

### Had Bad Pains In Her Heart Nerves Were Very Bad

Mrs. John Case, R. R. No. 4, St. Catharines, Ont., writes:— "I wish to say that I have been bothered very much with my heart and nerves. I doctored with two different doctors, but did not find much relief. I would have such bad pains in my heart, at times I would be almost afraid to move or breathe, and at night I could not sleep. If the pains in my heart were gone, my nerves would be so bad I could not lie still and would only get a little sleep by being tired out. My stomach was also very bad and I could eat but very little, and then only certain things or I would have so much distress which always made my heart worse.

I had been suffering for nearly two years until one day I was talking to our druggist about the way I felt. He advised me to give Milburn's Heart and Nerve Pills a fair trial. I have now taken five boxes and am feeling so much better, I am able to do my own work, and can eat anything I wish. I cannot praise

**Milburn's Heart and Nerve Pills** too highly."

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

### MINING STOCKS

The recent decline has been checked. Was it engineered in order that some people could accumulate good mining stocks for a big boom? We believe so.

**TUCK HUGHES HOLLINGER, DAVIDSON** and many others are expected to sell at very much higher prices. Buy them.

**NEW YORK STOCKS**

The recent decline gave you a good opportunity to pick up some bargains in the New York market.

**U. S. RUBBER, NEW HAVEN, ST. LOUIS & S. W. PFD.** These stocks should go much higher.

Private wires to New York, Montreal and Toronto. PHONE 511.

**A. McKINNON & CO**  
Corner Brock and King Streets, KINGSTON

### TROUBLED WITH ECZEMA 2 YEARS

On Face and Arms. Lost Sleep. Cuticura Heals.

"I was troubled for about two years with eczema. It broke out on my face and arms in pimples and itched and burned so badly that I lost much sleep on account of it. My face and arms were covered with pimples, and I was ashamed to appear out of the house.

"I began using Cuticura Soap and Ointment and immediately found relief, and after using one can of Soap and one box of Ointment I was healed." (Signed) Miss Helen Mark, 4259 Maryland St., San Diego, Calif., April 18, 1921.

Use Cuticura Soap, Ointment and Talcum exclusively for every-day toilet purposes.

### IF SKIN BREAKS OUT, IS FIERY, ITCHY OR ROUGH, USE SULPHUR

Just the moment you apply Mentho-Sulphur to an itching, burning or broken out skin, the itching stops and healing begins, says a noted skin specialist. This sulphur preparation, made into a pleasant cold cream, gives such a quick relief, even to very severe, that nothing has ever been found to take its place.

Because of its germ destroying properties, it quickly subdues the itching, cools the irritation and banishes the scabs right up, leaving a clear, smooth skin in place of ugly eruptions, rash, pimples or roughness.

You do not have to wait for improvement. It quickly shows. You can get a little jar of Mentho-Sulphur at any drug store.

