Suffered From Pimples and Blotches For Fifteen Years

a only natural that pimples, blotches, ers welcome. boils or some other blood trouble will manifest itself by breaking out of the

thorough cleansing by the use of a M. A. good blood purifier such as

Burdock Blood Bitters

This remarkable remedy has been on the market for over forty years: is the best obtainable, and will do all We claim for it as a blood cleanser.

Mr. Albert R. De Witte, Lake Valley, Sask., writes:--"I have suffered very much from pimples and unsightly blotches for the past fifteen years and was so bad I hated to go out anywhere. I tried many different medicines, but none seemed to help. friend told me to use Burdock Blood Strangers made welcome. Bitters. I have used three and a half bottles, and now I have a clear, rosy complexion."

Eat Less Ment If You Feel Backachy or Have Bladder Trouble

which excites and everworks the kid- prayer meeting. neys in their efforts to filter it from the system. Big meat eaters can flush the kidneys occasionally to relieve them like they relieve the bowels, removing all the acids, waste and poison, else they may feel a dull misin the back or sick headache, dizzi- Lord's Supper. 2.45 p.m. Bible Rev. Principal Smith, D.D. will with women of their own social grade the earth. Was there some awful mascoated, and when the weather is bad Open Hand." The ordinance of Bapthey have rheumatic twinges. The tism at this service. urine is cloudy, full of sediment; the channels often get irritated, obliging one to get up two or three times dur-

ing the night. bladder disorders disappear. This famous salts is made from the acid of grapes and lemon juice, combined with lithis, and has been used for generations to help clean and stimulate sluggish kidneys and stop blad-Hightful effervescent lithia water Lord's Supper 3 p.m., Sunday school drink, which millions of men and we- and Bible classes. 7 p.m., all musical The sacrament of the Lord's Supper per class" in a common task? It may but I have an idea, Teddy, that you men take now and then to help pre- service. Rendering of the Cantata will be administered at the close of be argued that servant girls and would feel like letting out a double-

RED PEPPER FOR

Ease your tight, aching chest. Stop. the pain. Break up the congestion. Feel a bad cold loosen up in just a

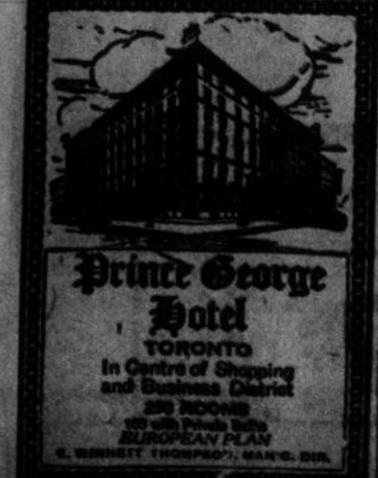
"Red Pepper Rub" is the cold remedy that brings quickest relief. It cannot hurt you and it certainly seems to end the tightness and drive congestion and soreness right

Nothing has such concentrated. and sore, soil joints relief comes at come. Its influence upon benevolent began to come in. The strain was off.

Rub you feel the tingling heat. In paratyzing. There are two reasons earlier days. The machine was run men, for frankly matters were much three minutes the congested spot is for this paralysis. First, there are with greater case but it is a question warmed through and through. When the conditions laid down by the donor whether the results per dollar spent t any drug store. You will have the quickest relief known.

task. They are prone to frequent colds or coughs. or are pale and thin. What is needful is rich nourishing

cod-liver oil to hel strengthen and build : up the vital forces of the body. Build w resistance dails h Scott's Emulsion? et & Bowne, Toronto, Ont.



Sunday Services in Churches

When the blood becomes impure it ister. Students, soldiers and strang- son), Mr. E. J. S. Wallwork.

There is only one way to get rid of M.A. Sunday school and Bible street. Special Thanksgiving Serv- upon a policy for them, it should be belt to the mountains. The tank is these obnoxious skin troubles, and classes, 3 p.m. Evening prayer, 7 ices. 11 a.m., To Doum and holy vigorously carried out. Unquestion- built with massive stones, which that is by giving the impure blood a o'clock. Preacher, Canon FitzGeraid, communion. Sermon subject, "Our ably, the day will come when large must have been brought many miles.

