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SUFFERED DAY AND NIGHT

The Tortures of Dyspepsia Relieved By "Fruit-a-lives"

LITTLE BRAS D'OR, C. B.
 "I was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches and did not sleep well at night. Finally, a friend told me to try "Fruit-a-lives". In a week, the Constipation was corrected and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.
 50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Cuticura Soap Complexions Are Healthy

When a man goes at things head first he often gets there with both feet.
 Good advice is often suspected when given by a disinterested person.

Told in the Twilight

(Continued from Page 3.)
 The New Year's eve dinner given by the officers of the R.C.H.A. at the Tete-de-Pont barracks is a time honored event in Kingston society, and this year's dinner was, if possible, brighter and smarter than the former ones. The long table with the gleaming mess plate was adorned with pink roses in huge silver bowls, and in the centre were more roses with pink ribbons attached to them, and to a small New Year's gift for each guest. The ladies' place cards were tiny dolls in crisp pink frocks, and the men had pink butterflies as a guide. The famous band of the R. C. H. A. played delightfully, greatly to the pleasure of the guests. Those present were: Lt.-Col. and Mrs. W. H. P. Elkins, Lt.-Col. and Mrs. J. C. Stewart, Col. and Mrs. Norman Stewart, Leslie, General Sir Archibald and Lady Macdonell, Brig.-General King and the Hon. Mrs. Shuttleworth King, Col. and Mrs. Stockwell, Col. Beaman, Major and Mrs. James Hamilton, Major and Mrs. Leach, Major Alderson, Capt. and Mrs. Hamilton Roberts, Capt. and Mrs. J. Carl Mutchie, Mrs. Heber Lafferty, Mrs. Howard Penhale, Miss Margaret Hemming, Miss Helen Strange, Miss Kathleen Carruthers, Miss Doris Brown, Capt. Preston and Mr. Thackeray.

The Brockville Rowing Club gave their twenty-fifth annual New Year's Eve ball in Victoria Hall, Brockville, on Friday evening, at which a number of Kingston people were present. The decorations were unusually elaborate and both music and supper were excellent. Mrs. J. L. Carroll, Mrs. G. P. Graham, Mrs. A. C. Hardy and Mrs. Albert Gilmour received the guests. The dance was a most successful one, largely due to the efforts of the committee, which included several Brockville girls well known in town. Miss Wilhelmina Comstock, Miss Josephine Coslett, Miss K. Craig and Miss M. Delahaye.

Mr. and Mrs. W. F. Nickle, Earl street, gave a jolly New Year's Eve dance for their house party and the friends of W. Nickle, Jr., who was in town from Toronto. It was a delightfully informal party, greatly enjoyed by the young people present. Miss Kathleen Tait and Mr. Muir, Toronto, were with Mrs. Nickle, and Miss Evelyn Nickle was a charming young hostess.

After Dr. J. L. Morison's lecture on Monday before the Cathedral Women's Guild, Montreal, a tea was held

at the residence of Mrs. H. V. Fricker, 443 University street. Mrs. A. R. Howell and Mrs. George Armstrong poured tea, assisted by Mrs. Campbell Lane, Mrs. Clarence Dumaresq, Miss Mabel Molson and Miss Dorothy Howell.

Jack London, R.M.C., Kingston, is a guest at the home of Hon. J. D. and Mrs. Reid, Prescott.
 Mr. and Mrs. Arthur Thomas and Mr. Edwin Thomas returned to Ottawa, after spending the last few weeks in Kingston.
 George Parsons, Kingston, spent his holidays at his home in Arnprior.

Mr. and Mrs. Herald Powell, Ottawa, are visiting with Kingston friends.
 Miss M. Roberts, Roblin, spent the holidays at her home in Kingston.

Mrs. S. M. Luke, Montreal, entertained at Clie's on Saturday night for her son, Cadet E. C. Luke, of the Royal Military College.

Miss Marion Clark, Winnipeg, is with her aunts, the Misses Clark, University avenue.
 Mrs. William Bulloch and Mrs. Hoekstra, Gananoque, left on Wednesday to spend the winter in Montreal.

