

**ONLY
1 in 5
ESCAPES**

At the first sign of bleeding gums, be on your guard. Pyorrhea, destroyer of teeth and health, is on the way. Four persons out of every five past forty, and thousands younger, are subject to it.

Brush your teeth with
Forhan's
FOR THE GUMS
More than a tooth paste
—it checks Pyorrhea
35c and 60c in tubes

Why Fear Child Birth

Dr. J. E. Dyer, noted obstetrician, has discovered a new method of delivery, and adapted it to the needs of the modern woman. It is a safe, simple, and painless method, and is the only one that has been proved to be safe for three generations.

FREE BOOKLET

Write for booklet, also apply for name of Dr. Dyer's Medical Institute, 275, St. Mary's St., Toronto.

WOMAN TAKES EVERY CHANCE

To Recommend Lydia E. Pinkham's Vegetable Compound, for It Helped Her So Much

Frederickton, N. B.—"I was weak and had some troubles women often have, and usually I was unfit for my work. I saw your advertisements and decided to try Lydia E. Pinkham's Vegetable Compound. I am very much pleased with the result and recommend your Vegetable Compound whenever I have a chance. You may use this letter for the benefit of others."—Mrs. WANDLESS, 360 Church St., Fredericton, N. B.

Mrs. Wandless, like many, many other women who have found relief by using Lydia E. Pinkham's Vegetable Compound, is anxious to let other women know of this splendid medicine. So by word of mouth and by letter, one woman to another, its virtues are made known.

Women suffering from female ailments, indicated by such symptoms as backache, nervous troubles, hot flashes, pain in the side and a general run-down condition of the whole system, should take Lydia E. Pinkham's Vegetable Compound.

For nearly fifty years it has been helping women. Let it help you.

Lydia E. Pinkham's Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to Lydia E. Pinkham Medicine Co., Lynn, Mass.

CRADLE OF LITERATURE
In Canada Was Halifax—Dr. MacMechan Addresses the Canadian Club.

Speaking upon the subject "Canada's Cradle of Literature," before the Kingston Canadian Club in the Frontenac Hotel on Thursday evening, Dr. MacMechan, of Dalhousie University, Halifax, paid a very high tribute to the Nova Scotians who, at a very early period in the history of that province of Canada produced works of great merit, one of them T. C. Halliburton enjoying a popularity that rivalled that of Dickens.

Dr. MacMechan was introduced by the president, J. M. Farrell and in opening his address stated that he desired to direct attention to the need for greater interest in Canadian literature. While he spoke in the interests of Canadian authors he did not wish to be understood as conducting a campaign for the sale of their works, but a campaign in the interest of the national literature. One of the outstanding problems of Canada today is due to our geography, vast differences in races and religion. From 40 to 50 per cent. of the people of the Canadian west are not of British origin, and there is a continual drag to the United States from Canada. These conditions make the problem of Canadian nationalism and unity a very important one. In approaching this problem it is necessary to secure a degree of unity. There must be brought about an understanding between the east and the west, and between the west and Quebec. Our writers have endeavored to do something along this line.

Bryon Nicholson spent nine years in Quebec and wrote on the Habitant, and his book has had the rare distinction of being translated into French. Other writers were Dr. Drummond and William Blake. Their studies on French Canada have been greatly appreciated. The speaker made a strong plea for an understanding of French Canadians who have a large place in our national life. He looked for the brilliant French Canadian writers to do the same.

Canadian literature had its first beginning at Halifax. The Nova Scotians have a distinct characteristic of their own that was developed during three centuries of their history. Their maritime situation and the fact that the people are descended from the best class American colonists, the Loyalists, who settled in the province after the American war has been favorable to literary genius, and they have made their mark in Canada. In 1783 Loyalists numbering 25,000 were dumped on the shores of Nova Scotia. They represented the official or conservative class and very early established a university, a bishop's see, and a magazine. They had the first organized government and the first newspaper in Canada, published in 1752, also the first provincial history. Since then Halifax has had a new magazine every ten years. The first editor was Dr. Cochrane, later professor of Columbia University, New York. The first number dealt with the history of the first grantee, Sir William Alexander, who named the province, Nova Scotia. John Howe, father of Joseph Howe was the first printer of the Nova Scotia magazine. In 1826 another magazine, the Acadian, was published with illustrations, showing the Provincial House, Admiralty House and Dalhousie College. The magazine was

Milburn's Laxa-Liver Pills The Great Liver Regulators

The duty of the liver is to prepare and secrete bile and serve as a filter to the blood, cleansing it of all impurities and poisons.