> Gospel Hall, Upper Princess street. -Sunday, Nov. 5th. 11 a.m., The Lord's Supper. No evening service for the present. Wednesday evening Bible talks. A welcome for all.

come. Sunday school at 3 p.m.

pastor Rev. A. F. Brown, 144 Bar- services and to the reading room. rie street, phone 1806w. Sunday 11 a.m. subject "Work." 3 p.m., Sunday school; 7 p.m., subject "Leprosy," Monday, 8 p.m. Christian En- a.m. and 7 p.m., conducted by the Too much meat may form uric acid, deavor; Wednesday, 7:30 p.m., minister and Miss Jean Chown, con-

Flair, pastor. Thanksgiving services. MacClement. Sunday school 11 a.m., sermon theme, "Lest We p.m. On Monday at 10:30 a.m. Unery in the kidney region, sharp pains Ferget." 12 m. Ordinance of the ion National Thanksgiving service. ness, the stomach sours, tongue is school; 7 p.m. sermon theme, "God's preach. All are invited.

Thanksgiving. 8 a.m., Holy Com-To help neutralize these irritating munion; 10 a.m., Men's Bible class; acids and flush off the body's urin- 11 a.m., Choral Eucharist, preacher. ous waste get about four ounces of The Bishop of the Diocese: 3 p.m. Jad Salts from any pharmacy; take Sunday school; 4 p.m., Holy Bapa tablespoonful in a glass of water tism; 7 p.m., Evensong. Preacher. Pound, Maunder, "Ye Shall Dwell in than one finds among women. On prised if some strange being sudbefore breakfast for a few days and The Dean. Special music throughout your kidneys may then act fine and the day. Sermons on National sub-

> Queen Street Methodist church .-Rev. W. S. Lennon, B.A., D.D., pastor. 11 a.m., service of thanksgiv-Judge Lavell and Mrs. J. Evans. giving music: Morning anthen, "Pear perience or the brain power which worked up in a place like that, but

> Rev. J. de P. Wright, M.A., B.D., Wiskin; Duet, Miss G. Peters and L. ence that "my lady" has gone that I can never forget, while those Rector. 21st Sanday after Trinity M. Loney; Solo, Mrs. W. N. Archi- through, but that which many of ancient people will always be my (All Saints Day) 11 a.m.—Morning baid. Sunday school, 2.45 p.m. them have had has given a view of friends in farcy." Prayer and Holy Communion; 2:45 Strangers and visitors cordially wel- life which should make them most

St. Andrew's-Rev. John W. | classes; 4 p.m.-Holy Baptism;

erend, the Bishop of the Diocese.

Christian Endeavor Union. 11 a.m., their paralyzing effect. hev. Principal Smith, D.D., of West-Bethel Church, cor. Barrie and minster Hall, Vencouver, 7 p.m., Johnson streets.-Pastor, A. Sidney Rev. J. A. Wilson, Hamilton, &p.m., Duncan. Services, 11 a.m. and 7 Sunday school and Bible class. Inp.m. Sunday school, 3 p.m.; prayer spiring message, hearty singing and only upon a comparative basis, it think it was done, Teddy? Can you meeting, Wednesday, 8 p.m. Sacra- a warm welcome to all. 8.15 p.m., ment following morning service. special business meeting of Cooke's are not as democratic as men. congregation.

Calvary Congregational Church, arday evenings from 7.30 to 9.30 p. corner Charles and Bagot streets, m. All are cordially invited to the Brotherhood.

son, D.D., minister, Services at 11 tralto soloist and Miss Leslie Taylor violinist will assist the choir at both First Baptist Church, Sydenham services, Bible classes at 2 p.m. conand Johnson streets.—Rev. J. S. La- ducted by Prof. Matheson and Prof.

> and 7 p.m. Harvest thanksgiving women in different walks of life. musical service. Anthems, "The Lord is Loving." (Limper), "Praise

St. Luliv's Church, Nelson street— Lord, O Jerusalem;" Solo, Harold have had the same kind of experi- enchantment of the night are things

Democracy in Institutions and Personal Relationships

By the Rev. Charles Stellie.

It sometimes happens that while In the former period not much mental positions than they do a offits are made without conditions on time was spent in making statistics. ward the women who are of the "emthe part of the donor, nevertheless, The workers were too busy on the ploying classes." There's no que the well-known attitude toward cer- tasks laid out for them. New, fetch- tion that often the studied snobl tain questions of the person who ing reports must be prepared. There ness of working women toward womade the gift, whether he be living must be a bigger showing. Events men of the upper class has much to or dead, undoubtedly influence the which formerly came in the day's do with the lack of the democratic governing board when it comes to a work almost annoticed, are magni- spirit among the latter group.

out it. But it is a serious question whether individuals who happen to possessed real vitality and wirelity. be rich have the right to determine for all time the future of wuch insticiples and conduct their work in an

The directors, not having to raise the money, are careless as to how it is spent, although in most cases their You can tell by the names stand high in the world of business and finance and the use of their names in annual reports give an assurance of work well done. Begun with high purpose those institu-tions early won the commendation of the middle-class or even the compar-airvely poor. Without the support of these people, they simply could never have existed.

