

Suffered From Pimples and Blotches For Fifteen Years

When the blood becomes impure it is only natural that pimples, blotches, boils or some other blood trouble will manifest itself by breaking out of the system.

There is only one way to get rid of these obnoxious skin troubles, and that is by giving the impure blood a thorough cleansing by the use of 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, Ont., 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 me. A friend told me to use Burdock Blood Bitters. I have used three and a half bottles, and now I have a clear, rosy complexion."

B. B. B. is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

WHEN KIDNEYS HURT TAKE GLASS OF SALTS

Eat Less Meat If You Feel Back-ache or Have Bladder Trouble.

Too much meat may form uric acid, which excites and overworks the kidneys 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 poisons, else they may feel a dull misery in the kidney region, sharp pains in the back or neck headache, dizziness, the stomach sore, tongue is coated, and when the weather is bad they have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging one to get up two or three times during the night.

To help neutralize these irritating acids and flush of the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to help clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive, harmless and makes a delightful effervescent drink. It is a water drink, which millions of men and women take now and then to help prevent serious kidney and bladder disorders.

RED PEPPER FOR COLDS IN CHEST

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

"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 the congestion and soreness right out.

Nothing has such concentrated, penetrating heat as red peppers, and when heat penetrates right down into colds, congestion, aching muscles and sore, stiff joints relief comes at once.

The moment you apply Red Pepper Rub you feel the tingling heat. In three minutes the congested spot is warmed through and through. When you are suffering from a cold, rheumatism, headache, stiff neck or sore muscles, just get a jar of Rowles Red Pepper Rub, made from red peppers, at any drug store. You will have the quickest relief known.

Pale and Thin

Many feel unequal to the daily task. They are prone to frequent colds or coughs, or are pale and thin. What is needed is rich, nourishing

Scott's Emulsion

of pure vitamin-bearing cod-liver oil, to help strengthen and build up the vital forces of the body. Build up resistance daily with Scott's Emulsion!

Prince George Hotel TORONTO In Centre of Shopping and Business District 230 BROADWAY

Sunday Services in Churches

St. Andrew's—Rev. John W. Stephen, minister. Services 11 a.m. and 7 p.m., conducted by the minister. Students, soldiers and strangers welcome.

St. Paul's.—Holy Communion, 11 a.m. Preacher Canon Fitzgerald, M.A. Sunday school and Bible classes, 3 p.m. Evening prayer, 7 o'clock. Preacher, Canon Fitzgerald, M.A.

Gospel Hall, Upper Princess street.—Sunday, Nov. 5th. 11 a.m., The Lord's Supper. No evening service for the present. Wednesday evening a helpful prayer meeting with short Bible talks. A welcome for all.

Bethel Church, cor. Barrie and Johnson streets.—Pastor, A. Sidney Duncan. Services, 11 a.m. and 7 p.m. Sunday school, 3 p.m.; prayer meeting, Wednesday, 8 p.m. Sacrament following morning service. Strangers made welcome.

Zion Presbyterian Church, Pine street.—Rev. Edwin H. Burgess, minister. 11 a.m. and 7 p.m. The minister will preach at both services. In the morning there will be a thanksgiving service. Special music. Patriotic sermon. Everybody welcome. Sunday school at 3 p.m.

Calvary Congregational Church, corner Charles and Bagot streets, pastor—Rev. A. F. Brown. 144 Barrie street, phone 18066. Sunday 11 a.m. subject "Work." 3 p.m., Sunday school; 7 p.m., subject "Leprosy." Monday, 8 p.m., Christian Endeavor; Wednesday, 7:30 p.m., prayer meeting.

First Baptist Church, Sydenham and Johnson streets.—Rev. J. S. LaFlair, pastor. Thanksgiving services, 11 a.m., sermon theme, "Let Us Forget." 12 m. Ordinance of the Lord's Supper. 2:45 p.m. Bible school; 7 p.m. sermon theme, "God's Open Hand." The ordinance of Baptism at this service.

St. George's Cathedral—National Thanksgiving, 8 a.m., Holy Communion; 10 a.m., Men's Bible class; 11 a.m., Choral Eucharist, preacher, The Bishop of the Diocese; 3 p.m., Sunday school; 4 p.m., Holy Baptism; 7 p.m., Evensong. Preacher, The Dean. Special music throughout the day. Sermons on National subjects.

Queen Street Methodist church.—Rev. W. S. Lennon, B.A., D.D., pastor. 11 a.m., service of thanksgiving, followed by the sacrament of the Lord's Supper 3 p.m., Sunday school and Bible classes. 7 p.m., all musical service. Rendering of the Cantata "Beth" by the choir, assisted by Judge Lavell and Mrs. J. Evans. Everybody welcome.

