

WINTER ILLS

The scientist was often puzzled to account for the efficacy of cod-liver oil. The discovery of vitamins has helped solve the riddle.

Scott's Emulsion

Is rich in health-building vitamins and is a helpful factor in preventing the so-called "winter ills." It helps keep the vital forces of the body strong to resist disease.

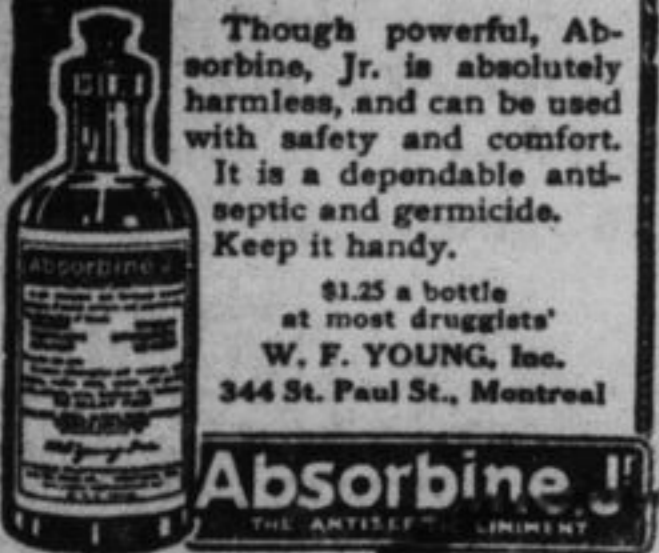
Scott & Bowne, Toronto, Ont. 22-23

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

for swellings

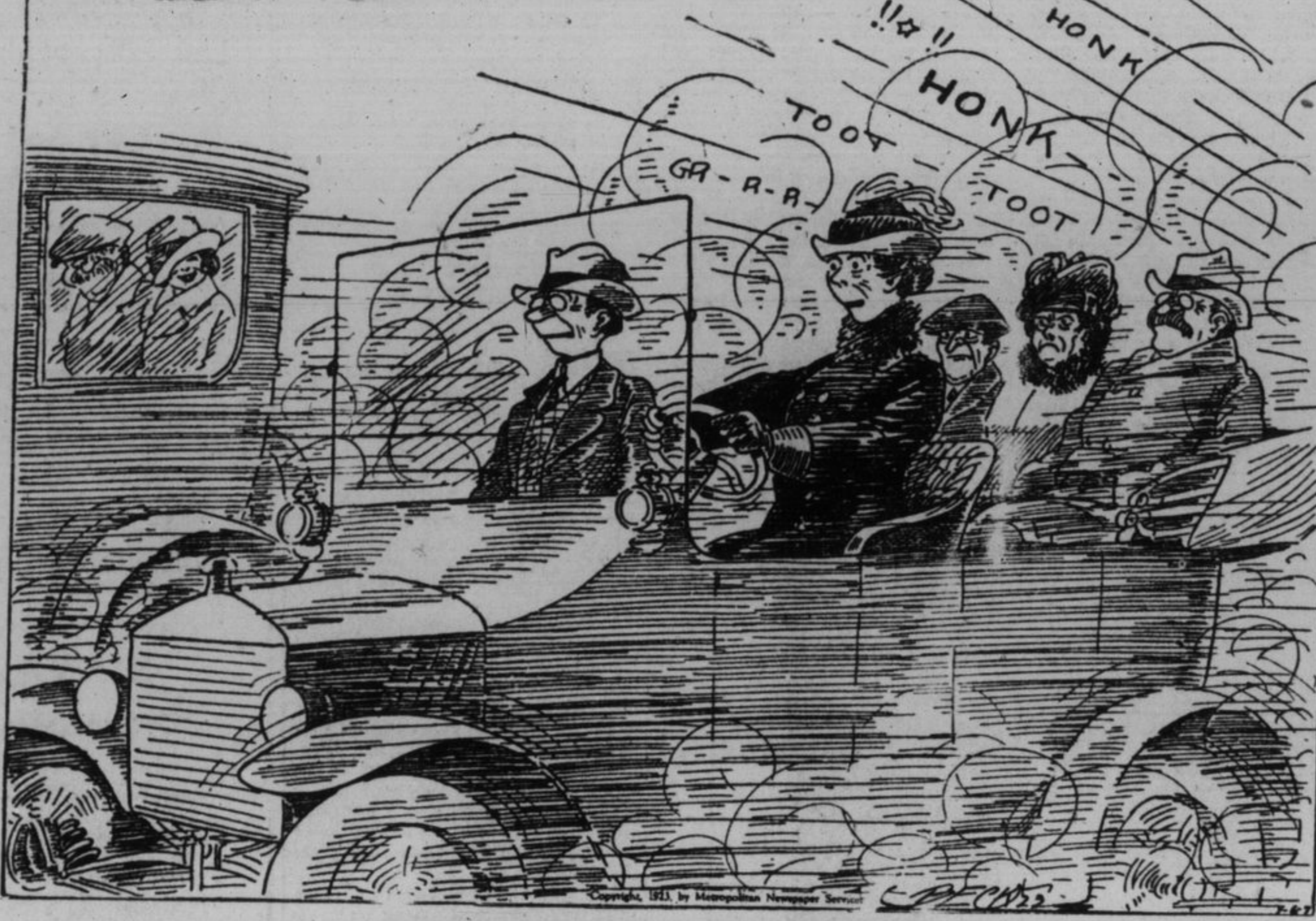
Swellings usually mean inflamed tissue. Absorbine, Jr. gently rubbed on the swollen part will quickly reduce the inflammation, and the swelling with it.