The Misses Hazelle and Haryette Ashley returned yesterday from Gananoque, where they attended the "Canoe Club" ball on New Year's eve.

Mr. and Mrs. A. E. Fitton, Kingston, spent New Year's with their daughter, Mrs. George Rothwell, Brockville.

Mr. and Mrs. W. J. Rathman and Miss Margaret, Kingston, spent New Year's with Belleville relatives.
 Miss Madeline Doyle, Kingston, is the guest of her sister, Mrs. Asselstine, Belleville.

Mr. and Mrs. Harry Holloway and children have returned to their home in Toronto, after spending the holiday with Mrs. Holloway's parents, Major and Mrs. Caines, Queen street.

Mrs. Henry Joseph, Montreal, entertained at a small not-out dance last night, in honor of her daughter, Miss Ethel Olive Joseph.

Mr. Muir, who was with Mr. and Mrs. W. F. Nickle, Earl street, has returned to Toronto.
 Hugh Nickle, Jr., and S. Morton, who were with Mr. and Mrs. Hugh Nickle, Earl street, for the holidays, have returned to Boston.

Mrs. Philip Strathy, Toronto, is the guest of Miss Imlach, George street.
 Miss Gladys Carroll spent New Year's in Gananoque with Mr. and Mrs. W. B. Carroll.
 Miss Hattie Wartman returned to Nanapan on Monday after spending New Year's with Mr. and Mrs. Ronald Van Luvan, Alfred street.
 W. Nickle, Jr., has returned to Toronto.
 Miss Alison and Miss Margaret

Another Royal Suggestion

Gingerbread Men, Coconut Cookies and Nut Bars

From the NEW ROYAL COOK BOOK

"RUN, run as fast as you can— You can't catch me—I'm a Gingerbread Man!"
 Indeed, it is impossible to catch the Gingerbread Man that disappears so quickly down "the little red lane" once he is out of the oven!

Gingerbread Men
 2 cups flour
 2 teaspoons Royal Baking Powder
 1/2 teaspoon salt
 1/2 teaspoon ginger
 1/2 cup shortening
 1/2 cup molasses
 1/2 cup brown sugar
 1 egg

Sift flour, baking powder, salt and ginger together. Mix molasses, sugar, egg and melted shortening together. Add dry ingredients to make soft dough. Shape in form of little men, animals or plain cookies on greased pan and bake in moderate oven 10 to 12 minutes.

Coconut Cookies
 1/2 cup shortening
 1/2 cup sugar
 1 egg
 1/2 teaspoon lemon juice or extract
 1/2 cup milk
 1/2 cups flour
 2 teaspoons Royal Baking Powder
 1/2 teaspoon salt
 1/2 cup shredded coconut

Cream shortening; add sugar, beaten egg and lemon juice;

ROYAL BAKING POWDER

Absolutely Pure
 Made from Cream of Tartar, derived from grapes.
 MADE IN CANADA

mix in milk slowly; add flour, baking powder and salt which have been sifted together; add coconut. Drop by small spoonfuls on greased pan. Allow space for spreading. Bake in moderate oven 15 to 20 minutes.

Nut Bars
 1/2 cup shortening
 1/2 cup sugar
 2 eggs
 1/4 tablespoons milk
 1/2 cups flour
 2 teaspoons Royal Baking Powder
 1/2 cup blanched almonds

Cream shortening and sugar together; add slowly beaten yolk of one egg; add beaten whites of two eggs and three tablespoons milk; mix well. Sift together flour, baking powder and salt, add one cup at a time. Divide into two parts, roll one part at a time 1/4 inch thick on floured board; cut into bars 1 by 1/2 inches. Brush with yolk of remaining egg mixed with one tablespoon milk. Sprinkle with chopped nuts. Bake in moderate oven about 15 minutes.

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 New Royal Cook Book containing these and 400 other delightful recipes. Write for it today.
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 One-third off Ladies' Boots, Oxfords, Pumps, Strap Shoes and remainder of winter goods.
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Cure Constipation Biliousness Liver Ills



Latest Paris Fashions
 (By Miss Nan Dearden, London, Eng.)



