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Sewing Machines, Phonographs, Guns, Rifles repaired and refitted. Parts supplied. Sewing, electric, vacuum and edge tools ground. Locks repaired. Keys fitted to all kinds of locks. All makes of Lawn Mowers sharpened and repaired. We can repair anything that is repairable.

J. M. PATRICK 149 Sydenham Street, Kingston Phone 2066J.

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

EVERSHARP PENCILS REPAIRED

We are equipped to make any repairs to above pencils. We carry a supply of parts. Prompt service.

J. R. C. Dobbs & Co. 41 Clarence Street, Kingston.

Dominion Meat Store

Opp. Y.M.C.A. Phone 1266J.

TO-MORROW'S SPECIALS

- Round Steak (Choice) ... 20c. Round Steak ... 17c. Hamburg Steak ... 10c. Pork Sausage ... 20c. Pot Roast ... 10c. Spare Ribs ... 16c. Fresh Tongues ... 18c. Black Puddings ... 15c. Brisket ... 7c. and 9c.

PLEASE PHONE EARLY. PROMPT DELIVERY.

Do not widely roam. But seek that hidden treasure At home, sweet home.

DAINTY CAFE

The place where dining out is truly a delight

PRINCESS ST.

OPPOSITE BIBBY'S

All the Hot Water You Could Want

WRITE Moffats Limited, Weston, Ont., for free booklet, explaining the new patented flat rate and meter combination Electric Water Heater. It gives you hot water day and night, and a reserve of thirty gallons always on hand—at very low cost.

MOFFATS Electric Water Heater FOR SALE BY

The Public Utility Hydro Shop 265 Princess St., Kingston, Ont. Phone 344



City Water and Milk

At present the local Health Commissioner has publicly announced that all city water should be boiled—because it is not pure. Milk can be and, in many cases, is not pure, and to the consumer is just as injurious to the health as impure water. Milk from PRICE'S DAIRY is pasteurized and clarified, thereby assuring their customers of only the purest milk it is possible to get.

PRICE'S DAIRY

CHILDREN'S AID SOCIETY

Had An Awful Cold and Cough Was Confined To Bed

Dr. E. C. D. McCallum Elected President—Splendid Work Done by the Officials.

A good attendance marked the annual meeting of the Children's Aid Society for Kingston and Frontenac county, held in the city council chamber on Tuesday afternoon. The president, Dr. A. W. Richardson presided, and the reports presented were of a most encouraging nature, showing that the work of this society, which is doing so much good in a quiet way, is worthy of warm commendation. The agent, John Pollie, gave a splendid report on the activities of the society during the year, and a report was also submitted by the treasurer, O. V. Bartels.

Dr. A. W. Richardson, who has been president of the society for six years, retired. He gave an interesting review of the work undertaken while he was at the head of the society. Dr. W. W. Sands, who has been secretary for six years, also retired, stating that he found that it was impossible for him to find the necessary time to the work. Dr. E. C. D. McCallum had the honor of being elected president and Mrs. Bruce Taylor, vice-president. Inspector Martin, of the head office of the Children's Aid Society, Toronto, was present, gave the members some very valuable information on the work of the society. The reports of the agents and treasurer were adopted.

Report of the Agent.

The agent, John Pollie, presented his annual report, which follows: "In presenting this, my fifth annual report since my appointment as your agent, I am prepared to admit that what ever good has been accomplished, is due entirely to the whole-hearted and undivided support I have received from all classes of citizens and residents of the county of Frontenac.

"I am of the opinion that a Children's Aid Society lacking this sympathy and support, will prove, if not a curse, at least a great burden to the municipality upon which it is imposed, bringing sorrow to countless homes and leaving a trail of broken hearts that can never be healed.

"In view of the fact that eighty-five per cent. of the young men inmates of Portsmouth penitentiary are former wards of the industrial schools of the province, it is gratifying to be able to report that during the year just passed, one child only was committed to Mimico.

"This satisfactory state of affairs is due to the magistrate's kindly attitude toward juvenile delinquents, and his determination that only as a last resort shall a child be committed to an institution. Of the 387 city and county children involved during the year, only two were made wards of the society, making a total of 19 committed during the last four years. "There were three deaths during the year. The present membership is 101, all in foster homes. There are 46 boys and 55 girls. To all those to whom I am indebted for aid and encouragement in the work in which I am engaged, I desire to express my gratitude."