"The dead hand" lies heavily upon through good and faithful work acmany endowed institutions and those complished, the rich were won to to which large endowments have their support. Large contributions organizations instituted for the pur- There was no longer the push and The moment you apply Red Pepper pose of propagating "truth" is most the energy which characterized the which limit the sectulness or aggree- were as good. It was comparatively the servant girl, the shoppint and the eness of the organisation, and easy to make fine showings in reports second, there is the lack of fight and but you know what they've said about fire because the organization in ques- statistics, as compared with certain among themselves, but particularly

crists. When the denor is dead it is fied into major occurrences. But there's a definite responsibility in next to impossible to change the situ-hand." In spite of every effort to Institutions of learning must have galvanize the society into a sample noney. So must churches. Philand- aboe of life, it is only too apparent thropic societies cannot exist with- that the present momentum is merely that which was put into it while it

In this day of big fortunes and consequently large coquests, it benot crushed out of our best imstitu- "One of the strangest feelings that hand of endowments and legacie sappropriate money—they merely vate contributions. But principally business upon unscientific prin- more of the institutions now conduct-

or Thin and Watery?

jed through private enterprise should | twenty-two miles from the govern-7 in managing them, and with the un- stone pillars and almost the only Stephen, minister. Services 11 a.m. p.m.—Evening Prayer. Music—derstanding that fadlure to make visitors to it are the wild creatures and 7 p.m., conducted by the min- Solo, "Thanks Be to God," (Dick- good will result in immediate dis- of the jungle. Once there must have

St. James' Church, corner Union could advance no faster than the a large irrigation tank there which St. Paul's .- Holy Communion, 11 and Barrie streets .- T. W. Savary, great mass of people wish them to, is one of a series of tanks which a.m. Preacher Canon FitzGerald, rector, the rectory, 152 Barrie but when the people have decided stretch all the way across the dry Goodly Heritage." 3 p.m., Sunday legacies which are now going toward They have been split, like the pilschool; 7 p.m., evening prayer and the perpetuation of private institu- lars of houses, and it is easy to see sermon. Preacher, the Right Rev- tions will automatically be absorbed they were split with wooden wedges. Cooke's Church, Brock street- moneys are now employed but with wood was soaked in water until it a helpful prayer meeting with short Convention headquarters of Ontario out their present limitations and swelled and split the granite. How

It may seem foothardy to say that and those Muge stones were carried matter of this kind can be settled ains fifty miles away. How do you

In a little Minnesota railroad town task-masters flogged them on. I found three women's clubs. Zion Presbyterian Church, Pine First Church of Christ, Scientist, was composed of the wives of the street. - Rev. Edwin H. Burgess, 95 Johnson street. Services, 11 engineers, another of the wives of B. B. is manufactured only by minister. 11 a.m., and 7 p.m. The a.m., and 7 p.m. Subject, " Adam the firemen, and a third of the wives minister will preach at both services. and Fallen Man." Sunday school, of the brakemen. It was an absolute In the morning there will be a at 9:45 a.m.; Wednesday, 8 impossibility for the wives of the firethanksgiving service. Special music. p.m., testimonial meeting. Public men to join the club composed of the Patriotic sermon. Everybody wel- reading room open every afternoon wives of the engineers, and as for the Clever People and Wealthy Farmers. except Sunday and holidays, from 3 wives of the brakemen—they simply "There to 5 p.m., and on Thursday and Sat- weren't in ft. And all their hus- as their engineering work has stood

valuable in doing certain pieces of work which require a knowledge of IIV human nature and some other things that are the possession of only those who have dealt with the common things of life.

On the other hand, professional It Can be Done Through Keeping the and business men of high intellectual studements will ordinarily sit on parently even less than ordinar ability, and they usually find t chese toilers have a contribution to make which is distinctly worth while There's no doubt that the demo-