Though powerful, Absorbine, Jr. is absolutely harmless, and can be used with safety and comfort. It is a dependable anti-septic and germicide. Keep it handy.

DOWN THE ROAD

WHEN YOU'RE INVITED FOR A RIDE AND THE HOST'S WIFE, WHO IS JUST LEARNING, DRIVES SO SLOW THAT ALL THE OTHER CARS PASS YOU BY WITH A CHARIVARI OF HORNS--



EXASPERATING MOMENTS OF A MOTORIST.

From The Countryside

Leeds

PORTLAND. Jan. 2.—The hockey boys held a dance here on Dec. 26th, which was well attended. T. Bolton, Ottawa, spent Christmas here with his parents, Mr. and Mrs. W. H. Bolton. Rev. Mr. Lyons and family, Lyn, spent a few days here visiting friends. Newboro and Portland teams played hockey here on Saturday. Newboro won out.

POOLE'S RESORT. Dec. 30.—The snow fall on Thursday put the roads in bad condition, and the rural mail courier was not able to make his regular trip. Miss Purcell is spending the holidays at her home near Athens. Miss A. Lear, Courville, is at Ford Davis'. Mr. and Mrs. Cherry Buell are guests of Mr. and Mrs. L. Guild, Kingston. Miss Winnie Guild, Kingston, visiting Mr. and Mrs. Fred Buell. Mr. and Mrs. E. J. Salter and children, spending a few days at Seymour Burnham's. Mr. and Mrs. J. T. Weeks spent Christmas at the home of Dr. and Mrs. Campbell, Lansdowne.

CAINTOWN. Jan. 3.—The Christmas entertainment held at the school house on Saturday evening was a great success. About \$22 was taken in. The teacher, Miss A. Chant, deserves the credit for the splendid programme put on, and the good time enjoyed by all present. Mr. and Mrs. Robt. Morrow spent a few of the Christmas holidays with relatives in Brockville. Mrs. W. G. Graham and sons, Bernard and Gordon, were visiting at E. Webster's, Lyndhurst, last week. Mrs. E. Smith, Sherwood Springs, was the guest of her parents, Mr. and Mrs. T. Dickey, recently. Mrs. Ida Trickey, Eolida, is enjoying the holidays here with her mother, Mrs. Donnelly, and sister, Mrs. Jas. F. Scott. Borden Kahirt spent a week-end at Rockport recently. Owing to the snow storm and bad roads, the mail carrier, S. Dowley, did not make the usual trip for two days last week.

CROSBY. Dec. 30.—A number from here attended the Christmas entertainments at Forth, Phillipsville, Newboro and Elgin. Mrs. Wilfred Cooper and baby, Ewart, and Burt Cooper spent Christmas at their home in Lansdowne. Mr. and Mrs. K. E. Brown entertained a number of their relatives on Christmas day. The annual Sunday school entertainment held on Tuesday evening, Dec. 26th, was a decided success, much credit due Mrs. B. E. Dowsett and Mrs. James McMahon for the able manner in which they trained the children. Miss Lulu McMahon, Queen's, Kingston, is spending the holidays at her home here. Mr. and Mrs. S. Stout spent Christmas at her home in Elgin. Whooping cough is prevalent among the children here. Hayward Rowsell, Edmonton, is visiting relatives here after an absence of twenty-one years. Edgar Loggett, Ottawa, spent Christmas under the parental roof. Mrs. E. McEachern and son, Knowlton, spent the Yule-tide with her mother, Mrs. J. K. Pyne.