### FIRE AUTO LIFE ACCIDENT INSURANCE

**EXCELSIOR LIFE AGENCY**  
PHONE 789W  
L. B. WIGHTMAN - ERNIE D. SLITZER  
151 WELLINGTON 151

## Rice Fields of Japan

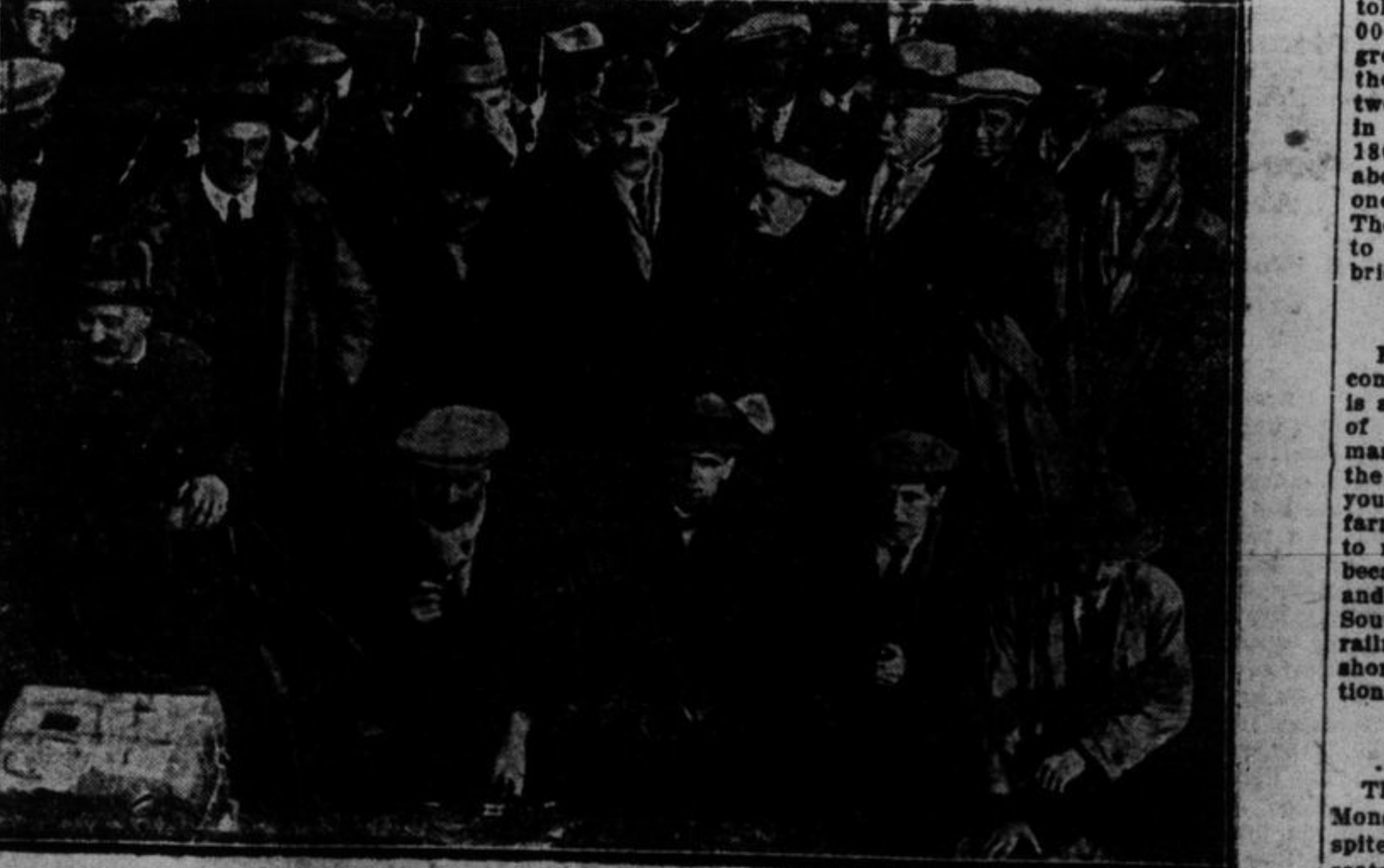


(1) The harvest time when the whole family goes in the fields to help gather in the crop. The water has been allowed to run off the fields and the straw is cut close to the ground.  
 (2) They clean the grain with busy fans and a bright smile.  
 (3) The young rice shoots are planted by hand by girls who wade in the warm, muddy water that covers the field.  
 (4) The water wheel that floods the rice fields.  
 (5) The primitive rice mill.

It would be with great surprise that most Canadians learned that, taken the world over, rice is a more important food product than wheat. Nevertheless, the statement is true. Asia's teeming millions consume more rice than other people do wheat. Therefore, Japan, as the world's greatest rice producing country is to millions of Asia the world's granary as Canada begins to be to the world of wheat eaters.

But Japan is a small country; it has to do its farming in an intensive way, every acre of its soil must be put to use, and every available unit of its millions of man, woman and child power must work to keep the land productive. That is why most of the actual work in the rice fields is done by girls, girls who smile and chatter as though everlastingly wading in the glorified mud puddles of rice fields were a jollification rather than a labor. But the smile is characteristic of the Japanese, working or playing. It is a national trait. During most of the year Japan is a smiling land, and no doubt the people come by their propensities honestly enough.

Rice is grown in water-covered fields. If the water isn't there in the first place it has to be pumped up by curious little water tread wheels of one-man power. These are always worked by men because it is one of the easiest jobs on the rice farm. After the fields are covered by about a foot of dirty water they are ploughed. This also is a man's job, and a man usually does it, probably because the ox that draws the plow needs that kind of talking. Then the girls step in



**CORNISH MINERS ON THEIR WAY TO CANADA.**  
This photograph of ten miners from Cornwall on their way to Porcupine, Ontario, was taken on board the Andania as she left Liverpool.