Long Forgetten Oities

tions and movements by the dead I have ever experienced," said Uns. cle Frank, "was when I stood alone most completely failed. The dector The instinct of curiosity is really Herein lies one of the greatest men-jet midnight amid the ruins of a city whom I consulted told me I would at the base of a great deal of our They have fallen asleep because they been to our democracy. More of our that had existed long ago; so long have to take a prolonged rest, and knowledge. me longer need to worry about their institutions, philanthropic and edu- ago that no one knew anything about gave me a bottle of medicine, which, financial affairs. A few large gifts cational, as well as our social service it. It was a brilliant moralight night however, did not help me. Then a have apparently relieved them from agencies, should be supported by the the necessity of even so much as givship. This does not mean that they or through a larger number of pristone pillars of the houses. From was able to resume my employment. where I stood I could see a short way I continued taking the pills for some up what had once been a street and time lenger and now feel as vigorous more than ence I could have sworn as I ever did." I saw someone move and dodge be- You can get these pills through any hind a pillar. It was very uncanny medicine dealer, or by mail at 50 and when an owl suddenly hooted cents a box or six boxes for \$2.50 my hair stood on end. As I told you from The Dr. Williams' Medicine Co., before, Teddy, I am not at all brave Brockville, Ont. and I do not know why I ever deliberately went the places where
there might be some unknown dangor larking. I have been neared to

of showing that you are a good fel-

urally go inte.

be supported by the State under the ment road to Hambantota, and the closest expert supervision and with village near it is known as "Hamthe highest efficiency methods, giv- begamuwa." There is very little of ing those in charge the largest liberty | the city now standing beyond the sold been thousands of people living in These institutions and agencies that city and district for there is by the State, to be used for the same Wedges of dry wood were placed in general purposes for which such regular lines of holes and then the they mad the holes is not known.

There is no granite anywhere near women are not demogratic, but as a in some way from the distant mount might be better to say that women Dicture long lines of slaves toiling along under the huge burden while may be that they used elephants or long strings of water-buffaloes drawing some sort or rude cart, but it remains that the tanks have been built and no one knows anything more about it for certain.

bands belonged to the Trainmen's the test of time and the tanks are Possibly the spirit of democracy while the rice-fields of long-ago are You" after receiving a swift kick. has developed more rapidly among being reclaimed from the jungle. At Chalmers Church—Rev. R: J. Wil- men because they have been associat- one time there must have been miles ed together in various movements to of rice fields all through this disa greater degree than have the wo- trict with many wealthy farmers. men. Men have worked together in There is a bath cut out of stone on political organizations, in commer- a large rock near the city and the There are no files on Wolfe Island, cial clubs, in labor unions, in lodges, remains of what must have once been In churches. But women have also some big man's dwelling. I wonder a step ahead of Portsmouth. been active in practically all of these who he was and how he came to die. organizations during recent years. The place makes one stop to wond-Perhaps they have been too severely er who these people were and what imited in their daily, associations happened to wipe all off the face of -possibly they haven't had the same sacre in the now silent street or did chance to meet in a business and pro- some fearful plague kill them all fessional way women of other social off so that thousands of years later Sydenham Street Methodist Church groups, thus becoming narrow and there would remain only a few St. George's Cattodral-National Thanksgiving Sunday. R. H. Bell, clannish in their thought and action stones standing- to tell of the prosthe minister, will preach at 11 a.m. as these are related to dealing with perity that had once been the portion of these people.

"Can you picture yourself stand-Even in the church one finds a ing there at midnight with the mythe Lord, O Jerusalem;" Solo, Mrs. greater democracy among the men stery of the ages? Would you be surthe Land"—Stainer. Solos by Misses the boards of the church there are denly came around the corner of Woodman and Pollard and Dr. An- mechanics, and even laboring men, the street or if you saw in the moongrove. Violin Solo, "Meditation," but whoever heard of a servant girl light the ghosts of two lovers, who from "Thais," Massauch, G. Duncan. being asked to associate with "wo- had once walked down those streets? Miss Shaw, organist and conductor. men of the house" in committee work | Would you be startled if suddenly or in any other manner which would you saw the bambos waving at the Princess Street Methodist church- inevitably place them upon the same far end of the street and suddenly Rev. John A. Waddell, minister. level for the time being? How often a huge elephant came out of the ing, followed by the sacrament of the Thanksgiving services, 11 a.m. and 7 do shop-ginls or ealeswomen serve jungle? It might only be a beautip.m. The minister at both services. with the women of the so-called "up- ful deer or a leopard on the prowl,

Not, O Land;" Selo, Staff-Sgt. G. L. would equip them for such service. it is something I would not have miss-Mayer; Evening anthem, "Praise the Maybe not. That is, they may not ed. The beauty, the mystery, and the

