spirit ara still far in advance of our

NOSTRILS AND HEAD

Says Cream Applied in Nostrils Reileves Head-Colds at Once.

----If your nostrils are clogged and your head is stuffed and you can't breathe freely because of a cold or catarrh, just get a small bottle of Ely's Cream Balm at any drug store. Apply a little of this fragrant, antiseptic cream into your nostrils and let it penetrate through every air passage of your head, soothing and healing the inflamed, swollen mucous membrane and you get instant re-

Ah! how good-it feels. Your nostrils are open, your head is clear, no more hawking, snuffling, blowing; no more headache, dryness or struggling for breath. Ely's Cream Balm is just what sufferers from head colds and eatarrh need. It's a delight.

A man who is a mechanic should always feel well, his nerves must bestrong, his brains must be working well, his whole make-up must be in the pink of condition. Vital Tablets, the French Remedy, will put you there, you will feel better all over. Get a box to-day. Price 50c. a box, 6 for \$2.50. The Scobell Drug Company, Montreal, Que. Sold in Kingston by Mahood's Drug Store.

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If a man empties his purse into his head no man can take it from him. An investment in knowledge always. pays the best interest.

The International Sunday School Lesson for Nov. 7th is, Principles of Christian Living." - Matthew 6:19:33.

He gazed

ple veil

To Him familiar were; this is the

To Bethany; the red anemones

steep road

then as now,

same hills.

been spoken before.

I know, this ancient pile that has clus-

for the monks and bearing its fruit

in season. Upon inquiring I learned

and is gathered.

tered around the reputed tomb

On such a day, girdled

like, violet wall

sing, in many languages,

think when I read that sweet Of the fair, turquoise mid-sea of the story of old. When Jesus was here among men. Of the fair, straight, misty, dream-How He took little children, like lambs to His fold, I should like to have been with

His voice, and to have touched His would have been! This same yearnpilgrims to the Holy Land; and that the sacred scenes; and makes profitable motion pictures dealing with I tell you when I looked upon these the theme of the life of Christ, Every reverent traveller shares the emotions which Richard Watson Gilder expressed in his poem, "In Pales- Of twilight, or what time the Orient

'At last the very land whose breath The very hills His bruised feet did This picture once was mirrored in

As I do now, and with this same

DIMORRAMESS Means too much bile left in the blood by a deranged

liver. Dr Chase's Kidney-Liver Pills set the liver right and biliousness and headaches disappear. One pill a dose.

Dr. Chases

caused by badly digested food which overtakes these organs to eliminate the irritant acids formed. Help your stomach to properly digest the food by taking 15; to 30 drops of Extract Roots, sold as Mother Seigel's Curative Syrup, and your kidney disorder will promptly disappear. Get the genuine.

IF YOUR EARS RING

tablespoonful four times a day. This will often bring quick relief from the distressing head I who were guests of the Greek monks noises. Clogged nostrils should & who are attached to the church. open, breathing become easy and the mucus stop dropping sant to take. Anyone who has Catarrhal troubles of the ears. is hard of hearing, or has head noises should give this prescription a trial-Advt.



Waggons and Trucks Repaired. Prices moderate. TEMPERANCE HOTEL YARD

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Ordering Suits

sideration. You may also require expert advice as to the wearing qualities of certain Cloths. After 35'years in the business we claim to be able to advise in this direction. It costs nothing to call and have a talk on Woollens with us.

CRAWFORD & WALSH Tailors

Bagot and Brock Streets

By William T. Ellis.

Little children all over the world |

Quick human wonder struck His holy Age does not outgrow the longing About these feet the flowers Ha thus expressed in childhood's hymn. To have seen Jesus, to have heard Back where the city's shadow slowhand-what supreme privilege that There is a wood of Olives gaunt and ing it is that has sent millions of And centuries old; it holds the name draws throngs to every lecture upon That night of agony and bloody

This is His Olivet; on this Mount

25c. a box, all dealers.

A Kidney Remedy

Kidney troubles are frequently

WITH HEAD NOISES

If you have roaring, buzzing noises in your ears, are getting hard of hearing and fear Catarrhal Deafness, go to your druggist and get 1 ounce of Parmint (double strength), and add to it 1/4 pint of hot water and little granulated sugar. Take 1



of untoward ofrcumstances; and it is to-day bearing its fullest and richest fruit in the sunlight of our own day. The nourishment that this generation needs is not to be found in any new-grown plant of a season;

For His teachings and His "They WORK while you sleep"

to-day requires the most careful con-

most radical and reasonable and righteous utterance for our times. A host of loose-thinking persons ark perroting the idea that Russia is atfording the most "advanced" teaching for civilization. Nonsense. The very thing that ails Russia is that its latest theories are impregnated with the old and outworn dogmas of hate and cruelty and selfishness and class-consciousness and tyranny Russia, like the rest of the world, Straight down into the startling blue will have to move forward to the Jesus-standard of a new spirit and attitude and motive, wherein the love of man and the law of God will have free sway. The most modern Of Moab-lo, how close it looms! The message for this troubled earth is nothing else than the Sermon on the Mount, which the Sunday Schools are at present studying.

