

Nervous Breakdown COULDN'T SLEEP NIGHTS

To those on the verge of a nervous breakdown the following symptoms present themselves: nervous headaches, a feeling of depression, listless, disturbed, restless and unrefreshing sleep, often troubled with frightful dreams, avoidance of crowded places, dread of being alone, horror of society, etc.

When the nerves become affected in this way the heart generally becomes affected too, and on the first signs of any weakness of the heart or nerves, flagging energy or physical breakdown do not wait until your case becomes hopeless, but get a remedy that will at once quieten the nerves, strengthen the heart and build up the entire system.

This you will find in MILBURN'S HEART AND NERVE PILLS Mrs. M. Damgard, Young's Core Road, N. B., writes: "I was bothered very much with my heart and nerves; had nervous headaches and dizziness, could not sleep at nights, and my appetite was all gone. I was on a nervous breakdown when a neighbor told me to try Milburn's Heart and Nerve Pills. This I did, and before I had the second box used I was better and would advise anyone who has nerve trouble to take them."

Price, 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

He was Bald

Mr. J. E. Brittain had a large bald spot on his head and thought he must always remain bald. But he used Kotko's and grew a luxuriant crop of healthy hair. Kotko's is the only medicine that can be given to a child. It is 10 cents, silver or stamps, for proof box of Kotko's, to Kotal Company, Limited, 266-28 Adelaide St. W., Toronto.

MILLER'S WORM POWDERS

HAVE A WARM PLACE IN THE HEARTS OF MOTHERS FOR THEY HAVE PROVED THAT THEY ARE ONE OF THE MOST EFFICIENT AND BENEFICIAL REMEDIES THAT CAN BE GIVEN TO A CHILD. THEY ARE SWEET AND EASILY TAKEN AND QUICKLY ERADICATE THESE WRETCHED PARASITES FROM THE SYSTEM. CONTAIN NO NARCOTICS

GRAND TRUNK RAILWAY SYSTEM

AGENCY FOR ALL OCEAN STEAMSHIPS

For particulars apply to: J. P. HANLEY, C.P. & T.A. G.T. Ry, Kingston, Ont.

CUNARD ANCHOR

CHRISTMAS SAILINGS TO GLASGOW From Portland From Halifax Dec. 10 ... Saturday ... Dec. 12 ... PORTLAND-HALIFAX-GLASGOW From Portland From Halifax Dec. 10 ... Saturday ... Dec. 12 ...

MEDITERRANEAN CRUISES

FROM NEW YORK TO MADRID, GIBRALTAR, MONACO, GENOA AND NAPLES Dec. 7 ... Catania

Much Rheumatism

Local Druggist's No-Relief-No-Pay Offer Attracts Many Sufferers Be fair to yourself, you suffer from rheumatism, no matter what form, get from your druggist a package of Rheuma, the guaranteed prescription. Use the entire bottle, and if you don't think it has given you quick and sure relief, say so, and you can have your money back. Isn't that a fair offer? Can you see any deceit about it? What chance do you take? Absolutely none. Then get a bottle of Rheuma today. It's a reputable physician's prescription, altogether different from remedies usually prescribed, free from narcotics, and perfectly harmless. Rheuma acts on the kidneys and helps to force the uric acid from the swollen joints and other lodging places. It places you in a day; it makes you hopeful and happy in a week. It has released from bondage rheumatic sufferers who thought nothing would give relief. It should do as much for you—it seldom fails. McLeod's Drug Store will supply you and guarantee money back if not satisfied.