Blood Supply Rich and

There is not a nook or corner in Canada, In the cities, the towns, the Hages, on the farms and in mines and lumber camps, where Dr. Williams' Pink Pills have not been used, and from one end of the country to the other kind words have been

said for this medicine. You have only to ask your neighbors, and they can tell you of some rheumatic or nerve shattered man, to raise the hotel one story, making some suffering woman, ailing youth four stories in all. This will add or anaemic girl who has been benefit- about twenty rooms, the present cated by Dr. Williams' Pink Pills. For pacity being about 200 guests. Sevmore than a third of a century these pills have been known not only in ed. General improvements will be Canada, but throughout the world as made to the property. The Park As-

The success of Dr. Williams' Pink Pills is due to the fact that they go to the root of the disease in the blood. and by making the vital fluid rich they strengthen the organs and nerves of the body. Mr. A. M. Large. Victoria, P.E.I., adds his testimony to that of thousands of others who have found benefit through the use of stop work altogether, and being a car- and the United States. penter, and busily engaged, the outlook was gloomy. I became so reduced that I would have to rest even af- dear me!" and learn how much more

er always took me into all kinds of . Nothing youts less and page bei-quoor places that I would not nat-

Ho who commands himself will

Keep Adding More To What You've Saved

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What we don't know about Mormontem is perhaps not as much as we do know about it, However, Kingston pastors will have to be careful when they tread on the toes of other

For the telephone operators to say "Thank You" every time they answer a subscriber would in many ingradually being restored and filled stances be like a man saying "Thank

> Wolfe Island is right up to date and has come into line with Kingston in regard to holding its elections whose residents think they are just

One thousand dollars a year is a beavy garbage tax for Queen's University to pay. There is not that amount of useless material around Queen's to cart to the incinerator unless from the medical college dis secting tables. there to care to the incinerator unless

The Grits and the U.F.O. boys are claiming the credit for the fine weather and the great crops. Times certainly are better since the new government came into power. We must al; admit that.

from the medical college vats.

Boohoo need not take all the credit for Queen's victories. Let some of it be given to Affie Pierce whose return to the gridiron side. lines has put the winning spirit into Dr. Taylor's

Rev. R. E. Knowles preached at vent serious kidney and bladder dis- "Ruth" by the choir, assisted by the morning service. Special thanks- shoppirls haven't the necessary ex-

> The Queen's students last Sunday showed the Lord's Day Alliance that it was not wrong to be merry on the

> It took a dozen or more outside preachers to tell the people of Kingston last Sunday that the Bible was the best book in the world and that It should be further circulated, Could the local clergy not have done this

> > -THE TOWN WATCHMAN.

May Add Story to Hotel. Plans for adding another story to the Wellesley Hotel and making other improvements were discussed at the annual meeting of the Thousand Island Park Association.

The plans are tenative. Bids are being asked and if satisfactory figares can be obtained work will commence at once. It is the intention enteen bath rooms will also be addreliable tonic, blood-enriching sociation reported a most profitable season, one of the best in years.

May Go To New Orleans. John Flynn, the well known Prescott horseman, is considering an offer from southern capitalists to manage a large stable at New Orleans and other southern tracks, during the coming winter racing season, Mr. this medicine. He says:-"About has had a wealth of experience at three years ago I became dreadfully the tracks, and is one of the best ran down. So much so that I had to posted men in the game in Canada

Stop pitying yourself with "Oh

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"Mother Why Not Try The Newer Form Of Iron

And Be Strong and Well and Have Nice Rosy Cheeks Instead of Being Neryous and Irritable all the Time and Looking So Haggard and Old?

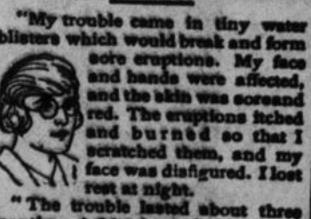


"The doctor gave some to Susie Smith's mother and she was worse off than you are and now she looks just fine." There can be no healthy, beautiful rosycheeked women without iron. Good physicians have strongly emphasized the fact that doctors should prescribe ated Iron-for their nervous, run-down the iron goes from the blood of women the roses go from their cheeks, and strength and vitality from their bodies in your blood and like the iron in certain green vegetables, is highly recome to thousands who wish quickly to i their strength, power and endurance It is surprising how many people suffer iron deficiency and do not know it. Ir absolutely necessary to enable your like

women, full of life, vim and vitality. You can get Nuxated Iron from any druggist under an absolute guarantee that it will do the same for you or your money back.

For sale in this city by James B. Me-Leod, Louis T. Best, Frank J. Hong and all other druggists.

On Face and Hands. Disfigured, Lost Rest.



"The trouble lasted about three nonths. A friend asked me to try cura Soap and Ointment, and after using three cakes of Soap and two boxes of Ointment I was healed."
(Signed) Miss Agatha Tyler, R. P.
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