PHILIPPSVILLE. Dec. 28.—The entertainment was largely attended on Christmas night. Virgil Phillips has been seriously ill, and at the time of writing, is not out of danger. Miss Ella Dwyre, Ottawa

Normal school, is spending the holidays with her mother, Mrs. M. Dwyer. Allen Haskins spent Christmas Day in Ottawa. Mrs. Myers and Miss Blanche Myers spent Christmas with Mr. and Mrs. Kelly, Lombardy. Mrs. H. M. Brown has been spending a few days with her daughter, Mrs. Niba Gile, Harlem, who was suffering from neuritis. Michael Myers has started a butcher shop in the village. Mrs. William Baker spent a few days with her parents, Mr. and Mrs. J. W. Halliday. Mr. and Mrs. Hilton Warren spent Saturday and Sunday in Brookville. Merton Denny and Miss Mabel Webster, daughter of Mr. and Mrs. T. S. Webster, were married in Athens on Thursday, Dec. 21st. Miss Lucille Whitmore accompanied Mr. Leonard Howard and sister, Laura, to Kingston on Tuesday. Dennis Downey, Toronto, spent Christmas with his mother and sister, Michael Myers and family spent Christmas in Westport. Mrs. Mina Brown is visiting at Mr. and Mrs. William French's. Mr. and Mrs. Simmons, Chaffey Locks, were visitors at William Tackaberry's. J. W. Halliday and family spent Christmas day in Plum Hollow at the home of Mr. and Mrs. W. B. Newsome. C. J. Myers and family were visitors at Toledo recently. Mrs. H. M. Brown was presented with a beautiful lamp by her Sunday school class.

MALLORYTOWN. Dec. 30.—The school concert given by the M. C. school was a decided success, and much credit is due to the teachers, W. L. Oliver and the Misses Doolan, Scott and Marshall. Mr. and Mrs. W. L. Oliver and son, Lloyd, are spending the holidays with relatives in Sarnia. Homer Meredith, Toronto University, is the guest of his parents, Rev. Thomas and Mrs. Meredith, C. W. and Mrs. Mallory, Kingston, spent Christmas with relatives in Mallorytown. Mr. and Mrs. Cherry White, were the guests of the latter's niece, Mrs. E. P. Johnson, Lansdowne, for Christmas. Mrs. Rose Burnham, Port Hope, spent the week-end with Mr. and Mrs. William Burnham. The Ladies Aid met in the basement of the Methodist church, Tuesday evening to make arrangements for the Anniversary Supper, Douglas Mallory, D.S.C., Ottawa, spent Christmas with his parents, Mr. and Mrs. H. M. Malloy. Mrs. H. W. McDonald spent Tuesday in Kingston. Misses V. M. Mallory and Lottie McDonald, General Hospital, Kingston, spent Monday with their parents in the village. The bungalow being erected by C. J. Phillips is rapidly nearing completion. Miss L. J. Trickey spent last Friday in Brockville. C. E. Cook and family and Miss Laura Jordan, Ottawa, are staying with the latter's parents, A. E. and Mrs. Jordan, for the holidays.

BOILS Made Him Sick and Miserable

Mr. Richard Zalenzoski, McLean, Sask., writes:—"I had been suffering continuously, with boils, for three years, and during that time I tried many different remedies without any success whatever. In spite of all my efforts I was compelled to go to the hospital. This was in the fall of the year, and right in the busiest time of the season. Upon my return home it just took about two weeks until my neck and arms were again occupied by the boils which made me feel very sick and miserable.

One day one of my friends advised me to try Burdock Blood Bitters, and after I had used less than two bottles I was very much surprised at the result.

It is now over two years since I got in touch with B. B., and I have had no bother with boils since. I will recommend it to all persons suffering from any defect in the blood." B. B. is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

M. C. Trickey and Miss L. Trickey, spent Christmas with the former's daughter, Mrs. Arnold Avery, Junctown. Miss E. M. Doolan, left on Friday for Athens to visit her parents during the Yuletide season. W. S. Sloan, and Mr. Clarke, of the Royal Bank staff, spent Christmas at their homes in Toronto, and Almonte, respectively.