St. Lucy's Church, Nelson street.—Rev. J. de P. Wright, M.A., B.D., Rector. 9:15 Sunday after Trinity (All Saints Day) 11 a.m.—Morning Prayer and Holy Communion; 2:45 p.m., Sunday School and Bible

Democracy in Institutions and Personal Relationships

By the Rev. Charles Stehle.

"The dead hand" lies heavily upon many endowed institutions and those to which large endowments have come. Its influence upon benevolent organizations instituted for the purpose of propagating "truth" is most paralyzing. There are two reasons for this paralysis. First, there are the conditions laid down by the donor which limit the usefulness or aggressiveness of the organization, and second, there is the lack of light and fire because the organization in question has been made too comfortable.

It sometimes happens that while gifts are made without conditions on the part of the donor, nevertheless, the well-known attitude toward certain questions of the person who made the gift, whether he be living or dead, undoubtedly influence the governing board when it comes to a crisis. When the donor is dead it is next to impossible to change the situation.

Institutions of learning must have money. So must churches. Philanthropic societies cannot exist without it. But it is a serious question whether individuals who happen to be rich have the right to determine for all time the future of such institutions simply because they have made a large contribution of money for their support. There are any number of philanthropic and religious societies in the country which need an earthquake to arouse them. They have fallen asleep because they no longer need to worry about their financial affairs. A few large gifts have apparently relieved them from the necessity of even so much as giving a public account of their stewardship. This does not mean that they misappropriate money—they merely do business upon unscientific principles and conduct their work in an inefficient manner.

The directors, not having to raise the money, are careless as to how it is spent, although in most cases their 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 these institutions early lose the commendation of the middle-class or even the comparatively poor. Without the support of these people, they simply could never have existed.

ed through private enterprise should be supported by the State under the closest expert supervision and with the highest efficiency methods, giving those in charge the largest liberty in managing them, and with the understanding that failure to make good will result in immediate dis-charge.

These institutions and agencies could advance no faster than the great mass of people wish them to, but when the people have decided upon a policy for them, it should be vigorously carried out. Unquestionably, the day will come when large legacies which are now going toward the perpetuation of private institutions will automatically be absorbed by the State, to be used for the same general purposes for which such moneys are now employed but without their present limitations and their paralyzing effect.

It may seem foolhardy to say that women are not democratic, but as a matter of this kind can be settled only upon a comparative basis, it might be better to say that women are not as democratic as men.

In a little Minnesota railroad town I found three women's clubs. One was composed of the wives of the engineers, another of the wives of the firemen, and a third of the wives of the brakemen. It was an absolute impossibility for the wives of the firemen to join the club composed of the wives of the engineers, and as for the wives of the brakemen—they simply weren't in it. And all their husbands belonged to the Trainmen's Brotherhood.

Possibly the spirit of democracy has developed more rapidly among men because they have been associated together in various movements to a greater degree than have the women. Men have worked together in political organizations, in commercial clubs, in labor unions, in lodges, in churches. But women have also been active in practically all of these organizations during recent years. Perhaps they have been too severely limited in their daily associations with women of their own social grade—possibly they haven't had the same chance to meet in a business and professional way women of other social groups, thus becoming narrow and classed in their thought and action as these are related to dealing with women in different walks of life.

Even in the church one finds a greater democracy among the men than one finds among women. On the boards of the church there are mechanics, and even laboring men, but whoever heard of a servant girl being asked to associate with "women of the house" in committee work or in any other manner which would inevitably place them upon the same level for the time being? How often do shop-girls or seamstresses serve with the women of the so-called "upper class" in a common task? It may be argued that servant girls and shop-girls haven't the necessary experience or the brain power which would equip them for such service. Maybe not. That is, they may not have had the same kind of experience that "my lady" has gone through, but that which many of them have had has given a view of life which should make them most valuable in doing certain pieces of work which require a knowledge of human nature and some other things that are the possession of only those who have dealt with the common things of life.

HOW TO REGAIN YOUR GOOD HEALTH

It Can Be Done Through Keeping the Blood Supply Rich and Pure.

There is not a nook or corner in Canada, in the cities, the towns, the villages, on the farms and in the 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, some suffering woman, ailing youth or ailing girl who has been benefited by Dr. Williams' Pink Pills. For more than a third of a century these pills have been known not only in Canada, but throughout the world as a reliable tonic, blood-enriching medicine.

Long Forgotten Cities in the Jungle

There are ancient cities hidden since their builders passed away, where the jungle's dank mists shroud the ruins.