Therefore when the liver is inactive and failing to secrete bile in sufficient quantity constipation and other liver troubles soon follow.

Mrs. H. D. Hutchinson, Peterborough, Ont., writes:—"I have been using your Milburn's Laxa-Liver Pills and they have done me a lot of good."

My liver bothered me a great deal; I was drowsy and tired all the time and didn't feel like doing anything, let alone my housework. I tried everything, but your Pills seemed to do the work far better than anything I had ever taken."

Price 25c. a vial at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

entirely an original production of writers all over the province. It contained a historical and statistical account of the province and a story entitled "The Expulsion of the Acadians" by T. C. Halliburton. Nova Scotia granted Catholic emancipation before it was granted in Britain.

A great figure in Nova Scotia was Joseph Howe, who fought a duel as a result of his stand for the cause of the people. His advisory missed his and he fired into the air. Howe is still an object of veneration and his personality is still discussed. He was editor of the Nova Scotian and produced most of the articles himself. But Halliburton was the beginner of Canadian literature and his books ran into two hundred editions. Another genius was James Demill. Though born at St. John he wrote in Halifax, where he was a professor at Dalhousie from 1864 to 1880. He wrote thirty books, including the "American Baron," Michael Williams,

began in journalism, but produced some books that show rare genius. A hearty vote of thanks was moved by J. G. Elliott who said he hoped to see a national spirit shine in Canadian literature. "We are too apt to accept American ideals rather than depend upon ourselves, and we should encourage our Canadian writers to express Canadian life and interpret Canadian ideals. In tendering the vote of thanks President Farrell said that Kingston owed a debt to Nova Scotia as two of the best principals of Queen's University came from that province.



The betrothal of Lady Joan Mulholland, a niece of Lord Byng and lady-in-waiting to Princess Mary, to the Earl of Cavan, is announced in London.

TOWARDS CHURCH UNION

Rev. Dr. Bell Discusses Subject Before Queen's Theological Conference.

Rev. Dr. R. H. Bell, D.D., was the speaker before the annual conference of Queen's Theological Alumni Association, on Thursday afternoon. Speaking on the subject "Towards Re-union," he read extensively from works setting forth the ideas of the Anglican, Congregational and Methodist churches, and showed that there was a universal change in the world since the war that Christianity had to meet. He felt that the churches were conscious of this great change and should unite on the great principle underlying church life.

"There has got to be a vision of the great world and its needs as they exist today and not as they existed in the past. We have to deal with a living situation. Young people are not thinking along denominational lines. The war has given us a different background. We see as never before the weakness and folly of nations, and traditional divisions are no longer tenable."

The Protestant and Roman Catholic conceptions of life were dealt with. The Protestant conception saw its ideal worked out in the life of the housewife, the husband and father, by economic teachers, and all who seek by the common duties of life the fulfillment of the Christian life, rather than in ecclesiastical institutions and orders. While the Anglican apostolic claim is a tenacious one, it is an ideal, and the Anglicans and Methodists are close together in spiritual things, Dr. Bell said.

The speaker showed that divisions frustrate the church's work and that spiritual unity meant strength. Clergymen of different denominations found it necessary to adapt themselves to new situations and new conditions, and at the present time there are strong grounds for relaxing hold upon what may impede the progress of the people.

Reference was made to the Anglican Lambeth Conference, which resulted in an announcement of the recognition of the validity of Methodist ministry. This was a great step towards unity.

CASTORIA

For Infants and Children In Use For Over 30 Years

Always bears the Signature of *Dr. J. C. Watson*

Best Cough Mixture Is Home Made

Acts With Speed — Loosens the Phlegm — Stops the Irritation and Coughing Cases

FINE FOR CHEST COLDS TOO AND IS CHEAPLY MADE AT HOME.

When you can make, in two minutes, a world beating remedy that acts directly on the membrane and often over-ride causes stubborn coughs and even hard chest colds to disappear, why trifle with things that will probably disappoint?