An Old Message For New Times. Has anything been written within he past five years upon our present problems that is more pertinent and searching and up-to-the-minute than the following extract from the Inaugural Address of Christ, which is the present Sunday School Lesson ?

quote from Weymouth translation: "Do not lay up stores of wealth for yourselves on earth, where the And stony valleys-through the purmoth and wear-and-tear destroy, and where thieves break in and steal. But amass wealth for yourselves in Heaven, where neither moth nor Made shining jewels of the barren wear-and-tear destroys, and where thleves da not break in to steal. For Something within me trembled: for I where your wealth is, there also will

your heart be. "The eye is the lamp of the body. If then your eyesight is good, your This sky, that lake, those hills, this if your eyesight is bad, your whole whole body will be well lighted; for body will be dark. If, however, the very light within you is darkness, how dense must the darkness be!

"No man can be the bondservant Along you wandering path mark the of two masters; for either he will To green-embowered Jordan. All is dislike one and like the other, or he will attach himself to one and think slightingly of the other. You con-These leprous outcasts pleading not be the bondservants both of God and of gold. For this reason I This troubled country,-troubled charge you not to be over-anylous about your lives, inquiring what you And wild and bloody,-this is His are to eat or what you are to drink, not yet about your bodies, inquiring what clothes you are to put on. not the life more precious than its Prest by His dark-browed, sullen, food, and the body than its clothing? Look at the birds that fly in yonder mount, spotted with the air; they do not sow or reap or store up in barns, but your Heaven-He closed His eyes, in that dark ly Father feeds them; are not you much greater value than they? Which Which mortal spirit never dared to of you by being over-anxious can add a single foot to his height? And O God! I saw those Eyes in every why be anxious about clothing? All study of Christ's teachings is toil nor spin, and yet I tell you that a struggle to get through the con- not even Solomon in all his magventionalized, familiar language back | nificence could array himself like to the reality of the Person and the one of these. And if God so clothes message. Once we share the poet's the wild herbage, which to-day flourglow, and his experience, we are far ishes and to-morrow is thrown into on the way to an apprehension of the oven, is it not much more certhe living force of the words of the tain that He will clothe you, ye men Master. They are not a mere calen- of little faith? Do not be overdered "Lesson" to be conned, part anxious, therefore, asking 'What of the rote and ritual of religion; shall we eat?' or 'What shall we they are the flaming, all-alive mess- drink?' or 'What shall we wear?' for age of the warm-hearted Deliverer all these are questions that Gentiles of our day, the present Christ Who is are always asking; but your Heaventhe twentieth century's one supreme ly Father knows that you need these Hero and Hope. What He has to things-all of them. But make his say, in His great Kingdom Utter- kingdom and righteouşness your

ances, is as vital and urgent and chief aim, and then these things contemporaneous as if it had never shall all be given you in addition." Pity the Profiteers. Yesterday the profiteer excited Upon the occasion of one of my execration, and sometimes envy; tovisits to the Church of the Holy Sepulchre in Jerusalem last year, I we were especially conducted over our Lord is a huge conglomeration interested to observe an old and contrast with the attitude of quiet all the philosophy of Jesus, this teamsters dropped a lighted match. trait by Augustus St. John, and burn-CATARRH huge grapevine, furnishing an arbor courage shown by the general public teaching is positive. Negative saints There is insurance of \$600. in enduring the profiteers' extertions. Right before everybody's that the vine is a remarkable one, eyes, written large upon each day's

for it has its roots in the original newspaper, is this glaring fllustrasoil far down by the dark and crowdtion of the truth of the teaching of ed Church of the Holy Sepulchre; Jesus but that it comes up, through pass-When the kingdom era comes, it ageways and crevices, to the sunbrings a better sense of relative light of the roof where its fruit ripens values. All the martyrs and heroes and saints of the ages bore testi-That extraordinary persistence of mony to what was really worth plant life amid adverse conditions while. They put first things first; is a notable horticultural incident, and so lived and died for those reeven apart from the sacred associawards which abide. Jesus laid down tion of the plant. To me, the vine the permanent principle that heavtypified the Message of the Master. enly treasure develops heavenly Its roots are far back in the soil of hearts. They who live for great Galflee; but its strength has surends become great in their own spirvived the centuries, and all manner its. To invest one's life in the permanent securities of heaven, which suffer no fluctuations, is to acquire the mind of a citizen of the kingdom of Heaven, "Heavenly-mindedness" among men is evidently one of the chief concerns of the wise Father. but in the Vine of Life, Whose fruit He wants His children to be really

is for the healing of the nations.