"One of the strangest feelings that I have ever experienced," said Uncle Frank, "was when I stood alone at midnight amid the ruins of a city that had existed long ago; so long ago that no one knew anything about it. It was a brilliant moonlight night such as one only gets in the tropics, and the moonbeams played funny pranks as they filtered down through the branches of the trees on to the stone pillars of the houses. From where I stood I could see a street and more than once I could have sworn I saw someone move and dodge behind a pillar. It was very uncanny and when an owl suddenly hooted my hair stood up. As I told you before, Teddy, I am not at all brave and I do not know why I ever de-liberately went into places where there might be some unknown danger lurking. I have been scared to death dozens of times, but some power or always took me into all these queer places that I would not naturally go into.

"I remember this was some twenty-two miles from the government road to Hambantota, and the village near it is known as 'Hambogamuwa.' There is very little of the city now standing beyond the old stone pillars and almost the only visitors to it are the wild creatures of the jungle. Once there must have been thousands of people living in that city and district for there is a large irrigation tank there which is one of a series of tanks which stretch all the way across the dry belt to the mountains. The tank is built with massive stones, which must have been brought many miles. They have been split, like the pillars of houses, and it is easy to see they were split with wooden wedges. Wedges of dry wood were placed in regular lines of holes and then the wood was soaked in water until it swelled and split the granite. How they made the holes is not known. There is no granite anywhere near and those huge stones were carried some way from the distant mountains fifty miles away. How do you think it was done, Teddy? Can you picture long lines of slaves toiling along under the huge burden while task-masters flogged them on. It may be that they used elephants or long strings of water-buffaloes drawing some sort of rude cart, but it remains that the tanks have been built and no one knows anything more about it for certain.

Clever People and Wealthy Farmers.—There ancient people were clever as their engineering work has stood the test of time and the tanks are gradually being restored and filled while the rice-fields of long-ago are being reclaimed from the jungle. At one time there must have been miles of rice fields all through this district with many wealthy farmers. There is a bath cut out of stone on a large rock near the city and the remains of what must have once been some big man's dwelling. I wonder who he was and how he came to die. The piece makes one stop to wonder who these people were and what happened to wipe all off the face of the earth. Was there some awful massacre in the now silent street or did some fearful plague kill them all off so that thousands of years later there would remain only a few stones standing—no tell of the prosperity that had once been the portion of these people.

"Can you picture yourself standing there at midnight with the mystery of the ages? Would you be surprised if some strange being suddenly came around the corner of the street or if you saw in the moonlight the ghosts of two lovers, who had once walked down those streets? Would you be startled if suddenly you saw the bamboos waving at the far end of the street and suddenly a huge elephant came out of the jungle? It might only be a beautiful deer or a leopard on the prowl, but I have an idea, Teddy, that you would feel like letting out a double-voiced yell. One's nerves get terribly worked up in a place like that, but it is something I would not have missed. The beauty, the mystery, and the enchantment of the night are things that I can never forget, while those ancient people will always be my friends in fairy-land."

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

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 and saved a lot of travelling expenses?

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 tentative. Bids are being asked and if satisfactory figures can be obtained work will commence at once. It is the intention to raise the hotel one story, making four stories in all. This will add about twenty rooms, the present capacity being about 200 guests. Seventeen bath rooms will also be added. General improvements will be made to the property. The Park Association 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. Flynn is an expert judge of horses, has had a wealth of experience at the tracks, and is one of the best posted men in the game in Canada and the United States.

Stop playing yourself with "Oh dear me!" and learn how much more cheerful life can be. The instinct of curiosity is really at the base of a great deal of our knowledge.

Mathieu's SYRUP OF TAR & COD LIVER EXTRACT STOPS COUGHS

Keep Adding More To What You've Saved Then in old age you'll not regret a thrifless youth. THE STANDARD BANK OF CANADA Kingston Branch, J. F. Rowland, Manager

MILK DEALERS WE SPECIALIZE IN—MILK BOTTLE STOPPERS, MILK TICKETS AND BUTTER WRAPPERS. BRITISH WHIG PUBLISHING CO., Limited PHONE 248.

THE MAN ON WATCH What we don't know about Mormonism 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 sects.

SUCCESS In the Stock Market FORTUNES Made from Small Investments. Write for Free Booklet. The Most Simple Explanation of Profitable Stock Trading. We guarantee you that your money is safe and that you get a square deal. KENNEDY & CO. 74 Broadway, New York Member Consolidated Stock Exchange

"Mother Why Not Try The Newer Form Of Iron" And Be Strong and Well and Have Nice Rosy Cheeks Instead of Being Nervous and Irritable all the Time and Looking So Haggard and Old!

CUTICURA HEALS WATER BLISTERS On Face and Hands. Itched and Burned. Face Disfigured. Lost Rest. "My trouble came in tiny water blisters which would break and form sore eruptions. My face and hands were affected, and the skin was scoured and red. The eruptions itched and burned so that I scratched them, and my face was disfigured. I lost rest at night."

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