### LIVINGSTONE'S LETTERS.

Explorer Wrote About Himself to His Brother.

When David Livingstone was in Africa in 1851 he wrote to his brother Charles, then in the United States. Some of these letters are published in the Atlantic Monthly, and the originals have been given to the American Board of Foreign Missions. Here are some extracts from these letters—

"On the fourth day we came to the trail of a rhinoceros; and this being one of the animals which cannot live without water, we put the cattle on the track, and in the afternoon the perishing animals reached the river Mahali.

"After having dragged you through marshes, reeds, and rivers, I come back to the topic on which I feel most interested—the poor degraded fragments of humanity. Who will pity them if the Christian does not? They are quite black, their muscular system is largely developed, deep-chested, and their extremities are so powerful they make their light canoes cut through the water as our regatta people do at home. They are not warlike, but trust to the defences their deep rivers afford. They are much more ingenious as smiths, basket-makers, potters, and canoe-makers than any of the southern tribes. The Banyeti or Baloi smelt large quantities of iron ore, and make very neat spears, needles, etc. I have the vanity to believe myself, for an untaught Jack-of-all-trades, a pretty fair smith; but I could not hold candle to their iron work—spears, sheep and ox-bells, etc.

"The country is densely populated, and the people, having generally enough food, may attend if they will to instruction. The Supreme Being is called Nyampi, or Besa. In referring to a person having died, they say 'he was lifted by Nyampi,' or 'by the Lord.' They make use of certain kinds of divination, and prayers, too. I have visited a great many tribes which never have enjoyed any intercourse with missionaries either directly or indirectly, and never met a single individual, unaware of the existence of the Creator and Governor of all things. All understand the nature of sin—and the expressions made use of by all imply the belief in the existence of a future state of being. If any ever existed who had no knowledge of the existence of God, sin, and futurity, it is remarkable that no instance should now remain. Intelligent old men with whom I have conversed ridicule the idea of their ever having been destitute of the knowledge of God, and quote their proverbs and fables handed down from time immemorial in proof."

### Leaving Wine In Wills.

A bequest to a friend of a sum of money to be expended in the purchase of six dozen bottles of vintage port wine, with which to drink to his memory when he was gone, was included in the will of a London, Eng., solicitor who died recently.

Such bequests are not so very uncommon, and they are perfectly legal in this form. But a few years ago, when a member of the Savage Club bequeathed £550, the interest on which was to provide free drinks for members of the club for ever, the law decided that the bequest was not valid.

In days gone by many similar bequests have been allowed to stand. There are, for instance, at least twenty English towns and villages where free beer is distributed on certain anniversaries in accordance with the wills of certain testators.

And only a few years back a Kentish gentleman left a hundred pounds apiece to eleven poor companions, "to be expended in port wine or any other good drink."

A curious instance of a convivial will was that left by John Redman, a friend of the famous statesman. He enjoined his executors to keep open his house in London for at least a year after his death, and to visit it frequently, taking friends with them, "to help drink up the good wines contained in the cellars."

On the other hand, testatorship by will is not altogether unknown.

A famous case in point occurred in 1915, on the death of a wealthy South Wales colliery owner. He left over half a million pounds in legacies to a number of people, on condition that they should refrain for the rest of their lives from intoxicating drinks.

### Toll Bars and Turnpikes.

The Toll Bar system organised in England in 1287, and the first regular toll was collected a few years later for mending the road in London between St. Giles and Temple Bar, the next were levied in 1346 for repairing the highway of Holborn Inn Lane, and St. Martin's Lane—now Aldersgate street. General turnpikes were set up in 1663, and tokens were issued for the payment of tolls. At the close of the eighteenth century the traffic along the Great North road had become enormous. The revenue of the London toll gates at this time was over £50,000 annually. As the cities and towns grew they became responsible for their own highways, and in 1827 twenty-seven Toll Bars were removed in London by Act of Parliament. In 1864 some eighty-one turnpikes were abolished in north London and sixty-one were removed on the south side. The last of the London Bars ceased to operate in 1875, and tolls on bridges ceased in 1879.