1—This serviceable tweed suit had excellent lines, with its trim narrow belt, that matched the closely fitting small hat of cinnamon color. The tweed was speckled with the same brown also and turned back with duvetyne of the same toned cinnamon. There is a great vogue for tweeds and home-spun, etc., this season. Some of the French sports suits have a plain coat, with a plaid skirt, but for a suit used on other occasions also, I think nothing nicer or more useful could be than in the tweed throughout.
 2—This mole velvet hat is the latest, but an old friend in a new guise. The "tammy" shaped hat that is so universally becoming having had such a long spell of great popularity, has taken on a wee brim to give itself another lease of life this season, and very charming it looked on its pretty wearer with its coque

feather trimmings. The bag of heavy crepe de chine, embroidered in subdued tones of blues and mauves, was such a new shape and was much admired at the French races.
 3—This sketch is of a one piece indoor frock of dark blue serge with bands of gay colored embroideries in the Russian or Rumanian spirit—blues, reds and greens, a row of fancy stitching on the serge itself. The sash was of plain serge, and the short sleeves and also the hem of the skirt, had a band of dyed squirrel fur. The original-looking hip pocket gave a pretty note to this little frock. It is a whim to use flat fur girdles as a sash on many of the one piece frocks in Paris, sometimes only partly around in front of the waist and on some entirely encircling it and round again to the at one side. In duvetyne or velour cloth this dress could be copied without

Rowley, who were with Dr. and Mrs. I. G. Bogart, Wellington street, returned to Toronto on Tuesday.
 St. Clair Ward, who has been with his mother, Mrs. John L. Whiting, Clergy street, for the holiday season, returned to McGill college on Tuesday.

Mrs. Kathleen Tait, who spent a week in town with Mr. and Mrs. W. F. Nickle, Earl street, has returned to Toronto.
 Capt. Harold Brownfield, R.C. H.A., has returned to Toronto.
 Adrian Revelle, who spent the holidays with Mrs. W. E. Revelle, College St., has returned to Osgoode Hall, Toronto.
 Mrs. Norman Wormwith, after a

pleasant visit of over a week with Mr. and Mrs. W. H. Wormwith, Earl street, left for her home in Toronto on Tuesday.

SYDENHAM SCHOOL MEETING.
 Evangelistic Meetings to be Conducted in Methodist Church.
 Sydenham, Jan. 4.—The annual meeting of school section No. 3 was held in the public school here on Wednesday morning last. There was a fair attendance of ratepayers. Edward Wood retired from the board and was replaced by F. C. Martin. The chairman of the meeting was Rev. G. Stafford, and R. G. Guess acted as secretary. Dr. Sargeant, chairman of the board, was appointed a delegate to attend the trustee's section of the Ontario Educational Association's in Toronto next Easter. The inspector's report showed the school buildings to be in a good state of repair, and the work being done by the teachers very satisfactory. S. A. Snyder is the other member of the school board. Miss Elma Lake is doing especially fine work with the junior classes in her room, as are also Mrs. Young and Mrs. Alkenbrack with the intermediates and seniors.

A choral service was held in the Anglican church on Sunday evening, at which special music was rendered.

A number from here attended the tea meeting at Battersea on New Year's night. Most of the programme there was given by Sydenham talent. Special services are being conducted in the Methodist church during this month, with J. Lindsay, Toronto, as the evangelist.
 Bishop Warren has been in attendance at the four-day convention

which concluded Sunday in the Holiness Movement church.
 After ten days' holidays for Christmas and New Year's, the schools here reopened again, the public school on Monday, and the high school on Tuesday.

18,000 Jews Find Homes in Palestine
 London, Jan. 5.—Figures of Palestine immigration show that for the ten months ending September, 1930, more than 18,000 Jewish immigrants arrived in Palestine. All the new arrivals have been supplied with employment.
 Jerusalem reports received here show that 11,843 children are attending the Zionist schools in Palestine, which employ 602 teachers.

Sometimes a wise man gives up a sure thing for an uncertainty.

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 "Diamond Dyes" turn Faded, Shabby Garments or Draperies into New

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