THE SNEEZY GAMES BY EMMETT D. ANGELL



Dear Snezy: You will be glad to know that your butter-nuts came by parcel post just the way you said they would. They came just in time for the day before Thanksgiving day. We had other kinds of nuts, but your nuts were the best there, everybody said. We had a Thanksgiving party at our house, and I wish you were there. Snezy, for we had a swell time and said, O my, I'll tell the world we had some eats. I would have had a better time if I had known that they were three kinds of dessert, but I thought it was only ice cream and mince pie and I ate two dishes of ice cream and part of Tubby's for one of my pieces of mince pie. I like ice cream better than mince pie, but Tubby likes them both about the same, so he traded. And then when the plum pudding came in I didn't have any room for more. When Al found out about him being tucked in bed every night by his mother we all kidded him and he got pretty sore. I didn't tell the bunch that I got tucked in too, sometimes.

BALLOON VOLLEY Dear Snezy: You will be glad to know that your butter-nuts came by parcel post just the way you said they would. They came just in time for the day before Thanksgiving day. We had other kinds of nuts, but your nuts were the best there, everybody said. We had a Thanksgiving party at our house, and I wish you were there. Snezy, for we had a swell time and said, O my, I'll tell the world we had some eats. I would have had a better time if I had known that they were three kinds of dessert, but I thought it was only ice cream and mince pie and I ate two dishes of ice cream and part of Tubby's for one of my pieces of mince pie. I like ice cream better than mince pie, but Tubby likes them both about the same, so he traded. And then when the plum pudding came in I didn't have any room for more. When Al found out about him being tucked in bed every night by his mother we all kidded him and he got pretty sore. I didn't tell the bunch that I got tucked in too, sometimes.

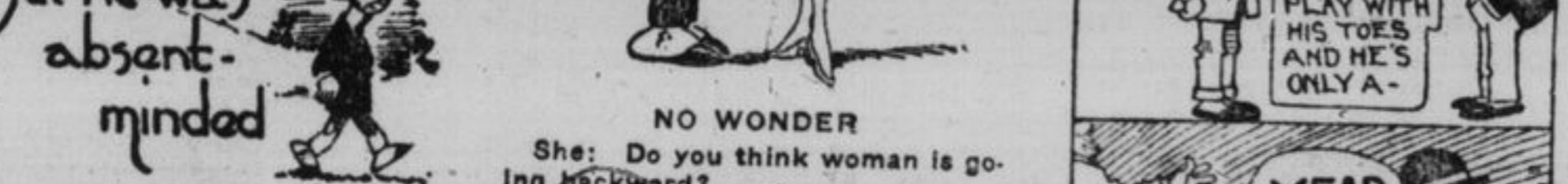
The only kind of exercise worth while," says Dr. Angell, "is unconscious exercise." "A man who swings his arms through a set of exercises because some doctor has told him to, isn't benefiting very much. That isn't exercise." "But anybody who gets into a good rollicking game, forgets himself, and plays for all there is in it, gets real genuine physical benefit."

SMILES

He asked her if she'd share his life. By beauty he was blinded. For ten long years he'd had a wife. But he was absent-minded.



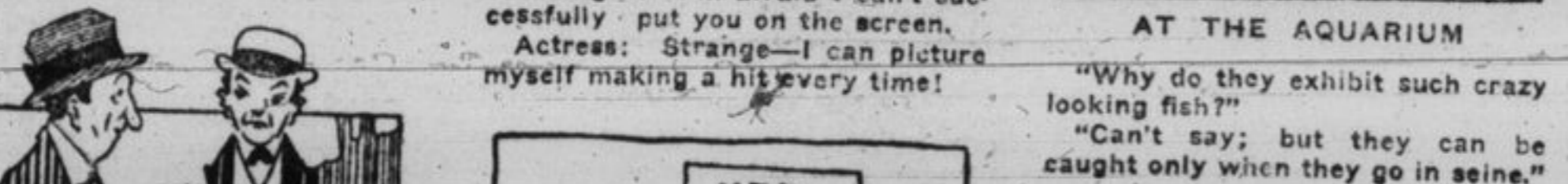
NO WONDER She: Do you think woman is going backward? He: I'll admit I'm puzzled sometimes. They cut their clothes about the same front and back.



AT THE AQUARIUM "Why do they exhibit such crazy looking fish?" "Can't say; but they can be caught only when they go in seine."



