OF RHEUMATISM

Entirely Well After Six Weeks'
Treatment With "FRUIT-A-TIVES"



MR. AMEDEE GARCEAU

32 Hickory St., Ottawa, Ont.

"I was for many years a victim of that terrible disease, Rheumatism. In 1913, I was laid up for four months with Rheumatism in the joints of the knees, hips and shoulders and was prevented from following my work that of Electrician.

I tried many remedies and was under the care of a physician; but nothing did me any good. Then I began to take 'Fruit-a-tives' and in a week I was easier, and in six weeks ! was so well I went to work again.

I look upon this fruit medicine 'Fruit-a-tives', as simply marvellous in the cure of Rheumatism, and strong! advise everyone suffering with Rheu matism to give 'Pruit-a-tives' a trial.' AMEDEE GARCEAU.

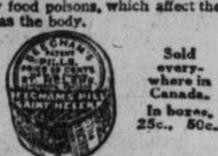
50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruita-tives Limited, Ottawn, O.

Repairs, Washing and Storage. One 1915 McLaughlin Touring car for sale cheap for quick buyer. BAGOT STREET Phone

When you feel so "blue" that even the sky looks yellow, you need

A sluggish liver and poorly acting kidneys fail to destroy food poisons, which affect the





WOOD

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ET a woman case your suffering. I wass u to write, and let me tell you of my simple method of home treatment, send you ten days' free trial, post-paid, and put you in touch with women in Canada who will ladly tell what my method

has done tor them. der weakness, pain in the sides, regularly or irregularly. bloating, sense of falling or misplacement of internal organs, nervousness, desire to cry, palpitation, hot flashes, dark rings nder the eyes, or a loss of interest

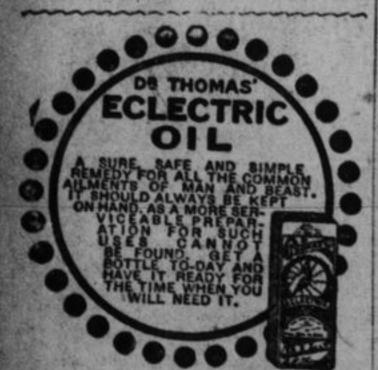
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Large quantity of sound Railway Ties for sale cheap. All tents reduced to clear. We need the room.

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The Prince-Honoring the Unknown



(1) The Prince of Wales Landing at Damerara, British Guiana. (2) Armistice Day-Scene as the Coffin of the Unknown Hero Was Being Borne Out Into Westminster Abbey, Escorted by Britain's Most Famous Soldiers and Sailors.

THE SUPREME PURPOSES

By the Rev. Charles Stelzle.

The one hundred Pilgrims who, so much about a mere declaration landed at Plymouth, Dec. 21st, 1620, which professed to recognize God as wealth, were mostly farmers and la- to reign supreme. ed, not many rich among them. Had their Commonwealth, what John Cal- were settled by it. they been too profoundly educated vin had done in Geneva, and what or too richly blessed with material John Knox tried to do for all Scotwould have been content to remain sovereignity of God was applied by existing conditions in the Church and | the State. It was this which arous-

It cannot be said that the Pil- the Pilgrims and the Puritans, begrims were ideal neighbors-in the cause with them it was a question educational advantages. sense that they were ready to co- as to whether they or God should And, because the Bible meant so From Its Dreadful Pains and Aches, operate, even in a limited way, with reign. anybody in the community with As already intimated, the Pilwhom they had anything in com- grims were a very humble group. mon, and they had much in common Their enemies said of them as did -from the religious and civic stand- the enemies of the twelve Apostles. point-with the people in Holland, that they were "unlearned." where they lived for fourteen years, they were equally unknown. They Holland had become a refuge to were also equally guilty of certain the oppnessed of all the nations. Very human short-comings, But these

Indeed, Holland had attracted so one can readily forgive when one many "liberal-minded" people-Jews | considers all the facts. and Unitarians among them-that Time covers the rough places in the Pilgrims were very much affaid life and sometimes makes them apthat their children would become pear beautiful as they are viewed in contaminated because of their con- the whole sweep of human experitact with them. This was one of ence. But Time always displays real the chief reasons why they left Hol- | character. This is what it has done land and came to America. They for the Pilgrims. And it is the revalawere more afraid of the heresies tion of the centuries which makes of the "unregenerated" than they us honor the hundred pioneers who were of the hatchets of the Indians. established their noteworthy settle-They were chiefly interested in ment on New England's shore. creating a new social torder, but they declined that this social must have religion as its chief founda-tion. They made practically no dis-

But they wanted the Church to be a vital force in the State, not a mere perfunctory, political in-