Not "back to Christ" is the cry rich, in riches that last. for the hour, but "Forward to Golden Fetters Gall. A few days ago I walked down a busy city street, and it seemed as if every pair of men I met or passed were talking money. It was overwhelming. One revolts from the sordidness of it all; and from its repudiation of the best things of life. Money seems the master of our world. We behold it in little incidents of everyday, and in the large concerns of world politics. Behind most of the wars that are raging to-day is the cold, calculating, passionless avarice of great commercial interests. High crimes of international affairs, and low crimes of robbery, fraud and murder, all owe their be-

ing to desire for money. Small wonder that Jesus cried out that citizens of His Kingdom could not serve Mamman, or money. This bondage is incompatible with loyalty to God. No man can be loyal to these, two masters. True, we may serve God and have money for our servant; that is quite different. But when money ceases to be a servant and becomes a master, then Jesus steps in to say sternly, 'This is trea-

son to the King!" So here we have a simple test of life, straight from the lips of Jesus: Are we living for money, and what it may buy; or for Christ and what Do you feel bilious, constipated. He will give? When we live for headachy, upset, full of cold? Take money, we put self first; indeer, one or two Cascarets to-night for much modern "business ability," reyour liver and bowels. Wake up with duced to its simplest terms, is merehead clear, stomach right, breath ly a ruthless regard for self-advan-sweet and feeling fine. No griping, tage. Acquisition of money does no inconvenience. Children love distort the true perspective of life; Cascarets too. 10, 25, 50 cents. and dull the worth of the Christian

Another Royal Suggestion

COOKIES and SMALL CAKES

From the New Roy L Cook Book

A THEN the children V romp in hungry as young bears, here are some wholesome, economical delights that will not only be received with glee, but will satisfy the most ravenous appetite in a most wholesome manner.

% cup shortening cup milk

teaspoon grated nutmeg
1 teaspoon vanilla extract or
grated rind of 1 lemon
4 cups flour
3 teaspoons Royal Baking
Powder

Cream shortening and sugar together; add milk to beaten eggs and beat again; add slowly to creamed shortening and sugar; add nutmeg and flavoring; add 2 cups flour sifted with baking powder; add enough more flour to make stiff dough. Roll out very thin on floured board; cut with cookie cutter, sprinkle with sugar, or put a raisin or a piece of English walnut in the center of each. Bake about 12 minutes in hot oven.

Cocoa Drop Cakes 4 tablespoons shortening

teaspoons Royal Baking Powder 6 cup cocoa 4 teaspoon salt 1 teaspoon vanilla extract ROYAL

BAKING

Absolutely Pure

MADE IN CANADA

Cream shortening; add sugar and weil-beaten egg; beat well and add milk slowly; sift flour, baking powder, salt and cocoa into mixture; stir until smooth, add vanilla. Put one tablespoon of batter into each greased muffin tin and bake in moderate oven about so minutes. Cover with boiled

Orange Cakes tablespoons shortening cup sugar cup milk

teaspoon sait teaspoon orange extract grated rind of 1 erange Cream shortening; add sugar slowly, beating well; add milk a little at a time; then add well-beaten egg; sift flour, baking powder and salt together and add to mixture; add flavoring and grated orange rind; mix well. Bake in greased shallow tin, or individual cake tins, in hot oven 15 to 20 minutes. When

COOK BOOK FREE

cool cover with orange icing.

Just off the press and finer than ever before. This new Reyal Cook Book con-taining 400 delightful re-cipes, will be sent to you free if you will send your name and address. BOYAL BAKING POWDER OR 8 St. Lawrence Blvd.

"Bake with Royal and be Sure"

inspired word, "is the root of all pleased for aggressive, militant disevil." But love of Christ is the root ciples, who would actively seek first of all good: the best brothers of the kingdom of God and His rightemankind, the helpers of the world, ousness. In other words, the King can say with Paul, "The love of wants passionate partisans, to whom Christ constraineth me." When the life is just an opportunity to serve number of these Christ-constrained the kingdom. men and women increases sufficient-Learn a lesson from the wild lilies. ly, we shall have a world of peace of Christ, with devoted followers and good will and brotherhood,

"What's the Use of Worrying ?" There is more powder than peace on the faces of the women one meets upon city streets. Lines of care be effective must have Jesus for its The Veteran based its charges on characterize the countenance of the modern business man. We are a worrying world. Any sort of remedy New Cancer Cure for worry, however superficial and inadequate, is sure to have popular-

Far be it from us, in these trouneedless and futile. More than that, weekly. Cancer never attacks child-Jesus brands them as marks of bad ren, and it is one of the oldest theocitizenship in the kingdom.