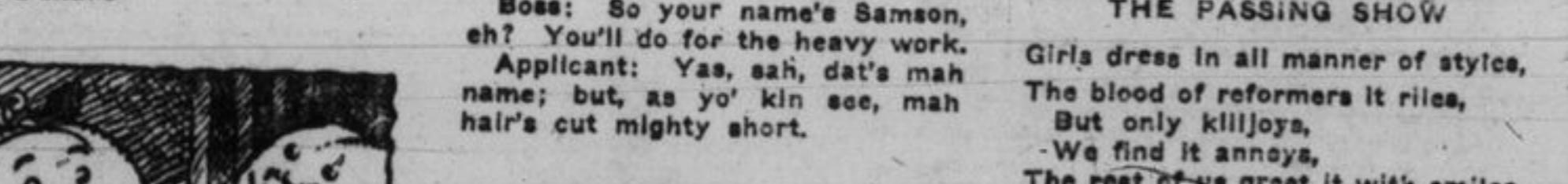
COULD PICTURE HERSELF Manager: I'm afraid I can't successfully put you on the screen. Actress: Strange—I can picture myself making a hit every time!



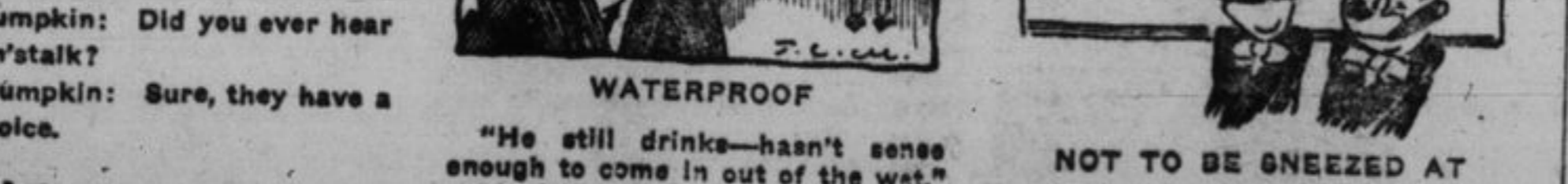
THE PASSING SHOW Girls dress in all manner of styles. The blood of reformers it riles. But only killjoys. We find it annoys. The rest of us greet it with smiles.



STRONG BONDS "The bonds that hold them together are very strong, I'm sure." "Oh, yes; his money is invested with the greatest care."



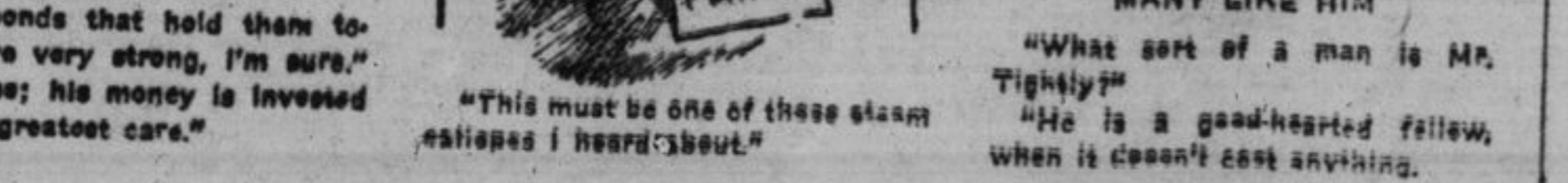
WATERPROOF "He still drinks—hasn't sense enough to come in out of the wet." "And yet he seems always to be dry."



MANY LIKE HIM "What sort of a man is Mr. Tightly?" "He is a good-hearted fellow, when it doesn't cost anything."



NOT TO BE GNEEZED AT Friends: You ought to be glad to get this cool weather. May, Feverist: It's not to be sneezed at, I'll say!



EXPECT CLOSE ELECTION

In the Frontenac Contest—Dr. Tovell Meets With an Accident.