Religion was to them a public viction. The national conscience was just as sacred a thing as the indi- worth of the brawn of your arm: vidual conscience. Graft and dishonesty of every kind were jut as dishonorable in a public official

as they were in a private citizen. While they believed in "personal salvation" they had a profound conviction that "social salvation" had reversed the processes of much of the work of the Church to-day. They to create a deeper religion condition score lower still-should appetite Noah's ark animals, dolls, etc., and among the people and to build up the the face by physical bankruptcy. Church itself:

religionist that individual salvation strength, makes muscles like steel, the inmates being warned of their must always precede social salvation replaces Spring tiredness by energy danger by the howling of a dog. As men's souls by healing their bodies sick folks because it contains the afterwards the animal's mistress and changing their social conditions. strengthening elements that every made a tree in its honor, the "decora-Although even the most ardent run-down system requires. enactment of the Eighteenth Amend- tonic-Ferrozone fills the bill exactment to the Constitution of the ly-nothing known that juvenates United States, prohibiting the manu- and uplifts so fast. facture and sale of liquor for bever- At once the appetite improves. No wonder that a man acts mean, jure; makes a delightful effervescent

and women in this country who are gives way to the vigor that only Fer-

A study of their history and progress plainly indicates the chief source of their greatness. It was their OF THE PILGRIM profound respect for and confidence in the Bible. No action was ever taken un'ess it squared with the Word of God. Their rulers were selected in accordance with its teachings.

Their social and economic principles payment ? were found within its pages. Even Learn One New Thing Each Day. to establish a Christian Common- Supreme, they actually wanted God many of their games and riddles were fashioned from the Bible. Their hungry goose eat in two hours. Exborers. There were not many learn- The Pilgrims wanted to do for quarrels and differences of opinion perts guessed anywhere from 2,000 among them, they read and studied The goose ate exactly 434 grains

things, the chances are that they land. The Calvinistic doctrine of the libe diligently, so that it be- in two hours. came their chief source of education. in England, adjusting themselves to these men to the municipality and The children learned their letters and spelled out simple words from its ed the rulers of the State against pages. It accounted for their breadth the Pilgrims and the Puritans, be- of view in spite of their limited RHEUMATISM-RELIE of view in spite of their limited

much to them, they insisted upon their right to interpret it as they pleased-as individuals-without the assistance of prejudiced "specialists." It was this insistence which was the beginning of their craving for freedom-freedom to worship God.

Because the Bible was the "Magna Charta" of the Pilgrims, the Churches of America-and of the entire religious world that believes in the Word of God in the life of the nation.

Queer Christmas Trees.

A Christmas-tree of solid gold, two

feet high, and plentifully supplied

with branches, is not an ordinary sight or fashion. Such is the description of a "tree" given by an Irish gold miner to the late Pope a few years ago. The man had made a fortune in the Klondyke, and spent a large slice of it on the gift men-Very different was a "tree" impro-

vised by some British sailors wrecktinction between the Church and the Should Answer Question few years ago. Landed on an island. Himself or Herself and unable to make the mainland owing to storms and lack of adequate boats to help pass the time WHAT DOES THE FUTURE HOLD and also please the kiddles of their temporary hosts, the men resolved to make a Christmas-tree.

On that desolate spot-a mere In dollars and cents, what is the tock in the sea-neither bush nor shrub was to be found; but after that is the value of the staying power that permits continuous labor—what derelict umbrella-frame. Even this be obliged to seek relief two or three

Rather more quaint was a tree an-

evangelist of to-day will contend | Especially before the hot weather rats for the dog's consumption and that the closing of the saloon and the comes, everyone needs a purifying amusement.

feeling fit and fine. There are some very earnest men | Headaches disappear, weakness

FOR YOU IF HEALTH

GIVES WAY?

was an alien to the island, but the Suppose you did something so foolsailors did not trouble to discuss its ish as to reduce your strength, vitality or judgment one half, and it were presence or manner of coming. They simply rigged a few extra "spars" you'll be a real sick person shortly. impossible to get them back-how to its "mainmast," and with scraps much would you pay to regain the of green paper and rags converted When you let yourself run down the 'brelly into a passable imitation of a fir-tree. Odd pieces of wood you reduce your chances for success in life-if sleeplessness comes you were then fashioned into ships,

or digestion fail, you are stared in the tree duly decorated with the toys. Don't let it go so far, take Ferro- nually set up by a lady in Philadel-They would have gone full-tilt zone, it has cured thousands and it phia. One Christmas this lady's against the statement of the extreme will cure you; it builds up bodily house caught fire during the night, -that there is no use frying to save and new life. Ferrozone rebuilds a sort of reward, for several years tions" including beefsteaks and toy

age purposes, have resulted in spirit- You rest well and arise next morning And creates quite a scene, ual blessing. When his wife will go and cle When his wife will go and clean His pipe with gasoline.

striving to put "God" into the Con- rozone can supply. Try it, results Some men are too stubborn to ack- to folks who believe in overcoming nowledge the corn until you step on their toes. their toes.

