a popular favorite. Bolshevik Russia laughs at the comedian of the United States; but Russia, as report has it, carries admiration farther and tries to walk like him. Perhaps circumstances in Russia particularly point to the excellence of Mr. Chaplin's mimed philosophy, for when his admirers are asked why they admire him, one typical answer is said to be that they like the actor "because he always turns smiling after the most outrageous misfortune."

Are We Downhearted? No. While the issue of a war for life or death rung in the balance we had to concentrate on war. Clearly, however, we were thus forced into expedients and experiments full of peril to lose the peace. Not on your life! This country of ours, and the rest of Europe, has been in even worse case. Yet Europe survived, with a few breakages, and we grew up to win the greatest war of history. We have now to win and establish the greatest peace on the ancient basis of liberty and law. It would be folly to pretend that the difficulties and dangers are not great. They are. But they are not greater than those we conquered in the war, and we shall only go wretchedly to rack and ruin if we persuade ourselves that this is inevitable. Not a bit of it. Buck up!—London Express.

In Curious Contrast. In an English morning paper were two advertisements, one directly under the other. The first said the City of London Union required attendants upon Male Lunatics, experience in managing and nursing the insane essential; salary, £30 per annum. The other announced that Wandsworth Union needed housemaids; salary, £39 16s. As the girls are donning the breeches, it seems time for men to put on skirts and take the softer job for the more money.

Lemon Juice is excellent for cleaning glass, brass and silverware.

The interallied conference was resumed Saturday morning in London with Premiers Lloyd George and Clemenceau, Foreign ministers of the Socialists of Italy, and other officials of the British, French and Italian Governments present.

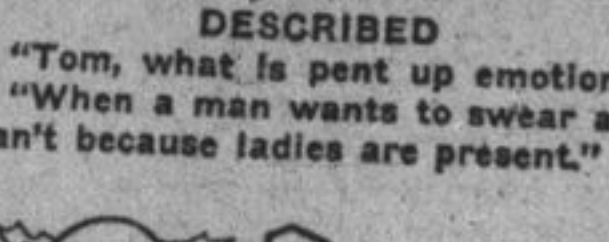
Poltava, about seventy-five miles south west of Kharov, is reported as having been captured from General Denikin's troops by the Bolsheviks.

SMILES

LUELLA SAYS—
MAW SAID ONCE THAT WHEN PAW HAD A SAIL BOAT HER BROTHER ED ALWAYS WANTED ED TO TAKE HIM OUT IN IT, BUT HE NEVER WOULD—BUT PAW SAID WHAT WAS THE USE, ED COULD SWIM!



DESCRIBED
"Tom, what is pent up emotion?"
"When a man wants to swear and can't because ladies are present."



MODERN ECONOMY
is your wife economical?
I suppose so. She says she is determined not to pay more than \$150 for a gown this year.



POOR THINGS
Trump Birds: They might throw us a few crumbs on Christmas morning.

Magistrate Farrell has returned from a tour, and resided at a session of the police court on Saturday.

When the farmer boy gets too much style in his head he ceases to be a good milker or mower.

What most of us are sadly in want of is more friends whom we have no financial need or claim upon.

This old world would be a better place to live in if we would try and get a corner on goodness.

ITCH! ITCH! ITCH!

It Seems Sometimes As If You Would Fly Out of Your Skin. Eczema or salt rheum not only itches, but it also burns, oozes, dries and scales over and over again. Sometimes it covers the whole body and causes intense suffering.

You have found that local applications have no lasting effect, and you want permanent relief.

Take Hood's Sarsaparilla, give it a good fair trial, because you must thoroughly purify your blood or the eruption will continue to annoy, perhaps agonize you. This great medicine has been successfully used in thousands of cases.

To make and keep the bowels normally active, take Hood's Pills; they are gentle and thorough.

REMOVAL NOTICE

I wish to notify the public that I have moved my Custom Tailoring business from 348 to 355 Princess Street, two doors west.

Will continue in Custom Tailoring. Also carry choice stock of Men's Furnishings, Ladies' Dresses.

Call and inspect our stock. Satisfaction guaranteed.