Sydenham, Dec. 2.—Almost on the eve of the general election, predictions may be in order but they are difficult to make. If the interest that has been taken by the people in the campaign is considered, it seems certain that a large vote will be polled. Both the Farmers' party and the Conservatives are fairly well organized, and each has had one meeting here, both being marked by a good attendance. It was announced that the U.F.O. have a meeting in Wesley Hall, Monday night, at which W. S. Reed, the Progressive candidate, will be present, and will be assisted by Senator Turiff. An important factor in the result will be the vote of the women; that, indeed, may turn the balance. It appears to be the opinion of many that there will be no large majority, whichever contestant wins out.

A government inspector was here on Wednesday regarding the enforcement of the war tax on concerts and entertainments.

Rev. T. Leech was in Kingston this week attending the meeting of the Frontenac rural deanery.

A number from here were in Kingston on Wednesday night to hear the Liberal chief, Hon. W. L. Mackenzie King.

A series of special services is being conducted in the Holiness Movement church, with Rev. W. J. Tompkins in charge.

Miss Folger, Kingston, spent a few days here with friends.

Mrs. A. Myers held an auction sale of household goods at the home of John MacConnell on Wednesday.

Mrs. Myers has taken rooms at the home of Mrs. E. J. Charlton.

Gordon Harker, who has recently returned home, gave a talk on the life of California as he saw it for two years, before the members of the Methodist Epworth League last Monday.

Provincial Inspector G. I. Rogers visited the high school here on Thursday. Manley Babcock has moved into the house owned by Walter Harker on Amelia street.

Mrs. Oscar Lindsay is in Kingston hospital for treatment. Theodore Darling is also a patient in the Kingston institution.

While returning to Sydenham on Friday morning near Fred Grant's home, Dr. Tovell's car skidded into the ditch and turned over on its side. Damage was done to the top, one door, the windshield, and a fender.

HEMLOCK We have a large and well assorted stock of Hemlock on hand. You will find that we can meet your needs at right prices. Allan Lumber Co. Phone 1042 - - - - Victoria Street

Ice Cream Bricks For Ice Cream that has the quality, order some from us in brick form, and you will be well pleased. We have it in the following flavors: Maple Walnut, Neopolitan, Strawberry and Vanilla, Special Fruit and Macaroon. MASOUD'S 238 Princess St. Phone 980 Our Ice Cream will be sold all winter at J. H. Jarvis, corner of Princess and Albert Streets

but Dr. Tovell himself escaped injury. The car was taken to the garage for repairs. Mrs. James McMahon went to Wolfe Island on Friday to attend the funeral of her cousin, Mrs. Rogers, who died on Thursday. A baby girl was born to Mr. and Mrs. E. B. Sills on Friday.

Consider the hardy Scot! He knows that as long as he keeps his body good and warm, his exposed limbs can withstand almost any degree of cold. This was proved by the gallant Highlanders in the late war. Pure wool next the skin, the woollen-cloth kilt covering the vital organs; thus is the whole body protected and the health safeguarded. In damp mist or driving sleet, the hardy Scot, clad with wool, braves the elements. "CEETEE" THE PURE WOOL UNDERCLOTHING THAT WILL NOT SHRINK "The Woollen Underwear without the Itch." is made of pure, cleaned, Australian-merino long fibred wool, pliant, graceful and absolutely comfortable. The wool-burrs that cause the itch and scratch in ordinary wool garments are all removed from Turnbull's "CEETEE" by a special and infinitely careful process. Ceetee is the only Underclothing made in Canada that is reinforced at all the wearing parts. Made in all sizes and weights for man, woman or child. Sold at the best shops Worn by the best people All pure wool—re-inforced at all wearing parts and full fashioned. Sole Makers Turnbull of Galr, Ont.

SMOKE SENATOR CUT PLUG Deliciously Fragrant 15¢ a package also packed in 1/2 lb tins