Lennox & Addington

MILLHAVEN. Jan. 1.—School has re-opened with the same teacher, Miss Burley. Mr. and Mrs. William Smith and Mr. and Mrs. Albert Morphense have moved back to Toronto. Miss Elda and Master George Macdonald, Kingston, spent the holidays at Fred Wemp's. Mr. and Mrs. C. F. Nicholson and Mr. and Mrs. Murray Wemp and family spent Monday at Fred Wemp's.

ADDISON. Jan. 1.—Dr. G. Rowsome, Cobourg spent Christmas with his parents, Mr. and Mrs. W. H. Rowsome. Mr. and Mrs. Herbert Brown and family spent Christmas at Mallorytown. Miss Viola Devall, Rockspring, spent the holidays with Miss Alma Watts, Vermon Watts, Elgin, has returned to

his home after visiting friends here. Robert Watts, Soperton, spent Christmas at H. Watts'. Miss Jessie Hutchings, Watertown, N.Y., spent Christmas with her parents here. An enjoyed evening was spent at the home of Mr. and Mrs. Frank G. Sly.

SUNNY TALES IN SUNNY LANDS

"Not once, but in a thousand ways Nature proclaims her ruling: That no one here shall pass his days Without some little schooling."

"If you were to land from a boat on the coast of Papua, Teddy," said Uncle Frank, as he settled himself comfortably in his armchair and lit his evening cigar, "you would probably go rushing into the bush to see what you could find. You might find a number of things that would make life very interesting for a short time, but the chances are that you would miss a bird's nest that is so big that you would have either to scramble over it or run around it."

"No, no, Uncle. You have another guess coming. Why even Archie would know a nest when he saw one and he never seemed to be very brilliant."

"You are quite wrong about Archie, Teddy. He was brilliant enough in many ways. But you are right about him not being able to tell a nest when he saw one."

"I did not say that, Uncle—I said he was."

"Very well, Teddy, I say he wasn't—neither was I. We landed one day from the whaleboat with an idea of fixing a boundary for a nursery. We were going to plant coconuts and we wanted a place for the young nuts to germinate. In the thick bush, under the trees, we encountered what looked like a small hill, which puzzled us both very much. It was about six foot high and sloped down from a small flat top to quite a wide base. Archie suggested someone was buried there or that it had been made by crocodiles. Harry, my cousin, was in the boat that day, and he came along while we were talking. "Why, bless me, Don't you fellows know a turkey's nest when you see one," he said. "We didn't and that was all about it."

Brush-Turkey Nests.

"The Brush-Turkeys belong to the eighth family of game-birds, Teddy, and their swall name is 'Talegallus.' These birds are brown or black and have wattle skin on their head or neck, which give them some sort of a resemblance to a turkey, although it is not very strong. I forgot to tell you that their family name was 'Maggapode,' but I do not suppose you care very much. Sometimes these mounds they make for nests are fifteen feet high and sixty feet in circumference and the eggs are five feet down, but they are generally smaller. You will find them, Teddy, under deep foliage as a general rule, protected from the sun. Clove to the water they are made of sand and shell, but further away they are formed of leaf mould and light soil. I tell you this because the material of the nest makes the eggs a different color. Those in the mould nest are dark-reddish-brown, while those in the sand are dirty yellowish-white. The hen lays an egg at night, I think, and then does not lay another for several days. After laying an egg, which is placed perpendicularly, she covers it up with sand and mould. The eggs are the same size at both ends and are about three inches long and two wide. I think they are really white when first laid. I have seen the birds singly or in pairs, but never very far from the coast. They fly very heavily with the legs hanging down as if broken. The natives say that the old birds know when it is

"I Avoided an Operation Appendicitis Disappeared"

Mrs. James Walls, Udon, Ont., writes:—



"I took a severe pain in my right side. It was very bad at times. I tried oils and tablets without gaining any relief. The doctor pronounced it chronic appendicitis. I dreaded an operation and a friend advised Dr. Chase's Kidney-Liver Pills. I used them and not only obtained relief from pain, but I believe it has completely freed me of appendicitis, as it is now over a year since I have had any of the old symptoms."

Dr. Chase's Kidney-Liver Pills One pill a dose, 25c a box. All dealers or Edmondson, Bates & Co., Ltd., Toronto.

Resolve To Know Your Eyes

No better time than this New Year, to have your eyes examined—to wear glasses, if found necessary. Treat your eyes to a new pair of rightly ground, perfectly adjusted glasses.

Let us help you start the New Year with better sight.