M YAMPOLSKY

W. H. Cockburn & Co. Corner of Princess and Wellington Streets. PHONE 216

For The Xmas Season
Place Your Order Now For
Dublin Ginger Ale—English Ginger Beer,
Pure Apple Cider
All Brands of Domestic and Imported Cigarettes

Thompson Bottling Works
Wholesale Tob. dists. 202 Princess St. Phone 304
Geo. Thompson, Prop.

MAXOTIRES
ANOTHER CONSIGNMENT JUST ARRIVED AT THE—
STANDARD VULCANIZING SHOP
284 ONTARIO ST., COR. QUEEN
A. NEAL, MGR. PHONE 2059.

Kingston Cement Products Factory
Makers of Yellow Damp-Proof Cement Blocks, Bricks, Tiles, Lintels, and Drain Tile, also Grave Vaulting.
And all kinds of Ornamental Cement work.
Factory: cor. of Charles and Patrick streets.
PHONE 730W.
Mgr. H. F. NORMAN

Frontenac Mattress Co.
15-17 BALACLAVA STREET

FRENCH IVORY
FIRST SHIPMENT, NEW GOODS JUST ARRIVED
SHOP EARLY FOR CHRISTMAS
GET THE CHOICEST GOODS!

SARGENT'S DRUG STORE
Telephone 41 Cor. Princess and Montreal Sts.

The Value Of The Home
The man who can afford to own a home—and the average man of reasonable earning capacity can—should make it his first concern to solve the problem. He will be aided in that task by studying the real estate offerings closely and investigating those which impress him favorably. He will thus be serving himself, his family and his city. To every such man, we would say "Get a home to rally around."
For the choicest lots, houses and locations, apply to:
Telephone 703 J. O. HUTTON
67 Clarence Street, Kingston

BREAD

BREAD gives to the worker of every class, a wealth of strength and vigor. To young and old, it supplies an abundance of energy.

"BUY" TOYE'S BREAD.

PHONE 467 AND OUR SALESMAN WILL CALL.

Useful Gifts Will Be Appreciated

SLIPPERS—
Kozy Felt, Leather, Kid.
OVERSHOES, RUBBERS, MOCCASINS
DRESS PUMPS—
White Kid, Black Kid, Patent, White Satin, Black Satin, with Colonial Buckles and plain.
DRESS BOOTS—
In Kid, Calf, in the popular Havana Brown.
HOCKEY and SKATING BOOTS.
Give sensible gifts and let us help you in your shopping.

J. H. Sutherland & Bro
"HOME OF GOOD SHOES"

INDIGESTION

"Pape's Diapepsin" is the quickest, surest relief for a Sour, Acid, Gassy Stomach—Distress vanishes!

Stomach acidity causes indigestion! Food gouring, gas, distress? Wonder what upset your stomach? Well, don't bother! The moment you eat a tablet or two of Pape's Diapepsin all the lumps of indigestion pain, the sourness, heartburn, and belching gases, due to acidity, vanish—truly wonderful!

Millions of people know that it is

DR. J. D. KELLOGG'S ASTHMA REMEDY

A SURE AND EFFICIENT REMEDY FOR ASTHMA, BRONCHITIS, HOARSENESS, AND ALL AFFECTIONS OF THE THROAT AND LUNGS.

MILK IS THE ONLY FOOD FOR BABIES BUT Pasteurized Milk
is the only safe Milk, and our Milk is thoroughly pasteurized and sold in sealed bottles at 14c. per quart.

PHONE 845.
Price's Dairy

DEWALT TREE 200 YEARS OLD.
A species of Greenland fir, believed by scientists to be nearly 200 years old, is growing on the Shank farm in Bull's Bog Valley, near Humberstone, Pa. The unique tree is less than three feet high, but its branches have a spread of fifteen feet and a circumference of about sixty feet. It resembles a collection of shrubs, and is one of the largest specimens known.

Tricky Athenian Milkman. In Athens goats are marched to the housekeepers' doors and milked before the eyes of patrons. But this system does not prevent adulteration. The milkman wears a leather coat with wide sleeves. Around his waist is a rubber bag filled with water, and a tube runs down his arm. As he milks he presses the tube, and milk and water flow silently together into the milk pail.

Lieut.-Col. J. C. Stewart, who has been in the city a couple of days, returned to Ottawa on Saturday. Many a young man doesn't propose for the reason that he is afraid the girl will say yes.