Hawking and snuffing and also soreness of the mucous membrane go and you will feel fine in almost no time.

Just get one ounce of Parment (double strength) add to it a little sugar and enough hot water to make a half pint and you've got an inexpensive remedy better than you can buy ready mixed.

Its soothing, healing action on the membrane is the reason so many people use it for Catarrh and acute nasal colds.



"Mother makes the best doughnuts in the world!"



COOK IT WITH COOKET

A pure vegetable shortening for all frying and baking. Unrivalled for purity. Write for Cooket Recipe Book.

"She says she mixes them up with Cooket, then drops them into a sizzling panful of Cooket, and they come out crisp, and dandy. No other doughnuts are half so good as the ones Mother makes."

For deep frying, Cooket ensures delightful results because it can stand a much higher temperature than ordinary shortenings. This means it cooks quicker and better, without soaking the doughnuts all through with fat. Doughnuts made the Cooket way are cooked to perfection and have a flavor that satisfies and delights.

All good dealers sell Cooket in tins of 1 lb. and 3 lb. net weights.

LEVER BROTHERS LIMITED, TORONTO

NOW
Is the Time to Get Your Watch or Clock REPAIRED
L. C. HEMSLEY
Watchmaker from R. J. Rodger
149 Sydenham St.
Just off Princess

DR. H. A. STEWART
Dental Surgeon
Wishes to announce that he has resumed his practice, cor. Wellington and Princess Streets. Phone 2092.
Dr. H. A. Stewart
Corner Princess and Wellington

The Telgmann School of Music
Piano, violin and other stringed instruments. Alida V. Telgmann, B.E., teacher of Elocution and Delsarte system of Physical Culture. Pupils may begin at any date. Terms on application.
484 BROCK ST.
Phone 2217J.

AUTO TOPS RECOVERED and REPAIRED
R. H. JONES
206 PRINCESS STREET
Phone 128.