R. ARTHEY, R.O. VISION SPECIALIST 143 PRINCESS STREET

Facial Blemishes

Sallow, muddy, roughened or blotched complexions are usually due to constipation. When you are constipated, not enough of Nature's lubricating liquid is produced in the bowels to keep the food waste soft and moving. Doctors prescribe Nujol because it acts like this natural lubricant and thus replaces it. Nujol is a lubricant—not a medicine or laxative—no castor oil gripes. Try it today.



A LUBRICANT—NOT A LAXATIVE

FIRE AUTO LIFE ACCIDENT INSURANCE

EXCELSIOR LIFE AGENCY PHONE 789W

H. D. WIGHTMAN; ERNIE D. SLITER 151 WELLINGTON 151

A big monument in the cemetery doesn't at all times indicate that the man who lies beneath it had a big mind.

PRINCESS PHARMACY CAREFUL, QUICK, COMPLETE DRUG SERVICE "Where Princess and Division Cross"

Internal and External Pains are promptly relieved by DR. THOMAS' ECLECTIC OIL THAT IT HAS BEEN SOLD FOR NEARLY FIFTY YEARS AND IS TO-DAY A GREATER SELLER THAN EVER BEFORE IS A TESTIMONIAL THAT SPEAKS FOR ITS NUMEROUS CURATIVE QUALITIES.

HIGH CLASS JOB PRINTING Quality and Service Our Motto BRITISH WHIG JOB DEPARTMENT 806-8-10 KING STREET, KINGSTON, ONT. PHONE 248.

THE RESPONSIBILITY IS YOURS Specialists may develop and improve various breeds, but the standard of a country's cattle depends on the efforts of the farmer in this direction. ARE YOU DOING YOUR SHARE? We are glad to assist any responsible farmer who requires financing. THE CANADIAN BANK OF COMMERCE Capital Paid up \$15,000,000 Reserve Fund \$15,000,000 Kingston Branch - - - F. E. Dench, Manager.

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.

THE MAN ON WATCH This week we saw the motion picture entitled "The Man from Home", but we are anxious to see the prominent and well-to-do citizen who gave a little newboy five cents for his New Year's greeting calendar last Monday morning. That man should have his picture in the papers.

It is said that 1923 is to be Kingston's year. Let us hope so. But 1922 was not too bad. There was a good production of babies in the limestone city last year.

Good evening, have you tasted "Hell Rum", Kingston's new concoction for 1923? Its a' grand liquid and can be made in the home if you have the recipe.

That was a good ripping up Rev. James Lawson, Verona clergyman, gave the "First Noel" verses as they appear in the hymn book. The hymn can stand the same revision given to the psalms to make them singable. Our Verona friend might also see to it that in Methodist churches a death tune is not played to a hymn of adoration, as the Lampman once heard done.

After gazing at the picture of the Toronto kid chosen as Canada's loveliest child, the Lampman wonders why Kingston did not enter into the Toronto competition, for the limestone city has dozens of wee ones who can beat the spots off the chosen winner in a beauty contest.

Gananogue voters have got out of the wrong side of the bed New Year's morning to get such a grouch as to defeat all the bylaws presenters for their approval. They even gave Daylight Saving a nasty wallop, not sewing eye to eye with Kingston which voted for the new time.

There was a great gathering of fire critics around the military hospital while it burned last Wednesday night. They could give the fire chief and his men pointers as to how to handle the big blaze. But the fact was they knew nothing. The critics were really a lot of lightweights—ten ounces to the pound. With their small number and limited appliances the firemen did a good job in preventing the spread of the flames, and that was their sole objection when the two blazing buildings were beyond reclaim.

It often happens that when some men go on a vacation, the wife and other members of the family get a rest, also.

Hot Foot Bath Extracts Corns and Calluses—A Simple, Painless Method Here's the most simple way to rid your feet of corns and calluses without pain. A hot foot bath takes them off clean, leaves foot as smooth as a baby's. You do it in this simple way. Cover the corn or callous with a few drops of Putnam's Painless Corn Extractor. It is powerfully anesthetic, softens the thickened tissues painlessly, then comes the foot bath, and in two minutes the thing is done. You must be careful to get Putnam's Painless Corn Extractor, which costs but little at all druggists. Take no other than Putnam's.

ENJOY YOUR GRATE By having a small fire in it of Cannel Coal Have a quick fire in your range with a little Chestnut Coke Choice Hardwood Cut to Lengths, Hard and Soft Slabs, Saxton Coal for Heaters.

W. A. Mitchell & Co. 15 Ontario Street Telephone 67.

Antioch, As a Minor, in the fourth century, made what is believed to be the first attempt of any city to light its streets at night.