If we define worry as reasonable body have a healing power. solicitude, then the answer is that day he excites only pity, and amuse- it should be solicitude for things ment. The poor fool forgot utterly worth while. Most present-day worwas of a specially honored party the epigram of the East—"This, too, rying is about our bodies, our clothes, and ice house, the property of Mrs. trian armies. They had worn their shall pass away." He ignored, if he our food, our outward appearance. Montizambert of Toronto, and situ- uniforms to work in the pits with eyer know, the teaching of Jesus Which Christ calls heathenish. It is ated just off our main street, were the idea of economy in their minds. about the transitoriness of material unworthy of kingdom citizens. If destroyed by fire last evening. The and with the thought of saving their the whole structure, including the riches. He thought his fat days of folks would worry about their minds garage belonging to Dr. McKinley better clothing for other purposes. into the throat. It is easy to attached monastary of the Orthodox public plunder were to continue in- and their spirits, rather than about was also badly damaged. A large The men in question, it is stated. definitely—and, lo, already he has their possessions, the outlook would barn and stable about seven miles were expert miners and could not be

King and Redeemer. .

Claimed in Berlin the injection of children's blood into miners appeared at the work "in the bled times, to advocate what Carlyle the veins of the cancer patients. The grey uniforms and field caps of Hun called "a diet of broad grins." There cases were announced by Dr. Rollin, is warrant for the cynical definition | Hamburg. Both patients were near to | ing a riot. of a pessimist as "A man who has death and the X-ray treatment had to live with a professional optimist." failed. The amount of blood injected from inspectors who were sent out Nevertheless, worry and anxiety are was two cubic centimetres twice on the case were to the effect that ries in medicine that the fluids of the work wearing parts of German uni-

Port Hope Fires.

war-sufferer ever complained. One In truth, our Lesson makes it Payne of Newtonville, were complete- alleged. of the pitiable spectacles of the day clear that there is an equal obliga- ly destroyed by fire last night. The of declining prices is the abject la- tion not to grow anxious over the buildings were used for the horses Walking on the high roof of the mentations of the profiteers who temporalities, and to be concerned working on the provincial highway, strike as a protest against Lord must now take a loss; it is in dark for the things of the kingdom. Like and it is thought that one of the Leverhulme's decapitation of his por-

"Love of money," says the are such in spite of the Bible. Christ WEAR GERMAN UNIFORMS IN THE COAL MINES

> Say They're Ozecho-Slovaks Who Were Pressed Into Service.

Ottawa, Nov. 4 .- Charges that there had been laxity on the part of serving it by tongue and pen and per- immigration department officials for sonality, there can be only one result: allowing foreign unskilled workers to the inauguration of that era of bro- enter Canada, which were voiced in therhood among men which our the latest issue of The Veteran, are world so sorely needs, and which, to denied by officials of the department. "ugly rumors," and these statements were taken up editorially by The

Ottawa Journal One of the statements made was Berlin, Nov. 4.—The German press to the effect that at a Nova Scotia reports two cases of cancer cured by mine a number of recently imported soldiers," thereby nearly precipitate

Reports reaching the department certain men in the employ of the Dominion Coal Company had gone to forms. These men, however, proved that they were nationals of Czecho-Slovakia, who had been pressed into Port Hope, Nov. 4 .- A large barn | service with the German and Auswest of here, the property of William | classed as unskilled foreign labor, as

ed Leverhulme in effigy in Florence.



Lessening the Life Toll

THE value of the lighthouse is especially appreciated by seafaring folks. Many fascinating stories of averted disasters originate from these structures the world over. Their first purpose, however, is preventing the loss of human life. In this they are closely connected with the purpose of Milburn's Heart & Nerve Pills, around which there are also interesting facts of averted disasters.

which to steer a course for good health. There are very few to-day taking an active part in any walk of life who do not require, at some time or another, an additional food for the Heart & Nerve system, for without these properly carrying

People to-day are using Milburn's Heart body must suffer. The effects of weakened & Nerve Pills as their "Lighthouse" on Heart & Nerve centres vary. With some, the heart thumps harshly and irregularly. They feel irritable and are eastly excited. Others are inflicted with sleeplessness at night, and drowsy sen-sations during the day. If you feel unfit in any way you owe it to yourself and

out their duties every other organ in the MILBURN'S HEART & NERVE PILLS

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