### Sir William Hoy.

From messenger boy to knight commander of the Order of the Bath is a big step, but such is the record of Sir William Hoy, the general manager of railways and harbors of the Union of South Africa. In his youth he assisted his father on his farm in Scotland, driving the milk to market every morning. Then he became a messenger boy in Dundee and as a young man went out to South Africa, where he engaged in railroad work and in a remarkably short time rose to his present position.

### Praise for "Our Chief."

The Toronto Mail and Empire of Monday had the following: "Despite the fact that the temporary seats around the Kingston Stadium were close to the playing field, there was no trouble through spectators encroaching on the field. The crowd was handled excellently by Chief Robinson and his police."

## A Spoonful of Purity

One uses so little baking powder in comparison with the other materials used in baking that it always pays to use the best.

For making the finest and most wholesome food there is no substitute for ROYAL Baking Powder. It is made from Cream of Tartar derived from grapes and is absolutely pure.

Contains No Alum  
Leaves No Bitter Taste



### Two Men Recovering From Broken Necks

Watertown, N.Y., Nov. 14.—Frederick Cedar, formerly of Malone, is up and about in St. Joachim's hospital, and William Rogers, of Glen Park, is rapidly recovering at the same institution, each after suffering a broken neck. Cedar's vertebrae was broken at the base of the skull, and the nature of his injury was determined through the X-ray.

Rogers suffered a broken neck late in October at Brown's Falls power development. He was struck on the head with a piece of plank falling from a scaffold.

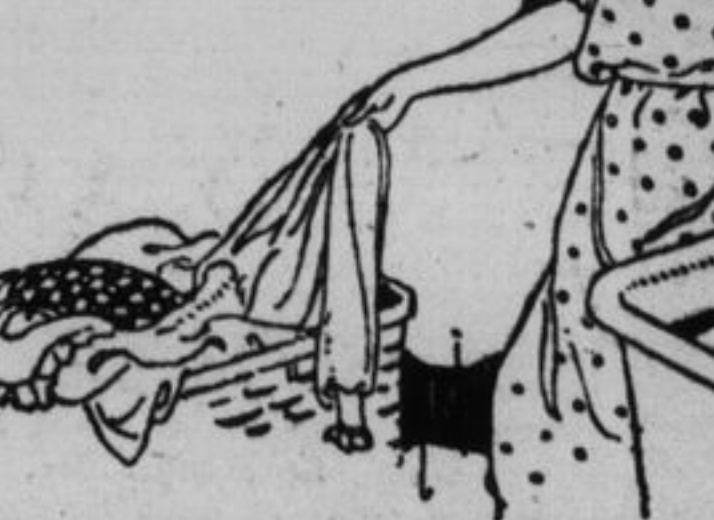
### Ships Changing Flags Not To Carry Liquor to U. S.

Washington, Nov. 14.—Applications for transfer of American vessels to foreign flags will be considered by the shipping board only where the transferee makes binding agreement that the ships will not be used to carry intoxicating liquors to or from the United States, according to an outline of the process of application for transfer made public by the board.

Farmers of Lanark nominate C.P.R. conductor to contest riding in Progressive interest at coming by-election.

Hubert E. Kemp, back from a visit to Russia, says a new famine is facing that country.

Soak coloured things half an hour (white things one hour, two hours, over night or whatever time is convenient) in Rinso soda.



### Soak the Dirt out.

THERE is such a simple easy way of washing rompers, school gingham, play clothes, etc., that you won't mind how many there are—thanks to Rinso.

First, make the wonderful Rinso liquid. Take half a packet of Rinso, thoroughly dissolve it in cool water, and add two quarts of boiling water. Then lay your clothes to soak in the tub of cool or lukewarm water. After one, two or three hours or in the morning give them a thorough rinsing and the dirt just runs away. No need to rub on the wash board so that holes come and colour goes.

Rinso is a wonderful product, scientifically made to wash clothes by soaking—different from soaps, chips and washing powders, and used differently.

Do not put Rinso in the tub from the package, but make the Rinso liquid first.

IF YOU USE A WASHING MACHINE Follow directions as above. After soaking the clothes wring them into machine, add enough fresh Rinso liquid, operate and rinse, and you will have the sweetest, cleanest clothes you ever saw.

At All Grocers **Rinso** Made by the makers of LUX R. 119

## Smoke ROYAL NAVY Cigarettes

10 for 15c