Treasurer's Report.

The report of the treasurer, O. V. Bartels, showed the following: Receipts: Cash on hand, \$12.36; municipal grants, Frontenac county, \$600; city of Kingston, \$350; donations and membership fees, tag day, \$438.97; sundries, \$7; maintenance of children, Kingston, \$73; Frontenac county, \$13. Interest account, current account \$1.36; received for Victory Bonds, \$49.46; investment account, sale of Victory bonds, \$500; trust funds, received on account of wards, \$143.76, total, \$2,188.91.

Disbursements—Expense account, \$1,596.10; maintenance of children, \$86; interest allowed on trust funds, \$13.76; ward trust funds, \$147.94; total disbursements, \$1,843.80; cash balance, \$345.11. Assets—Cash, \$345.11; investment account, \$500. Liabilities—Ward trust funds, \$438.30; balance surplus, \$406.81.

Following the receiving and adoption of the reports, some time was taken up in a general discussion of the work of the society, members asking various questions. Dr. Richardson stated that he was retiring from the position of president after six year's service. Before vacating the chair, he gave a most interesting account of the stewardship of the officers and members of executive during the six years. He referred to the work of the executive as "a work of love," and thanked all who had given the society their assistance.

Election of Officers. President—Dr. E. C. D. McCallum. Vice-president—Mrs. Bruce Taylor. Treasurer—O. V. Bartels. Secretary—Prof. A. P. Lothrop, Queen's University. Executive for Kingston—Dr. F. J. O'Connor, Dr. G. C. Nash, Mrs.

Rideau No. 17—F. W. Ewart's home, Division street, near Macdonald school; W. J. Saunders. Rideau No. 18—627 Princess street; George Cornelius. Rideau No. 19—346 University avenue; James Berry. Rideau No. 20—672 Princess street; O. F. Teigmann. Victoria No. 21—H. Stover's store, Alfred street; Laughlin Cameron. Victoria No. 22—Alfred street, near Victoria school; John James. Victoria No. 23—Corner King and Beverly; John Ashley.

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SOME INTERESTING BIRDS

What is God had made no flowers, And there were no birds to sing? We had lost from our brightest hours The gladness of everything."

"I do not suppose," said Uncle Frank, "that you have ever thought, Teddy, about what life would be like if there were no flowers and birds? Just picture two rooms furnished exactly the same style and then place in one of them a large bowl of exquisite roses. The rooms are now as different as can be; they suggest different stories, and if you now add a singing canary, there is still another story to tell about the room and its owner. I think half the unhappiness of a prison cell must be the loss, unconscious perhaps, of the sense of companionship in flowers and birds. One notices this very much in jungles. There are jungles where one does not see flowers and where there is little or no bird life. The trees are beautiful, of course, but one does not feel happy walking through them. The dead silence is very oppressive and there is a sort of uncanny feeling about the solitude that gets on one's nerves after a time. Nature will tell you that a devil live in such places and they will not go near them after dark. Birds make a great sense of companionship and this is so true that men take them into their homes and make pets of them, and I had many bird friends and I am going to tell you about some of them.

Dr. Wood's Norway Pine Syrup

It soothes and heals the irritated lungs and bronchial tubes, cuts the phlegm, and aids nature clear away the morbid accumulations. Mrs. Geo. D. Langdale, Barton, N. S., writes: "In the year of 1920 I was taken with an awful cold and cough, and was confined to my bed for some time. I thought I was going into consumption. I commenced to use Dr. Wood's Norway Pine Syrup and found it to be an excellent remedy. I can highly recommend it to every sufferer from coughs and colds."

Price 35c. and 60c.; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Arthur Clark, Mrs. Garnet Lockett and Mrs. Condie. The officers for Kingston will also act as officers for the county, while the county will have an executive composed of Mrs. C. C. Abbott, J. W. Bradshaw, Dr. G. W. Bell, William Murray and James Halliday, reeve of Portsmouth.

On motion of Francis King, seconded by Miss Mowat, a vote of thanks was tendered to the county representatives for the kind way in which they accepted the officers appointed for Kingston.

The appointment of the agent is dealt with by the executive. After the business was concluded, the retiring president handed over the reins of office to the new president, Dr. E. C. D. McCallum, and the latter was greeted with much enthusiasm, as he took the chair.