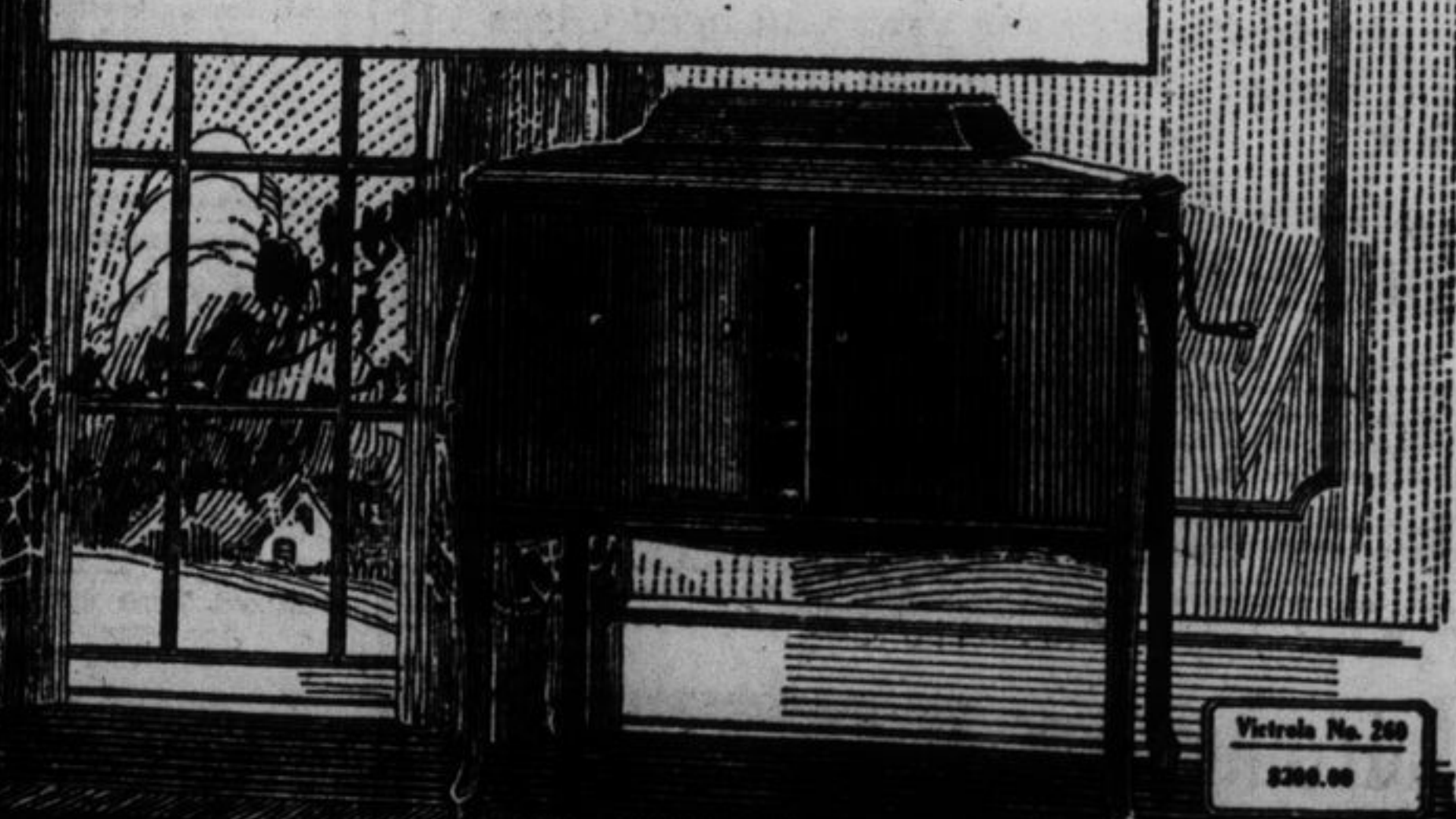
Your home has a place for this Victrola

If you are looking for a genuine Victrola that is moderate in price and at the same time dignified and rich in design and finish, this new model No. 260 merits your careful consideration.

A demonstration will gladly be given

At any "His Master's Voice" dealers

Will there be a Victrola in your home this Christmas?



Victrola
Important: Look for these trademarks
BERLINER GRAM-O-PHONE CO., Limited

T. F. HARRISON CO., LTD.
Victrolas and Victor Records
233 Princess Street Phone 90.

VICTROLAS AND VICTOR RECORDS
MAHOOD BROTHERS
113-115 Princess Street

VICTOR RECORDS AND MACHINES FOR SALE AT
McGALL'S CIGAR STORE—132 PRINCESS STREET
"WHERE THE CLOCK IS ON THE WALK"

BEEF MARTIN BEEF

Phone 597. Successors to Wm. Davies Co. MONDAY NEXT, THANKSGIVING DAY, STORE CLOSED

An unusually large supply of cattle at the Toronto Stockyards this past week has enabled our Beef buyers to purchase first class Beef at a ridiculously low price, and all of the A. Martin, Ltd., 67 stores are getting the advantage of the good buying. Therefore, this week-end we can offer the people of Kingston the best quality of Beef at below pre-war prices.

Note these low cash prices for Thanksgiving time. Every pound government inspected and carries the A. Martin Ltd. guarantee of quality.

- | | |
|--|---|
| STEAK | ROASTS BEEF |
| Best Round Steak 16c. lb. | Best Shoulder Roasts . . . 9c. lb. |
| Best Sirloin Steak 20c. lb. | Chuck Roasts 10c. lb. |
| Best Porterhouse Steak . 23c. lb. | Best Blade Roasts 11c. lb. |
| Best Round Steak Roasts 16c. lb. | Best Thick Ribs Beef . . . 14c. lb. |
| Best Sirloin Roasts 20c. lb. | Prime Ribs Beef 16c. lb. |
| Best Loin 22c. lb. | |
| PORK | SAUSAGES |
| Canadian Young Pork—all fat and rind trimmed off — extra good value 25c. lb. | All prepared under government inspection, the Martin quality. New England Sausages . 23c. lb. Little Pig 28c. lb. Homemade 15c. lb. |

A. MARTIN Ltd.



A REAL ROMANCE Princess Dagmar, the youngest sister of the King of Denmark, is the bride of Jorgen Chastenhof, an untitled lieutenant of the Royal Danish body-guard. They have long been sweethearts, but only recently did the royal brother of the princess consent to have a "common" brother-in-law.