Now that the Kingston Skaung Club and the Queen's Professors Badminton Club have been organized, let winter set in for good.

There are some Kingston men who would like to go into winter quarters, like the bears, and not wake up till the spring flowers are bloom-

Queen's science students have certainly done their duty by the market square, which they have surveyed for

The Board of Health may someday have Kingston so clean that we will not know what a bad smell is.

Inverary folk still keep to the old fashioned sandwiches of generous dimensions. Now we know where to spend the summer vacation, and why so many Kingston people camp in that vicinity.

Kingston basketball girls are to use the boys' playing rules, but not the boys' uniform.

Napanee is seeking industries, believing in that old scripture phrase "seek and ye shall find."

With the price of oats away down, Why should hav not take a tumble?

Wolfe Islanders believe in trusting the people. They even settle debates by a show of hands.

when the Irish give up their arms and ammunition, they will still have their more favored weapons-sticks and stones.

Portsmouth Philosopher wants to know if it is not time that such a great nation as China helped itself a little. Is it not time, too, that it contributed something to the rest of the world instead of always being the beneficiary?

If the clergy throughout Canada were better distributed, a large number of mission posts could be filled without calling up recruits. For instance, why should the little city of Kingston have fifty clergymen to administer to its spiritual needs

When that shell went through his home in Brooklyn, our old friend Col. Hunter must have wished himself back in his former doggery office under the Kingston city buildings settling domestic disputes.

In remembering the young this Christmastide, also remember the old folks in the homes for the aged Bring back the memories of their happy childhood to those infirm people who have passed the alloted span

-THE TOWN WATCHMAN.

Things To Worry About. If time hangs heavy on your hand get a pad and a pencil and work out this problem suggested by Will A:

Germany's French indemnity of 125,000,000,000 marks at five per cent. interest is payable, principal and interest, in thirty equal annual installments. What is the annual

How many grains of corn can a to 3,000. Then a hungry goose was Because there were so few books produced and the grains counted.

Stiffness, Soreness-

Is properly to be sought in a good blood medicine, because authorities say rheumatism is a blood disease; acid has entered the blood, settling in the muscles and joints. That's what makes the sharp, sudden, shot-like pains, causing you to jump and cringe in agony.

Hood's Sarsaparilla comprises remedies that every physician prescribes for rheumatism, combined with other blood-purifying, tonic and strength-building ingredients in formula vastly superior in make-up and in curative power. It does give positive relief. Thousands say so. So will you. For a fine laxative take

DRINK MORE, WATER IF KIDNEYS BOTHER

Backache or Bladder Trouble.

Urie acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; much searching they unearthed a the bladder is irritated, and you may times during the night. When the kidneys clog you must help them flush off the body's arinous waste or At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Eat less meat, drink lots of water: also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weak-

Jad Salts is inexpensive, cannot inlithia-water drink which everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming

CATARRHAL DEAFNESS MAY BE OVERCOME

If you have Catarrhal Deafness or are even just a little hard of hearing or have head noises, go to your druggist and get 1 ounce of Par mint (double strength) and add to it 1/4 pint of hot water ! and a little granulated sugar. Take 1 tablespoonful four

times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is I pleasant to take. Anyone losing hearing or who has Catarrhal Deafness or head noises should give this prescription a trial .- Advt.

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BLUE PACKAGE now 55c. per lb. RED PACKAGE 70c. per lb.

Buy it by the pound: you get a Quarter Pound Free. Once used, always used.

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A Limoges French China Dinner Set - Bridal Rose pattern; gold lined; 97 pieces at \$62.00. Sales tax extra. Good quality; nice shapes, and the best value offered this season. A limited number in stock.

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75-76 PRINCESS STREET



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constitutes a worthy and highly appreciated Christmas gift. Where's the woman who would not love to be given any piano for Christmas? And where is the woman who would not be doubly pleased to find, upon lifting the fall-board on her gift plane, the name Heintzman & Co.? She knows that had it been left to her to choose one among all Canadian-made planos, her choice would have been the Heintzman & Co.

Make this Christmas one never to be forgotten by bringing a Heintzman & Co. Grand, Upright or Player into your home for the occasion. Come to Lindsay's and select now. Special delivery on Christ has Eve if desired. We are open every evening until Christmas. IF LINDSAY'S SELL IT-IT'S ALL RIGHT



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