Dr. McCallum returned thanks for the honor conferred on him and pointed out that there was a great deal of work for the society to do. There were many new methods which could be applied in the carrying on of the work, and he expressed the hope that the work would be well done.

MUNICIPAL ELECTIONS.

The Places of Nomination and Polling Are Fixed. On Monday night the city council fixed the following places of nomination and polling for the municipal elections:

Places of Nomination. Sydenham Ward—Corner Gore and Wellington streets; T. J. Lovitt, returning officer. Ontario Ward—City buildings; W. D. Johnston. St. Lawrence Ward—271 Queen street; A. E. M. Loscombe, returning officer.

Cataract Ward—54 Bay street; William Woods, returning officer. Frontenac Ward—28 Cowdy street; Charles Ferguson, returning officer. Rideau Ward—346 University avenue; George Cornelius, returning officer. Victoria Ward—H. Stover's store, Alfred street; Laughlin Cameron, returning officer.

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have stood the test of time in all parts of the country, and when properly made from good live timber, slowly dried and carefully put on will last a lifetime. We have them.

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Allan Lumber Co. TEL. 1042 VICTORIA ST. KINGSTON, ONT.

DRINK WATER OFTEN IF KIDNEYS BOTHER

Too much meat may form uric acid, which excites the kidneys; they become overworked; get sluggish, ache and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush out the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region; you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad.

Drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clean clogged kidneys and stimulate them to normal activity, also to help neutralize the acids in urine, so it no longer is a source of irritation, thus often ending bladder weakness.

Jad Salts is inexpensive, cannot injure; makes a delightful effervescent lithia water drink which everyone should take now and then to help keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in correcting kidney trouble while it is only trouble.

Thanksgiving in Brockville. It is expected a large number of out-of-town people will attend the Thanksgiving dance at the Canos Club tonight.

Tamworth Briefs. Tamworth, Nov. 6.—Quite a number from this district have left on a hunting trip. John Wagar is selling his stock and farm and is leaving for Ottawa, to reside. Percy York is selling out his bakery utensils and will move to Uncle Sam's domains. Mrs. Aylesworth, her daughter, and Mrs. Mitchell, will leave next week for Holyoke, Man., to live with her daughter during the winter. Allan Wells has been appointed postmaster.

There is no real good to self that does not involve good to others; no building of fine character that does not in some way make for the up-building of others. There will be a great time in the old town next Saturday night without a doubt.

GANANOQUE

Ernest and Jean Driscoll, Wilfrid Quinn, and William Prior, of Howe Island, spent Sunday in Gananoque. E. D. Sitter, Kingston, was the guest of Mrs. Bain Shields over the week-end.

Misses Margaret and Aileen O'Connor, Kingston, spent Sunday with Mr. and Mrs. T. D. O'Connor. W. McKendry, George Lambert and Pat. Gearing motored to Kingston Sunday and spent Thanksgiving in that city.

Francis Benoit spent the holiday at his home here. Mrs. Cole and daughter, Sault Ste. Marie, are paying an extended visit to her brothers, Sanford and Constantine Delaney.

Among the football enthusiasts who motored to Kingston on Saturday for the game were Bruce Mabe, Edward Taylor and Edward Delaney. Miss Maymie Brennan, Miss Winifred O'Brien, Miss Margaret Brennan and Miss Allie Sullivan went up to see "Bringing Up Father" at the Grand today. Miss Alma Sinclair is spending a doubt.



A delicious table beverage that the whole family will enjoy

EVEN the children may safely enjoy a steaming cup of fragrant Instant Postum, though denied the use of other table beverages which interfere with growth and digestion.

You, too, will find this wholesome, healthful beverage both satisfying and delightful in flavor. The absence of caffeine or any other harmful element makes Instant Postum the sensible mealtime drink for the whole family.

If you can't find a reason for your nervousness, headaches, or lack of energy, just quit tea and coffee for awhile and use delicious Instant Postum instead.

At your Grocer's in sealed, air-tight tins.

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"There's a Reason"

Canadian Postum Cereal Co., Limited 45 Front St., E., Toronto Factory: Windsor, Ont.

DR. HAMILTON'S PILLS HEADACHE, NERVOUSNESS, CONSTIPATION, INDIGESTION, KIDNEY'S, LIVER, BOWELS

